

A TASTE OF SEAFOOD

Seafood is an abundant food resource and a vital element in the cuisine of most nations.

It is perceived as being "healthier" than animal protein sources, being significantly lower in fats and cholesterol.

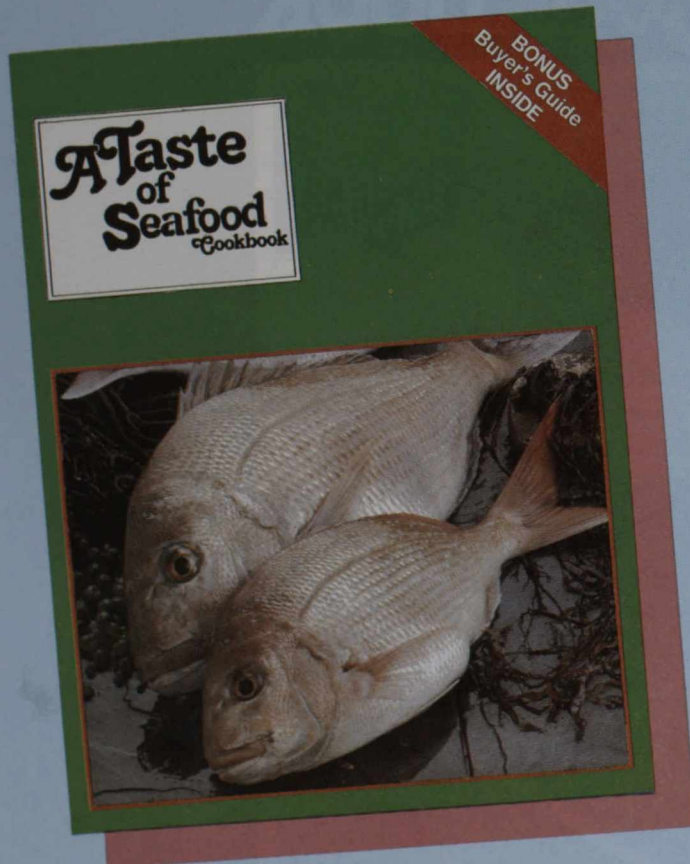
New opportunities are opening up for seafood marketers, in both export and domestic sectors.

Fish is not only a dietary staple but, with some species, such as lobster, shrimp and oysters, a luxury food item.

Asia Pacific Books is developing "A Taste of Seafood" so that it will stimulate and assist all types of seafood marketing.

The book has been created by an Australian food writer and a Japanese cook. Bob Thompson, Sydney director of Asia Pacific Research Unit Ltd, is a former contributing editor to *Gourmet*, and Yayoi Maloney is a Japanese resident of Australia.

"A Taste of Seafood" is scheduled for publication in 1987.



A TASTE OF FRUIT AND VEGETABLES

"A Taste of Fruit and Vegetables" brings together for consumers the important detail about readily available and novel produce.

This illustrated Tastebook includes a Buyer's Guide with more than 100 fruit, vegetables and herbs, and a cookbook with more than 300 recipes on how to use the produce.

The Buyers Guide includes names photographs and names of the produce, advice on how to choose, care for and prepare it, together with information about its nutritional value, and the history of the use of the many varieties.

The strength of the Buyers Guide is that it helps consumers identify and ascertain the potential use of fresh vegetables, herbs, and significant categories of fruit — including tropical, sub-tropical and citrus fruit, stonefruit, pipfruit, berryfruit, and nuts. Bottling and other handy hints are included, together with an availability chart that tells consumers in which months fresh produce can be bought.

Jack Forsyth who edited "A Taste of Fruit and Vegetables", is a produce auctioneer with a lifetime of familiarity with the fruits, vegetables and herbs described in the Tastebook.

He has managed the Wellington Turners and Growers Auction Market for many years, building up his knowledge of the demand and supply of produce. The deep and extensive knowledge he built up — and the attractive style with which he presented it — led him beyond the auctioneers steps to radio and public meetings to explain the availability of produce locally.

Now he has gone through his numerous references and into his experience to prepare "A Taste of Fruit and Vegetables".



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