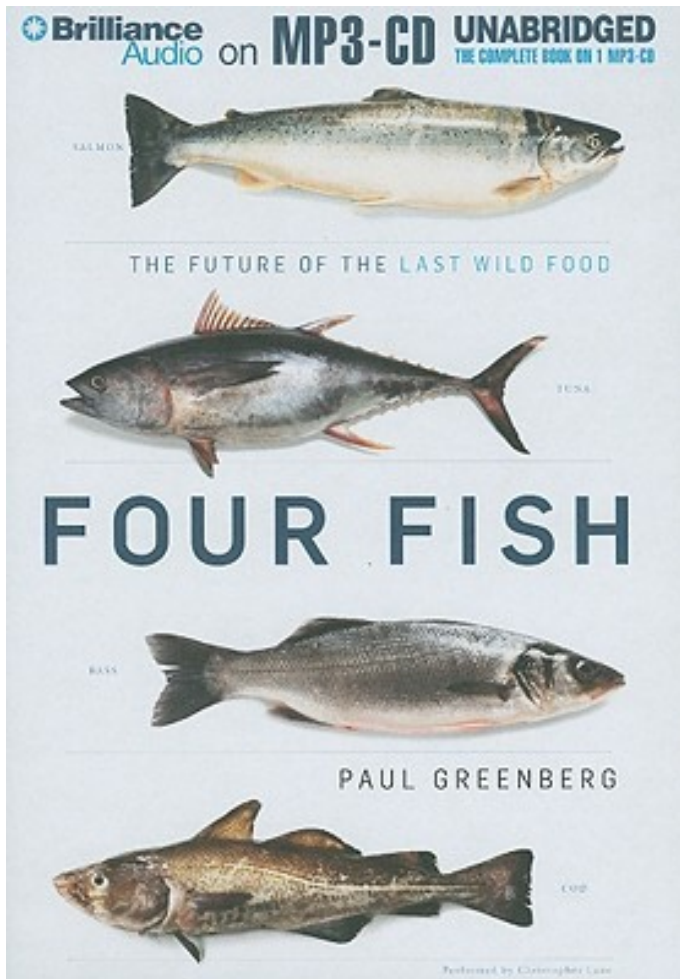

Paul Greenberg

Four Fish: The Future of the Last Wild Food



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Author: Paul Greenberg

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Description

Our relationship with the ocean is undergoing a profound transformation. Just three decades ago nearly everything we ate from the sea was wild. Today rampant overfishing and an unprecedented biotech revolution have brought us to a point where wild and farmed fish occupy equal parts of a complex and confusing marketplace. We stand at the edge of a cataclysm; there is a distinct possibility that our children's children will never eat a wild fish that has swum freely in the sea.

In *Four Fish*, award-winning writer and lifelong fisherman Paul Greenberg takes us on a culinary journey, exploring the history of the fish that dominate our menus — salmon, sea bass, cod, and tuna — and investigating where each stands at this critical moment in time. He visits Norwegian megafarms that use genetic techniques once pioneered on sheep to grow millions of pounds of salmon a year. He travels to the ancestral river of the Yupik Eskimos to see the only Fair Trade–certified fishing company in the world. He makes clear how PCBs and mercury find their way into seafood; discovers how Mediterranean sea bass went global; challenges the author of *Cod* to taste the difference between a farmed and a wild cod; and almost sinks to the bottom of the South Pacific while searching for an alternative to endangered bluefin tuna.

Fish, Greenberg reveals, are the last truly wild food — for now. By examining the forces that get fish to our dinner tables, he shows how we can start to heal the oceans and fight for a world where healthy and sustainable seafood is the rule rather than the exception.

Insightful reviews

Dana Stabenow: Worth reading alone for the lyrical evocation of the author's childhood years in his introduction, as in

Fishing was the one constant during these years. Sensing in it a masculine, character-building quality my mother arranged it so that the cottages we rented always had access to streams and lakes or abutted other properties we could trespass upon that had such resources. She trusted my instincts for spotting fishy water and used me as a kind of diving rod before signing a lease. And for most of my childhood, we were within a short walk of a potentially fruitful cast.

The book is divided into an examination of the title four fish, salmon, tuna, bass and cod. You'll never look at sushi again the same way. I've been an eyewitness to the Alaskan salmon fishery my whole life, and as I was reading this book I was thinking about the Kenai River king salmon. In 1985 an angler caught a 97.4-pounder, still the world's record. In 2013 the Kenai River was closed to king fishing because of low escapement.

He ends on a pretty convincingly optimistic note, I'll give him that. I hope he's right. And I wish everyone fishing on and beyond the Kenai River, the setnetters, the drifters, the seiners, the anglers and subsistence fishermen, would read this book. Maybe they could stop fighting over their share of the run and start working together to save it.

Schuyler: Definitely one of the best books that I have read in my adult life! I highly recommend it to anyone that is interested in the subject.

The author does a phenomenal job of sharing information through his various adventures and stories. Not only do you feel like you are learning about fish but you also feel as if you're building a relationship with the author. You learn about fish through his life.

The best part of the book to me is that the author does not support one side of the argument while bashing on the other. He presents the facts of both sides, then concludes with recommendations about if we're going to continue to eat fish in the amounts we currently consume then these are the guiding principles we should follow in harvesting (be it wild or farm raised) fish.

