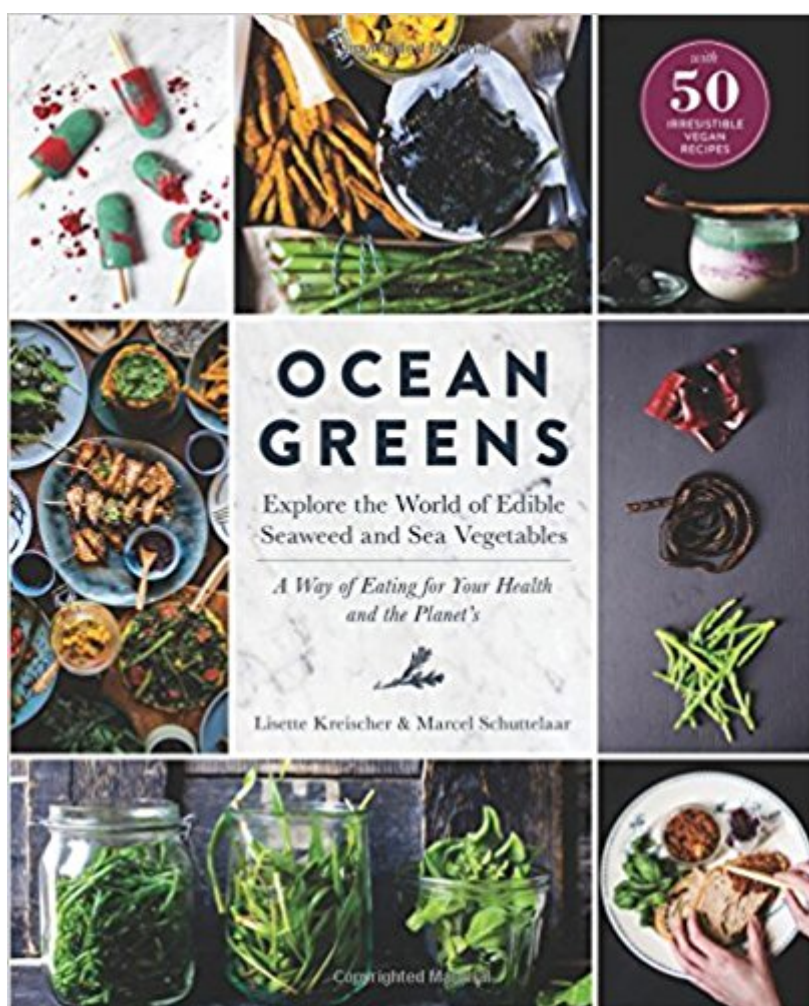


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Ocean Greens: Explore The World Of Edible Seaweed And Sea Vegetables: A Way Of Eating For Your Health And The Planetâ€™s



Synopsis

A 2017 IACP Award Finalist A beautifully photographed, innovative guide to edible seaweed and sea vegetables with vegan recipes "for your health and the planet" "One of the world's most sustainable and nutritious crops," according to *The New Yorker*, "seaweed could be a miracle food." It's also been called "the new kale" (CNBC) and a "climate warrior" (Atlantic). On the cutting edge of food and sustainability, seaweed and sea vegetables are good both for you and "with the potential to drastically reduce our carbon footprint" for the planet. Now, *Ocean Greens* is the all-in-one guide to the most kitchen-ready varieties of this remarkable superfood (overflowing with nutrients!) "wakame, kombu, agar, samphire, nori, and many others. Seaweed visionaries Lisette Kreischer (dubbed a "fitfluencer" by *Women's Health*) and Marcel Schuttelaar share insights on the nutrition, taste, and harvesting of each "as well as 50 irresistible vegan recipes that will have readers exclaiming, "I can't believe it's seaweed!" Pumpkin and Seaweed Pancakes Polenta Fries with Crunchy Sea Lettuce and Asparagus Seaweed Gnocchi with Spinach and Cherry Tomatoes Chocolate Chip and "Weed Cookies, and more!

