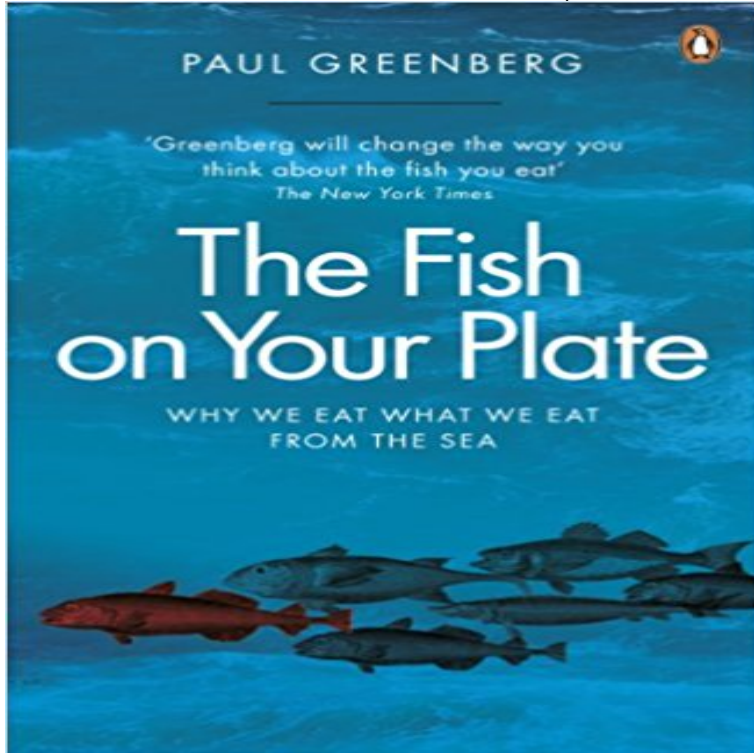


The Fish on Your Plate: Why We Eat What We Eat from the Sea



We eat more fish than ever before. But what's the story behind the fish on your plate? Where did it come from? Which fish can we buy without worrying? What's the difference between wild, farmed and organic? What does overfishing mean - and should humans just stop eating fish altogether? Paul Greenberg takes us on an eye-opening culinary journey from trawler to table, travelling to fair trade Eskimo fisheries, Norwegian mega salmon farms and rough South Pacific seas in search of wild tuna. Along the way he gives us the facts about fish, showing how the choices we make when we're faced with a seafood menu or supermarket shelf affect the whole world.

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