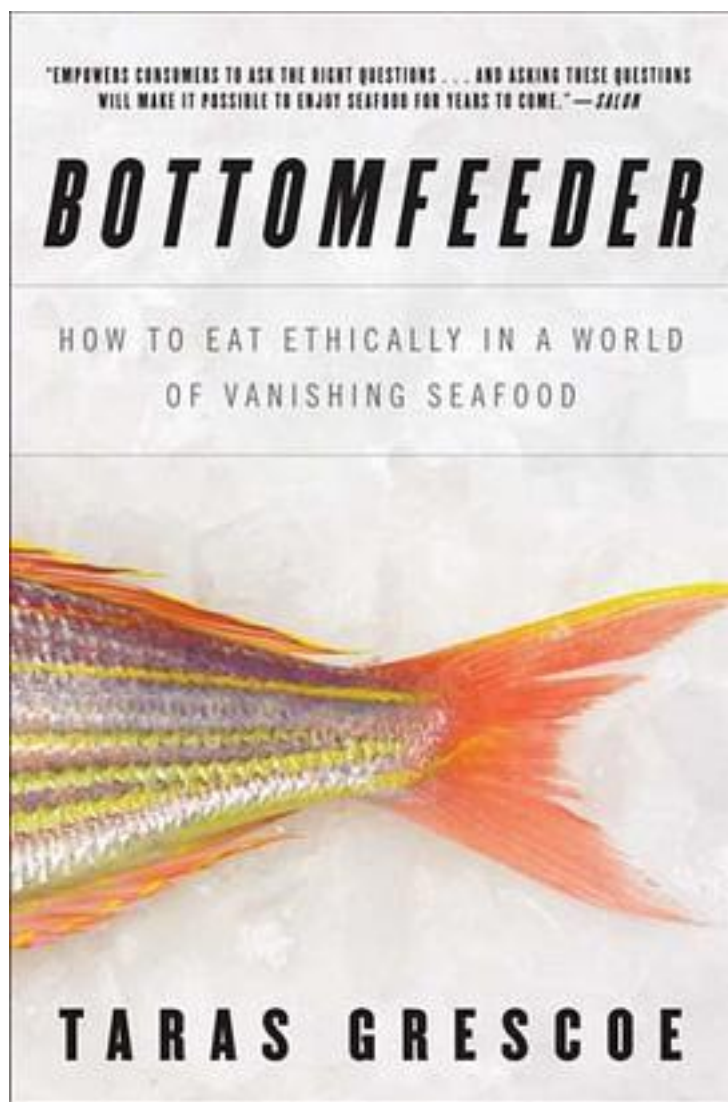


Bottomfeeder



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著者:Taras Grescoe

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"If you're a seafood lover, pick up this guide to which fish are the best for our bodies and which are best for the environment."--"San Francisco Chronicle "Just when opting for omega-3-rich seafood is being recognized as one of the healthiest dietary choices a person can make, the news seems to be full of stories about mercury-laden tuna, shrimp contaminated with antibiotics, and diminishing fish stocks. Is it still even good for us? "Bottomfeeder "is the story of a seafood lover's round-the-world quest for a truly decent meal. A balanced and practical guide to eating--newly updated for the paperback edition--it explains which fish are best for the environment, the seas, and our bodies.

作者介绍:

泰拉斯．格雷斯哥Taras Grescoe

著有《老饕犯賤走天涯》、《他方的盡頭》以及《大吃一斤：魁北克揭祕》三本著作。其中《大吃一斤》不但入圍作家基金會獎決選名單，也是加拿大的全國暢銷書。他的文章可見於美、英、加三國的各大出版品，包括《獨立報》、《康泰納仕旅人雜誌》、《美食》、《衛報》、《國家地理旅遊者誌》以及《紐約時報》。作者目前住在蒙特婁。

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