

Sustainable seaweed harvester, Amanda Swinimer, will present on her new book, The Science and Spirit of Seaweed (Harbour Publishing) at Orcas Island Library (500 Rose Street Eastsound WA) on May 8th, 2022 at 3:00 pm PST

At this event, Pacific Northwest-based seaweed harvester and author Amanda Swinimer will share highlights from her remarkable life beneath the waves, as well as present on seaweed varieties found along the coast, sustainable harvesting practices, and the nutritional, medicinal, and environmental benefits of seaweed.

In *The Science and Spirit of Seaweed: Discovering Food, Medicine and Purpose in the Kelp Forests of the Pacific Northwest* Swinimer reflects on the journey that led to her successful seaweed harvesting business and provides identification information, ecologically sound harvesting techniques, traditional medicinal application and evidence-based health information for more than twenty varieties of seaweeds commonly found from California to Alaska. She also includes notes on culinary and skin-care uses for several types of seaweeds. Complemented by vibrant underwater photography, beautiful illustrations and chef-inspired recipes, this volume richly conveys the benefits and wonder of living in harmony with the ocean. It will be a welcome resource to beachcombers, foragers and anyone fascinated by the marvels of the natural world.

Amanda Swinimer lives on the west coast of Vancouver Island, BC, with her two daughters. She holds a bachelor of science degree from Dalhousie University with an advanced major in Marine Biology. She has her own business, Dakini Tidal Wilds, hand-harvesting wild seaweed from the beaches and kelp forests surrounding her home, and she presents on seaweeds to diverse audiences.

This is a free hybrid event. In-person attendees do not need to register. The Zoom link for registration is: <https://us02web.zoom.us/meeting/register/tZEkduqqqDopGNEIW9LAPpyLghJLS9rAJH3h>

The Science and Spirit of Seaweed will be available for purchase at the event from Darvill's Bookstore.

For more information about this event, please contact:

Carol Dapogny, Public Services Librarian at Orcas Island Library at cdapogny@orcaslibrary.org.

For more information about the book *The Science and Spirit of Seaweed* and/or to schedule an interview with Amanda Swinimer, please contact:

Emily Schultz, Publicity Assistant for Harbour Publishing* at emily@hpdm.ca.

*Harbour Publishing is distributed in the United States by Publishers Group West.

LISTING INFORMATION

TITLE: The Science and Spirit of Seaweed: Talk and book signing by Amanda Swinimer

LOCATION: Hybrid event: *Orcas Island Library 500 Rose Street Eastsound WA* and online

DATE + TIME: May 8th, 2022 at 3:00 pm PST

DETAILS: Sustainable seaweed harvester, Amanda Swinimer, will present on her new book, *The Science and Spirit of Seaweed* (Harbour Publishing) at Orcas Island Library (500 Rose Street Eastsound WA) on May 8th, 2022 at 3:00 pm PST

REGISTRATION

LINK: <https://us02web.zoom.us/join/register/tZEKduqqqDopGNEIW9LAPpyLghJLS9rAJH3h>

*No registration necessary for in-person attendees

MORE INFORMATION: www.harbourpublishing.com