Book Information

Hardcover: 192 pages

Publisher: The Experiment (October 18, 2016)

Language: English

ISBN-10: 1615193529

ISBN-13: 978-1615193523

Product Dimensions: 8.2 x 0.9 x 10.2 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 6 customer reviews

Best Sellers Rank: #457,533 in Books (See Top 100 in Books) #152 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood #214 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Burgers & Sandwiches #274 in Books > Science & Math > Agricultural Sciences > Sustainable Agriculture

Customer Reviews

"You should definitely consider eating more seaweed." "Epicurious" "This wonderful cookbook brings great information and recipes for using sea vegetables and seaweeds . . . [and] the nutritional information in the book will be invaluable. . . . Vegans and vegetarians alike will enjoy this

book.â •â "Booklist â œAn eminently useful tool for anyone thinking of trying to make their diet more plant-based. Ocean Greens is a perfect gift for vegetarian friends, or chefs who like to branch out into new food groups.â •â "Shelf Awareness

Lisette Kreischer is the author of seven books on vegan food and cooking, and living an ecofabulous way of life. She is also the cofounder of the company behind The Dutch Weed Burger, which is the subject of a documentary-length feature filmed in NYC and screened around the world. Kreischer is committed to spreading the word that plant-based food is easy, tasty, and healthy, and belongs in everybodyâ™s diet. She lives in the Netherlands. Marcel Schuttelaar, a nutritional engineer, is the founder of the North Sea Farm Foundation, the engine behind the cultivation of seaweed in the North Sea. He lives in the Netherlands.

Love, love, love this book! Fabulous and delicious recipes, spectacular photos! It'd make a beautiful gift !

This book is a must have in every family especially vegetarians and vegans. We are a large family all into eating healthy but mostly ocean greens and probiotics. This book has fabulous recipes and ideas.

Nice book, great pics, but it was unclear to me that all the recipes were vegan. It's cool to be vegan, but please label that more clearly. The book is a great value for those who are into seaweed and vegan recipes.

I got this cookbook and have been extremely impressed by it. It's clearly the product of a deep love and enthusiasm for the subject matter, and the result is one of the most educational and inspiring reads for anyone interested in expanding their culinary repertoire (vegan or otherwise). The title, "Ocean Greens," is itself a brilliant and fresh recast of the slimy, swampy associations we imagine seaweed to be. Kreischer and Shuttelaar take you way beyond nori-wrapped sticky rice and present an exciting array of exotic seaweed applications that might have left you skeptical if it weren't for all of the gorgeous photography accompanying each and every creation. Seaweed birthday cake, anyone? But this cookbook isn't just about the recipes. In a larger sense, Ocean Greens is about introducing an entirely new culinary paradigm to its readers. Introductory passages explaining the different types of seaweed and its composition are scientific without being esoteric. Transitions

between each section of the book are punctuated with interviews from "some of the world's seaweed pioneers," who each possess an interesting and distinct expertise in the growing field of seaweed cultivation. Cover to cover, Ocean Greens strikes a satisfying balance of recipes, information, and accessibility. As a reader, you're left inspired and excited to begin testing the many delicious recipes offered in the book (and luckily for us, Ocean Greens provides links to an impressive list of seaweed vendors and organizations that can help you purchase or learn more about seaweed in your locale).

Food from the sea. Vegan, Sea Kelp, Algae, Vegetable and Plant nutritional guide and cookbook with gorgeous full color pictures. The book starts out with an excellent overview of the various kelps, algae, descriptions and their nutritional properties. Then moves on to sea vegetables and plants. There are very clear instructions of the different forms and how they are used. I was shocked to learn that Ice Plants were on the list. I have lived with that plant around me all my life and never knew it was edible. The second part is all about the recipes. The Cut the Crab Salad, is a new family favorite for picnics. The healthy Happy Bowl was another. There are so many recipes I have bookmarked to try, like seaweed gnocchi, and the Weed Burger. It might be difficult to find some of the sea plants and vegetables for many who don't live near the ocean or a store that carries them, there are some alternative choices to the fresh ingredients. There are soups, salads, toppings, entrees, breads, desserts and a fantastic looking birthday cake. It's so nice to have this book be plant based. I don't have to convert any of the recipes. I eat kelp at least two times a week now but will now be adding it to many more meals for my family. I found so many different types of sea veggies that I hadn't felt comfortable using before. I loved this book, drooled over the photos, and recipes and I learned a great deal from interviews and information that is useful. I will be purchasing a hard copy for my kitchen shelf and a couple for gifts.

This book is absolutely a MUST have! Great recipes, pictures, and medicine!

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