

December 28, 2006
Miami Herald
by Kathy Martin

What's in Store

SMOKIN': Lend a New England note to your New Year's nibbling with Bar Harbor Hardwood Smoked Atlantic Mackerel. Harvested, smoked and hand-packed on the Gulf of Maine, it's advertised as mercury-safe and high in healthful omega 3 fatty acids -- all for the Yankee-frugal price of \$2.99 per 6.7-ounce can. Look for it at Publix, Wild Oats and gourmet markets, where you may also find Bar Harbor's delicious clam chowder.