

Sustainable Sushi A Guide To Saving The Oceans One Bite At A Time

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March 21, 2017. Facebook. Twitter. Email. Illustration by Michael Hoeweler. I asked Casson Trenor, who founded the world ' s first fully sustainable sushi restaurant (Tataki in San Francisco ...

~~Sustainable Sushi for the Ethical (and Hungry) Man | GQ~~

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Choose sushi from retailers or restaurants that follow Seafood Watch guidelines. It ' s usually on the menu and if you don ' t see it, at least see if they have a publicly posted commitment to serving sustainable seafood. 2 to avoid and 1 to order Never order bluefin tuna, known as hon maguro or toro on sushi menus; and avoid eel, called unagi.

~~A Guide to Sustainable Sushi — Seafood is the New Black~~

Sustainable Sushi “ If you do not interfere with the busy season in the fields, then there will be more grain than people can eat; if you do not allow nets with too fine a mesh to be used in large ponds, then there will be more fish and turtles than one can eat. ” – Mencius (372-289 B.C.), a leading disciple of Confucius

~~Sustainable Sushi — Making the Right Choices~~

Sustainable sushi in Japan: What to order. Let ' s start with the good choices. First off, scallops (hotate) are generally your friend. Salmon can be sustainable too—it just depends on where and how it ' s fished or farmed. Same goes for squid (ika) and some shrimp (amaebi). Arctic char (iwana) is awesome if you can find it.

~~Sustainable Sushi in Japan and Other Eco-Friendly Meals ...~~

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Sustainable sushi is sushi made from fished or farmed sources that can be maintained or whose future production does not significantly jeopardize the ecosystems from which it is acquired. Concerns over the sustainability of sushi ingredients arise from greater concerns over environmental, economic and social stability, and human health.

~~Sustainable sushi — Wikipedia~~

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“ Sustainable Sushi tells the story behind the fish on the sushi menu and offers clear guidelines for what to order so you can

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continue to enjoy your shiromaguro (as long as it ' s troll-caught from Pacific waters) and other fish. ” —The Nourish Network

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The sushi we eat today has its origins in fish preservation techniques that are hundreds of years old. Then, fish filled the ocean. Today, there are serious concerns about the number of fish left in the sea, so it's time to create new traditions.

~~Sushi Recommendations from Seafood Watch at the Monterey ...~~

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greenpeace work trenor has authored sustainable sushi a guide to saving the oceans one bite at a time a pocket guide that enables consumers to dine with confidence at the sushi bar in an effort to bring sustainable sushi out of the conceptual realm and into the american foodscape trenor founded the worlds first sustainable sushi restaurant san

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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 ...

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