

Well I am so thrilled that spring has sprung. Though our winter wasn't too bad, it was definitely too cold! Boaters are stirring in the yards getting ready to launch as soon as possible to not miss any of Long Island's favorite season. My friends are currently headed to Barbados and when they return there will be a count-down of days to get their boat in the water!!

Since you're already in the process of getting your vessel ready, now is a good time to go over the maintenance of the galley and guidelines for food preparation and storage. To begin, you need to check everything you use for cooking and refrigeration. Fill the propane tank and check all the electric and manual valves. Inspect the storage box vent to make sure it is clear and not junked up with anything left over from last year. Clean the refrigerator out well and check that the temperature controls operate properly. Clean your stove, check that all the burners and the oven are functioning. If you have a microwave see that it too is working as it should and that any connections that might cause a fire are not damaged.

Once you have your galley appliances are up to snuff, it's time to go over how to keep your food safe. The most important thing to do is chill your food well before bringing it to the boat. Beginning your day trip, or more important a long weekend or



by Cathy Smith

vacation, with food that is questionably safe is not smart. Again, very important, load your cooler with pre-chilled food and drinks. That means prepare and refrigerate, or freeze, any perishable dishes before you go. Pack frozen foods together so they will keep each other cold and stash the cooler in the shade until you can unload it at the boat.

Some guidelines for food storage times in your boats ice box are as follows:
 Fresh chicken, turkey and ground meat or burgers - **1-2 days**
 Deli-sliced turkey and roast beef - **3 days**
 Deli and convenience foods, unopened lunch meats, steaks, chops, roasts and meat leftovers - **1 to 2 days**
 Soups & stews - **2 to 3 days**

Hot dogs, opened - **3 to 4 days** Unopened - **1 weeks**
 Bacon - **3-4 days**
 Do not freeze deli meats or convenience foods. Unless you are on a fully equipped yacht, I would not suggest freezing anything for too long a time in a small boats freezer.

When it comes to serving avoid leaving perishable foods out for more than two hours. If it's really hot outside one hour is safer. Put out only what you feel will be eaten within a reasonable amount of time and keep the remainder on ice or hot on the stove. Keep any hot foods covered to keep them hot. When you are barbecuing, keep your cooked food to the side of the grill where you can keep it warm. Again, if it's hot, serve your salads in a bowl filled with ice. Cold cuts and such can be placed on a plate with an ice pack on another plate underneath it. With the more perishable foods it is best to clean the plate before replenishing.

We can't predict what storms, hurricanes and other natural surprises may occur but at least if you always maintain your galley equipment and follow these few food storage guidelines (much more can be found on the web) you are sure to eat well and keep your family and friends healthy this season!

High Tides For April 2008 Bridgeport, CT

April 1	6:54 AM	7:24 PM	April 16	9:22 AM	9:43 PM
April 2	7:47 AM	8:13 PM	April 17	10:11 AM	10:27 PM
April 3	8:38 AM	9:00 PM	April 18	10:55 AM	11:07 PM
April 4	9:26 AM	9:45 PM	April 19	11:35 AM	11:45 PM
April 5	10:12 AM	10:30 PM	April 20	-----	12:12 PM
April 6	11:59 AM	-----	April 21	12:21 AM	12:48 PM
April 7	12:16 AM	12:47 PM	April 22	12:57 AM	1:25 PM
April 8	1:03 AM	1:38 PM	April 23	1:33 AM	2:02 PM
April 9	1:54 AM	2:31 PM	April 24	2:10 AM	2:41 PM
April 10	2:49 AM	3:30 PM	April 25	2:50 AM	3:24 PM
April 11	3:50 AM	4:34 PM	April 26	3:34 AM	4:10 PM
April 12	4:57 AM	5:43 PM	April 27	4:24 AM	5:01 PM
April 13	6:09 AM	6:52 PM	April 28	5:17 AM	5:55 PM
April 14	7:20 AM	7:57 PM	April 29	6:15 AM	6:49 PM
April 15	8:25 AM	8:54 PM	April 30	7:12 AM	7:42 PM

High Tides For Other Locations:

City Island	+0:17	Stamford	+0:03	Madison	- 0:21
New Rochelle	- 0:04	S. Norwalk	+0:09	Essex	- 0:05
Mamaroneck	+0:12	Housatonic Rvr	+0:26	Saybrook Pt	- 0:31
Cos Cob	+0:05	Milford	- 0:08	New London	- 1:45

Times are approximate • Not responsible for errors

Moon Phases



High Tides For April 2008 Fire Island Democrat Point

April 1	2:46 AM	3:25 PM	April 16	5:01 AM	5:37 PM
April 2	3:46 AM	4:19 PM	April 17	5:53 AM	6:23 PM
April 3	4:39 AM	5:07 PM	April 18	6:38 AM	7:03 PM
April 4	5:28 AM	5:51 PM	April 19	7:19 AM	7:41 PM
April 5	6:14 AM	6:34 PM	April 20	7:58 AM	8:16 PM
April 6	8:00 AM	8:17 PM	April 21	8:36 AM	8:51 PM
April 7	8:47 AM	9:03 PM	April 22	9:14 AM	9:26 PM
April 8	9:37 AM	9:53 PM	April 23	9:53 AM	10:02 PM
April 9	10:33 AM	10:48 PM	April 24	10:34 AM	10:40 PM
April 10	11:33 AM	11:49 PM	April 25	11:18 AM	11:23 PM
April 11	-----	12:35 PM	April 26	-----	12:06 PM
April 12	12:51 AM	1:38 PM	April 27	12:11 AM	12:56 PM
April 13	1:54 AM	2:41 PM	April 28	1:04 AM	1:48 PM
April 14	2:58 AM	3:44 PM	April 29	1:59 AM	2:43 PM
April 15	4:02 AM	4:44 PM	April 30	2:58 AM	3:41 PM

High Tides For Other Locations:

South Shore

Amityville	+ 2:59
Bay Shore	+ 2:46
E. Rockaway Inlet	+ 0:32
Freeport	+ 1:16
Jones Inlet	+ 0:19
Moriches Inlet	- 0:18
Shinnecock Inlet	- 0:12

North Shore

Pt. Washington	+ 3:23
Oyster Bay	+ 3:32
Pt. Jefferson	+ 3:29
Mattituck Inlet	+ 3:35
Greenport	+ 2:45
Sag Harbor	+ 2:35
Montauk Point	+ 0:29

All times are approximate • Not responsible for errors.

Moon Phases

