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Sustainable Sushi: A Guide to Saving the Oceans One Bite at a Time

Casson Trenor

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Casson Trenor : Sustainable Sushi: A Guide to Saving the Oceans One Bite at a Time before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sustainable Sushi: A Guide to Saving the Oceans One Bite at a Time:

1 of 1 people found the following review helpful. a MUST-HAVE for every sushi fan By J D Springtime This is THE book I've been waiting for! I love sushi, but I've been aware for a long time that many of the fish served at my favorite sushi spots are in trouble. It can be overwhelming these days to try to make an ethical, healthy choice when eating seafood. This is the kind of guide we all need. Written by a sustainability expert who knows fish and who is a sushi lover himself. It doesn't even make you feel guilty! It's a beautiful book that's small enough to fit in your purse or pocket. Now I can eat my favorite food and do it right! Thank you, Mr. Trenor. 0 of 0 people found the following review helpful. A must have for sushi lovers! By L. A. Viggiano I just bought this book for all of my friends who have been avoiding the sushi bar out of guilt! Finally, a resource for how to eat fish responsibly. This book goes far beyond the "stay away from bluefin and farmed salmon" rules and recommends delicious alternatives to my favorite nigiri selections. Arctic char instead of farmed salmon. Albacore tuna belly instead of bluefin. Plus gorgeous pictures paired with all of the information you need. Yum! 0 of 0 people found the following review helpful. Great Guide Book By Soi This is a well written, organized book and its purse sized so you can take it with you when you go out to eat! The best thing is that it suggests other options that have similar taste/texture but are healthier and more sustainable. This would be a great gift for any sushi or seafood lover!

Sustainable Sushi answers the question on the minds of millions who enjoy eating fish: how can we indulge the desire to dine well while keeping our health and the health of the oceans in mind? With painstaking research found in no other book on the market to date, this pocket-size guide profiles dozens of the most common fish and shellfish one might encounter at a sushi bar, details where and how they are caught, whether or not they are safe, and how they figure in the current fishery crisis. Written by a fishery and sustainability expert who was himself netted long ago by the allure of Japanese cuisine, Sustainable Sushi offers simple, clear explanations of such topics as mercury and PCB levels, overfishing, and species extinction. Attractively designed and featuring quick facts, maps, photos, and illustrations, the book was written for both the novice and the seasoned sushi fan. In a storm of seafood shortages and frightening statistics, Sustainable Sushi shows readers how to enjoy the sushi bar without guilt. Sustainable Sushi official website: <http://www.sustainablesushi.net/>

"For any seafood lover who desires to get closer to food while doing the right thing, this book is a gem." — Trevor Corson, author of the best-selling *The Story of Sushi* "At 110 pages, this book is a more in-depth look at 39 species found on sushi menus. Trenor includes information on such crucial issues as mercury levels, dredging, and crowded fish farms. The species are color-coded so that you can tell from just a glance whether it's sustainable, unsustainable, or one that you should proceed with caution about. It's a must-read for any sushi aficionado." — FoodGal.com "So, for those of you who love sushi as much I do, but don't know which fish are safe or sustainable to eat, Sustainable Sushi proves to be quite a handy guide. I'll definitely be taking it with me the next time I dine out for sushi, it's a keeper!" — The Alternative Consumer "Sustainable Sushi formats an ocean's worth of information into a manageable handbook, and diners who carry it will hold the power to order wisely, enjoy a guilt-free meal, and help assure that sushi is not just a short-lived pleasure of the present, but a sustainable industry of the future." — Santa Barbara Independent "[Casson Trenor] is a sustainability expert who offers clear insights perfect for seafood enthusiasts." — The Midwest Book "Sustainable Sushi is full of hard fishery facts and undeniable science...but Trenor wisely knows that it's not just the facts that will change minds. Gorgeous illustrations of each fish and clear photos of exquisite sushi dishes will surely convince readers that seafood like the relatively abundant Northwestern geoduck is as tasty as and more sustainable than the scarce Caribbean conch. Most of us want to do the right thing, but few are willing to sacrifice gustatory pleasure doing it. Sustainable Sushi shows that it is possible to eat right and well." — Edible Los Angeles "This is an interesting read for anyone concerned with sustainability and seafood. Trenor's passion for the topic is evident in the vast amount of research he presents." — Metropolis Magazine "[Casson Trenor] describes 39 types of fish commonly found in sushi bars and ranks them as 'sustainable' (eat up), 'use caution' (limit your consumption), or 'unsustainable' (avoid).hellip; Trenor's advice? Ask questions and stick to your principles. A sushi chef should learn that customers care. Sustainable Sushi was designed to fit into a purse or pocket, so you can easily bring it to a restaurant." — California Coast Ocean Magazine "Do you know the difference between trolling, purse seine and long line fishing? Have you ever wondered where your delicious maguro sashimi come from and how it has been caught?...This little but informative and surprisingly

entertaining guide does a wonderful job in debunking these myths and in providing an unforgiving view on the state of our oceans. —Valentina's Room [Sustainable Sushi is] an educational book written from a very positive point of view. The author created a guide that will make every sushi lover knowledgeable about sustainable sources of fish, mercury levels, fishing practices and much, much more. —Eco-Libris Sustainable Sushi tells the story behind the fish on the sushi menu and offers clear guidelines for what to order so you can continue to enjoy your shiromaguro (as long as it's troll-caught from Pacific waters) and other fish. —The Nourish Network

About the Author From saving the whales of the Antarctic to studying the salmon of Alaska, Casson Trenor has worked to support stewardship of our marine resources in all five oceans and countless seas. Named both a Time magazine Environmental Hero and an Ocean Protection Hero by Save Our Shores, Trenor has extensive experience and expertise. He has stalked the fetid warehouses of Tsukiji fish market in Tokyo, spent two months journeying by ship along the Antarctic coast, berthed on leaking wrecks off Central Pacific islands, and gone octopus fishing with holy men on the Island of Yap. In thousands of conversations with fishermen around the world, he has heard one statement repeated: "The fish are gone." In his recent book *The Whale Warriors*, author Peter Heller, a contributing editor to National Geographic Adventure and Outside magazines, captures Trenor's dedication to ocean conservation through his efforts to end illegal whaling. Trenor is a main character in Heller's factual account of the exploits of one small, rusty ship determined to take on the entire Japanese whaling fleet in the Southern Ocean in 2005 and 2006. Born in Seattle and living in San Francisco, Trenor speaks five languages, has traveled to over forty countries, and holds an MA in International Environmental Policy from the prestigious Monterey Institute of International Studies.