

The Bottomfeeder

How to eat ethically in a world of vanishing seafood

By: Taras Grescoe

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Taras Grescoe, is an accomplished Canadian writer who leaves no one off the hook as he explores the complexity of eating seafood ethically. Grescoe takes you on a voyage around the world and even through time to explore and understand the dismal state of world-wide fisheries and how we arrived here.

The title of his book is also the key message he delivers which is to eat ethically by eating close to the bottom of the oceanic food chain. This book is a good wake up call for seafood lovers and those that feed them to manage this resource wisely or face losing it.

PROS

Rest assured that after reading this very well researched book you won't feel like you have to give up on the great taste or amazing health benefits that seafood offers. You will however have a comprehensive understanding of what to choose and why. The role of government, fisheries, processors, environmentalists, researchers, chefs, food writers, nutritionists, fishmongers and consumers to save our fisheries are all explored. The summary, *Tools for Choosing Seafood* is a helpful guide to eating seafood ethically.

CONS

While the great amount of research that went into this book is a strength, we also found it to be a weakness at times as the details made reading the book a bit laborious. Also, for a seafood lover, the content can weigh heavy on you as you tend to dwell in painstaking detail on many negative aspects of the current fishery industry.

THE BOTTOM LINE

This is a great read for those seafood lovers looking to eat ethically. If you find the details make it hard to get through the book, skip to the excellent summary at the back.