

1. Record Nr.	UNINA9910810057903321
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
Pubbl/distr/stampa	Madeira Park, BC : , : Harbour Publishing, , [2021] ©2021
ISBN	9781550179620 9781550179613
Descrizione fisica	1 online resource (482 pages)
Disciplina	333.9538
Soggetti	Marine algae Marine algae culture
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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 --

A Sea of Pink -- Rainbow Seaweed -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- Seaweed Apprentices -- Bleach Weed -- Description -- Range -- As a Healing Aid -- Culinary -- The Cabezon -- Turkish Washcloth -- Description -- Range -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- Nature's Masterpiece -- Turkish Towel -- Description -- Range -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- Disco Jellyfish -- Other Common Red Seaweeds of the Pacific Northwest. Order Corallinales-Coralline Algae -- Phaeophyceae: The Brown Seaweeds -- Bull Kelp -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- The Gift -- Kelp Forests -- The Colour of God -- Giant Kelp -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- Walking Kelp -- Description -- Range -- Harvesting -- Orca Baby -- Winged Kelp -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Ocean Style -- Kombu -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- The Phycological Society of America -- Feather Boa -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- A Match Made in Kelp Heaven -- A Kelp to Call Home -- Five-Rib Kelp -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- Under the Ocean Canopy -- Triple-Rib Kelp -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- Fish School -- Sea Cabbage -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- Elegance at Work -- Rockweed -- Description -- Range -- Nutritional Properties -- As a Healing Aid -- Harvesting -- Culinary -- Spa -- Other Common Brown Seaweeds of the Pacific Northwest -- Seaweed & -- Health -- Ho'oponopono -- The Ho'oponopono Prayer -- Ancient Medicine from the Sea -- Seaweed Therapy -- Deep Breath -- Seaweed as Protector -- Immune Support -- Toxin Cleansing -- Radiation Protection -- Protection Against Pathogenic Bacteria -- Protection against Viruses -- Protection against Pathogenic Fungi and Yeasts -- Protection against Parasites -- Seaweeds and Antioxidants. Anti-inflammatory Properties of Seaweeds -- Seaweeds and Allergies -- Neuroprotective Properties of Seaweeds -- In Summary -- Fucoxanthin -- Seaweed and Chronic Diseases -- Seaweed and Cancer -- Seaweed and Cardiovascular Disease -- Seaweed and Diabetes -- Dried Seaweed -- In Summary -- Green Soul -- Fucoxanthin -- Seaweed and Body System Support -- Seaweed and a Healthy Gut -- Seaweed and Respiratory Support -- Seaweed and Bone Health -- Seaweed and Endocrine, Sexual and Reproductive Health -- Seaweed and Metabolic Health -- Seaweed and Mental Health -- The Power of Bathing with Seaweeds -- Seaweed and the Skin -- In Summary -- The Voice of Yearning -- Phlorotannins -- A Recurring Dream -- Algae: A Global Perspective -- Our Planet, Our Collective Responsibility -- A Fish out of Water -- The Central Role of Algae in Global Ecological Health -- Slow Fish . . . Finding My Crew -- Algae and the Challenge of Climate Change -- Algae, CO2 Absorption and Ocean Acidification -- Reducing Methane Emissions from Livestock -- New, More Sustainable Biofuels -- In Summary -- The Blessing of Cold -- Marine Plastic Pollution -- The Great Pacific Garbage Patch -- Mermaids' Tears -- Disposable Plastic Water Bottles -- Solutions -- Serenading the Seaweed -- Eating Sustainably from the Sea -- Traceability -- Bycatch -- Overfishing -- Tropical Farmed Shrimp -- Open-Net Pen Salmon Farms -- Choosing Sustainably Sourced Seafood -- Seaweed as Nourishment -- Tips for

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."--
