



Wanted: Marsh monitors

By **SCOTT E. KINNEY**
ATLANTIC NEWS STAFF WRITER
SEACOAST | The New Hampshire Coastal Program and the Department of Environmental Services is looking for volunteers who wish to aid in monitoring the area's salt marshes.

The New Hampshire Marsh Monitors (NHMM) program sends out volunteers each summer equipped with nets, boots and binoculars to collect valuable information about the state's coastal wetlands.

Interested parties should plan on attending one of two free training sessions where they will learn about salt marsh ecology, plant identification, salinity monitoring and how to catch and measure fish.

Both sessions will be held

at the Urban Forestry Center, in Portsmouth. The first will be held Saturday, June 24, from 2-6 p.m. The second



session will be held over the course of two evenings, Monday and Tuesday, June 26-27, from 6-8 p.m.

This year NHMM volunteers will collect fish, vegetation and salinity data from Fairhill and Awcomin

Marshes, both in Rye. Time commitment for volunteering is flexible. Scientists and managers

use the data collected to track the progress of salt marsh restoration efforts and to make more educated management decisions. "NHMM is a great opportunity to learn about the coastal environment

while meeting other people who care about it," said NHMM Coordinator Kevin Lucey.

Salt marshes provide critical plant and animal habitat, offer flood protection for adjacent uplands and produce fish and shellfish for recreational and commercial harvesters.

Most New England salt marshes have been degraded by either tidal restrictions, such as roads and dikes that cut-off access to the natural process of tidal flushing, or by digging ditches into the peat to drain standing water from the marsh surface.

For more information or to register contact Kevin Lucey at (603) 559-0026 or via e-mail at klucey@des.state.nh.us.

The Salt Marsh & Salt Haying

By **JOHN M. HOLMAN**
BEACH NEWS WRITER

THE SALT MARSH

A salt marsh is defined as a tract of land located between the ocean mud flats and the grassy upland, which is subject to flooding by the tides twice daily. The inhabitants of the salt marsh must be able to withstand extreme changes in temperature and salinity.

The salt marsh-estuarine ecosystem has one of the highest productivity and biomass per square yard of any ecosystems in the world. It has been termed by many, the ocean's nursery. A very high percentage of all animals living in the ocean will spend some part of their life cycle in the salt marsh-estuarine ecosystem.

The salt marsh has a very delicate balance of life. Any foreign substance that enters the marsh can have a disas-

trous effect. The marsh also acts as a giant sponge, absorbing excess rain water and storm tides. When the marsh land is "reclaimed" (filled) the likely result will be flooding in adjacent areas.

Once a salt marsh is disrupted, it may take over a hundred years to renew itself.

SALT HAYING

Salt marsh grass has been prized by farmers for hundreds of years. It's nutritional value for livestock is much higher than that of normal hay.

At the turn of the century, farmers came down to the marsh in August to begin the harvest. At that time they used scythes and cut the hay by hand. Later horse drawn cutting machines were used and today tractors are employed.

A salt marsh farmer must



THE WAY IT WAS — Until the middle of the 20th century, the Seacoast's salt marshes provided an ample supply of hay for local livestock. Today, they are preserves for wildlife.

— Beach News Courtesy Photo

work more closely with the elements than any other type of farmer. Haying must be scheduled at the lowest tides on good dry days and preferably finished before the morning dew has dried.

The hay was then cut and left to dry for a few days. Once it had begun to dry, the

hay was stacked on a set of staddles. The staddle allowed the tide to flow unhindered beneath the hay stack. Each hay stack held up to 2 tons of hay and stood up to 12 feet above the staddles. A gundalow was used to float tie hay to higher ground for storage.

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B4. Chile Beans Cup: \$3.49 Bowl: \$4.49	:2) Eggs any style \$3.99
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L3. Tacos Dorados: 2 Fried Tacos (Ground Beef or Chicken) beans and rice \$5.99	8. Huevos a la Mexicana eggs to order w/a mild salsa on top, Rice and Beans \$7.99
L4. Quesadilla, w/French Fries or Nachos, and Colelaw \$5.99	9. Huevos con Machaca scrambled eggs w/shredded beef, Rice and Beans \$7.99
L5. Jumbo Hot Dog, w/French Fries or Nachos, and Colelaw \$4.99	10. Baja Omelet Carne Asada (Steak) Monterey Cheese covered in Spanish salsa (mild) \$8.99
L6. Hamburger, w/French Fries or Nachos, and Colelaw (Add cheese .49¢) \$5.99	11. Shrimp Omelette Shrim w/ bell pepper and onion \$9.99
L7. Fish Tacos(2) w/ Beans & Rice \$6.99	
L8. Chimichanga (1) Deep Fried Burrito (Beef or Chicken) w/ Beans & Rice \$6.99	BUILD YOUR OWN OMELET
L9. Tamale(1) Chicken or Beef w/ Beans & Rice \$6.99	2 Egg Plain With Hash Browns and Toast \$3.99
L10. Beef or Chicken Burrito w/French Fries or Nachos and Colelaw \$6.99	3 Egg Plain With Hash Browns and Toast \$4.99
L11. Carne Asada Burrito w/ French Fries, or Nachos and Colelaw \$7.99	Add any of the following for .79¢ more
L12. Chile Relleno (1) Deep Fried Cheese stuffed Pablano Pepper, w/ Rice & Beans \$7.99	Ham, Bacon, Cheese, Sausage, Chicken
L13. Enchiladas Cheese(2) w/ Beans & Rice \$7.99	Add any of the following for .49¢ more
L14. Chicken/Beef Quesadilla, w/French Fries or Nachos, and Colelaw \$7.99	Mushrooms, Black Olives, Onion, Bell Pepper, Jalapeno Peppers
L15. Shrimp Burrito, w/French Fries or Nachos, and Colelaw \$8.99	Prices and content subject to change without prior notice
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