I learned a lot. He kind of jokes about the types of fish we (as humans) chose to farm raise, ironically we chose some of the most difficult species!

It truly makes you think about the fish you consume.

Jordan:

Do you ever wonder where that fish on your plate comes from, or how many of its brothers and sisters are still around? Do you wonder why there are only a couple of fish that are available to order at restaurants or buy at the grocery store? Paul Greenberg fished as a child does first in local ponds and streams near his home. As he grew older he bought a boat and began fishing in lakes and then in bays and coastal areas. As an adult he chartered boats and the ocean became his pond. Upon returning from a 30 year break from his fishing hobby he soon noticed that fish markets had only a few fish to choose from compared to years past when the variety was staggering. His book profiles the "big four" fish that are now widely available for our consumption. These include salmon, tuna, bass and cod.

Did you know for example that Bluefin Tuna which is the most coveted sushi/sashimi dish is near priceless because of scarcity caused by over fishing. A 500 pound blue fin can sell for 300,000 U.S dollars. Did ya know that before the 1970's fisherman tossed these fish overboard because of their rich fatty meat? Japanese businessman shipping electronics to the U.S began loading their empty planes with Bluefin, buying them for pennies, to avoid wasting gas money on their jets' return trips to Japan? A bit of marketing and then bluefin became a popular fish. Fish food fads come and go and we all go along for the ride.

Greenberg goes on to profile each fish and explain how they each underwent domestication and, or exploitation. The lengths we went to make special occasion fish everyday fish has been amazing. Technologically we overcame obstacles to feed the masses, but at the same time devastating our wild fish populations. He believes that the food input would be close to the food output when choosing fish to farm. Tilapia and barramundi both require little food and thrive in rough conditions so their future is bright. As popularity contests ebb and flow different fish find their way to our plate. When wild stocks begin to "stop producing" we try to "farm" that variety of fish and have had mixed results both with efficacy and the healthiness of the product.

I found this book very interesting and disturbing at the same time. We spend so much effort to eat the right things yet very little in understanding where our food comes from, or the effect we

are having on it as a species by eating it. After reading this book I've decided that protein, especially fish, is just a luxury that should be treated as such. Cave man had little of it and modern man has been able to afford little himself. We owe it to our animal friends; for our health, pocketbook, and the continual supply of special occasion protein out there in nature, to eat less and learn more.

He ends his book with advice for the fishing industry that may lead to logical choices of what fish to fish and how to keep power in the hands of fisherman who won't destroy the very delicate little water animals that keep them employed. If big business is left to make these choices then wild fish will be quickly gone and "farmed" processed mutant fish will fill our plates. You are what you eat and you are also responsible for the killing of what you eat.

William: this is often basically a coverage e-book approximately tips on how to sustainably deal with wild fish and meet emerging call for would require a mixture of executive controls on fishing and on rigorously regulated aquaculture. a few fish make much less feel than others for aquaculture, and Greenberg introduces a couple of fish that appear well-suited for aquaculture, as a result of their low dependency on fish feed. a few fish, like salmon, require a nutrition of fish meal that makes elevating them a web loss on sea life. Others are vegetarian or, at least, require much less fish oil/feed. those comprise tilapia and carp in addition to loads of different fish i would by no means heard of (barramundi, hoki, tra, and kahala aka Kona Kampachi. For many fish, like cod, neighborhood or nationwide point controls on fisheries (ie Georges financial institution and Grand Banks) can paintings to revive levels. although it's going to continuously be not easy for regulators to do this. for giant fish like bluefin tuna, that take years to arrive maturity, Greenberg keeps that overseas bans on fishing them are essential to fix numbers. He places them within the similar classification of different huge sea animals like whales and dolphins, or terrestrial ones like elephants, lions and tigers, that deserve protection. He additionally means that huge scale fishing operations aren't obtain any subsidies, and that any subsidies within the fishing may still visit corporations which are aimed toward elevating fish extra successfully utilizing much less feed. Great stuff. If somebody is down the following and truly learn this assessment and recommends different books approximately fish, i am interested.

Luaba: now not my ordinary fair, yet i used to be pleasantly stunned on the read. urged by way of a chef buddy of mine, this ebook relatively brings wisdom on how a lot society's appetites effect the lifestyles cycle of untamed fishes. the writer offers this sort of wealthy etymology of every of the "king fish", basically issues out the issues and provides nice feedback to therapy the problem. It reads like a superb tale and teaches so much. an outstanding pick.

Melody: Clear-eyed reporting at the country of the fisheries (pre-BP-spill). Greenberg is a long-time fisherman, captivated with fish and well-informed as to their historical past and future. similar to it really is for species corresponding to the bluefin tuna. I realized loads approximately fish farming during this booklet that I forgive Greenberg for making me cry over the stupidity and cupidity of humanity. Highly advised while you are a flora and fauna fan or for those who devour fish. the fast solution is- there is little to not anything that may be accomplished by means of finish shoppers boycotting person species of fish- the paradigm has to change, because it did for whales. The exam of the lenses wherein people view fish used to be thoroughly riveting.

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