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Autore	Swinimer Amanda
Titolo	The science and spirit of seaweed : discovering food, medicine and purpose in the kelp forests of the Pacific Northwest // Amanda Swinimer
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Nota di contenuto	Intro -- Half Title Page -- Title Page -- Copyright -- Dedication -- Table of Contents -- Foreword -- Introduction -- Before the First Harvest -- The First Harvest -- The Sea -- A Note about Sources -- Day 1, Harvest Season #18 -- Algae and Seaweed: A Definition -- Chlorophyta: The Green Seaweeds -- Rhodophyta: The Red Seaweeds -- Phaeophyceae: The Brown Seaweeds -- A Quick and Simple Definition of Seaweeds -- Harvesting Seaweed Sustainably -- Education -- Abundance -- Only Take What You Need and Can Process -- Harvesting by Salvaging -- Listening to the Ecosystem -- Reciprocity -- Commercial Harvest -- Where to Harvest -- Chlorophyta: The Green Seaweeds -- Sea Lettuce and Dark Sea Lettuce -- Ulva spp. and Ulvaria spp. -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- A Seaweed by Any Other Name -- Other Common Green Seaweeds of the Pacific Northwest -- Rhodophyta: The Red Seaweeds -- Nori -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Spa -- Harvesting -- Mother of the Sea -- Culinary -- My Birthday Bear -- Pacific Dulse -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Mermaid Envy -- Sea Spaghetti -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary --

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Eating Sustainably -- In Summary -- The Last Harvest -- Last Words -- Seaweed Recipes -- Introduction -- Cooking with Sustainably Sourced Seafood -- Salad for Four -- Vancouver Island Niçoise Salad -- Yamy Yam Steak with Sunflower Pesto, Kale Apple Salad, Almonds and Seaweed -- Dakini Togarashi Steamed Bowl -- How to Grind or Flake Seaweed.

Wild Watercress, Kelp and Cauliflower Soup with Crispy Fermented Jerusalem Artichokes -- Okanagan Sweet Corn and Potato Chowder with Wild Mushrooms and Kelp -- Smoked Whitefish Dip and Winged Kelp Seaweed Crackers -- Scallop "Mortadella" -- Albacore Tuna Poke with Bull Kelp, Avocado "Wasabi," Pickled Apple and Crispy Wontons -- Salmon and Prawn Bull Kelp Roulade -- Clam Rice Wraps -- Grilled Octopus with Papas Arrugadas Nero and Bull Kelp Salsa Verde with Pickled Sea Asparagus -- Lingcod Baked in Kelp -- West Coast Biscuits -- Pickled Kelp and Cucumber -- Chocolate Macadamia Ginger Kelp Pavement -- G&T by the Sea -- Acknowledgements -- Glossary -- Recommended Reading -- Bibliography -- Chlorophyta: The Green Seaweeds, Rhodophyta: The Red Seaweeds and Phaeophyceae: The Brown Seaweeds -- Seaweed & Health -- Algae: A Global Perspective -- Index -- About the Author.

Sommario/riassunto

"Sustainable Pacific Northwest-based seaweed harvester Amanda Swinimer describes the ecology, culinary uses, evidence-based health benefits and climate change-resisting potential of seaweed and shares highlights from her remarkable life beneath the waves. Related to the most ancient living organisms on earth, seaweeds are incredible and unique life forms, sharing qualities with both plants and animals, as well as fungi. They have been prized as a nutrient-dense food source for millennia and contain essential vitamins, minerals and fatty acids, protein and fibre as well as biologically active compounds not found anywhere else in nature. Seaweeds are also a source for innovations combating climate change due in part to their ability to absorb massive quantities of carbon dioxide. Based in the Pacific Northwest, home to the greatest cold-water seaweed diversity in the world, Amanda Swinimer has made her living from the sustainable harvest of seaweeds for over two decades. In *The Science and Spirit of Seaweed*, Swinimer reflects on the journey that led to her successful seaweed harvesting business and provides identification information, ecologically sound harvesting techniques, traditional medicinal application and evidence-based health information for more than twenty varieties of seaweeds commonly found from California to Alaska. She also includes notes on culinary and skin-care uses for several types of seaweeds. Complemented by vibrant underwater photography, beautiful illustrations and chef-inspired recipes, this volume richly conveys the benefits and wonder of living in harmony with the ocean. It will be a welcome resource to beachcombers, foragers and anyone fascinated by the marvels of the natural world."--

2. Record Nr.	UNINA9910299972003321
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Titolo	Distributed Systems with Persistent Memory : Control and Moment Problems // by Luciano Pandolfi
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Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	An Example -- The Model and Preliminaries -- Moment Problems and Exact Controllability -- Controllability of the Wave Equation -- Systems with Persistent Memory: Controllability via Moment Methods -- Systems with Persistent Memory: The Observation Inequality.
Sommario/riassunto	The subject of the book includes the study of control problems for systems which are encountered in viscoelasticity, non-Fickian diffusion and thermodynamic with memory. The common feature of these systems is that memory of the whole past history persists in the future. This class of systems is actively studied now, as documented in the recent book. This book will attract a diversified audience, in particular, engineers working on distributed systems, and applied mathematicians. Background of mathematics are the elements of functional analysis, which is now standard among people working on distributed systems, and the author describes very clearly the instruments which are used at every step.