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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
Pubbl/distr/stampa	Madeira Park, BC : , : Harbour Publishing, , [2021] ©2021
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Descrizione fisica	1 online resource (482 pages)
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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 --

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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.	UNINA9910484443803321
Titolo	Network Economics for Next Generation Networks : 6th International Workshop on Internet Charging and QoS Technologies, ICQT 2009, Aachen, Germany, May 11-15, 2009, Proceedings // edited by Peter Reichl, Burkhard Stiller, Bruno Tuffin
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Descrizione fisica	1 online resource (IX, 109 p.)
Collana	Computer Communication Networks and Telecommunications, , 2945-9184 ; ; 5539
Classificazione	DAT 614f SS 4800 WIR 917f
Altri autori (Persone)	HutchisonDavid
Disciplina	004
Soggetti	Computer programming Telecommunication Computer networks Application software Information storage and retrieval systems Information technology - Management Programming Techniques Communications Engineering, Networks Computer Communication Networks Computer and Information Systems Applications Information Storage and Retrieval Computer Application in Administrative Data Processing
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"The present volume ... includes those papers presented at ICQT 2009 "collocated this year with the IFIP Networking 2009 conference" taking place on May 15, 2009, in Aachen, Germany and hosted by the Rheinisch-Westfalische Technische Hochschule (RWTH Aachen)."
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Keynote -- QoS Is Still an Issue, Congestion Pricing Is not the Solution -- Session 1: Competition Models -- Optimization of Transmission

Power in Competitive Wireless Networks -- On Competition for Market Share in a Dynamic ISP Market with Customer Loyalty: A Game-Theoretic Analysis -- A Pricing Model for a Mobile Network Operator Sharing Limited Resource with a Mobile Virtual Network Operator -- Session 2: Pricing Mechanisms -- Design and Evaluation of a Combinatorial Double Auction for Resource Allocations in Grids -- A User-Influenced Pricing Mechanism for Internet Access -- Price Setting in Two-Sided Markets for Internet Connectivity -- Session 3: Economics of Inter-domain Traffic -- Online Charging for IMS-Based Inter-domain Composite Services -- A New Bilateral Arrangement between Interconnected Providers -- Improvement of BitTorrent Performance and Inter-domain Traffic by Inserting ISP-Owned Peers.

Sommario/riassunto

This book constitutes the refereed proceedings of the 6th International Workshop on Internet Charging and QoS Technologies, ICQT 2009, held in Aachen, Germany, in May 2009 collocated with the IFIP Networking 2009 conference. The 9 revised full papers presented together with the extended abstract of a keynote paper were carefully reviewed and selected from a total of 26 submissions. The papers are organized in topical sections on competition models, pricing mechanisms, and economics of inter-domain traffic. Bringing together researchers from the area of technology and economy in both industry and academia to discuss key improvements and to support further progress in these fields, ICQT 2009 features combination of micro-economic models, auctions, game theoretic approaches, peer-to-peer, and IMS-based charging.
