



The Care and Feeding of Sailing Crew

Lin Pardey, Larry Pardey

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Since its original publication in 1980, this unique volume has become the favored resource for cruising sailors. Decades of offshore living experience have given the Pardeys a perfect vantage point for providing useful, up-to-date information on all facets of preparing for a blue-water adventure, from outfitting a galley to cooking in rough weather, scheduling and planning meals with individual health needs taken into account, avoiding sea-sickness, disposing of trash, and handling the many other challenges faced by onshore and offshore sailors. In this revised and expanded Second Edition, Lin Pardey has incorporated new information on nutrition, responding to sailors' increased interest in healthful eating. In addition, she has brought her years of travel experience to bear in providing useful advice on what foods are most readily found in a given region of the world. *The Care and Feeding of Sailing Crew* is an invaluable, delicious-recipe-filled resource for the onshore and offshore sailor.

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