



Limu

Books on Seaweed

2022 was declared the Year of the Limu in Hawai'i in order to increase awareness of the importance of limu (seaweed) to Hawai'i's nearshore marine environment and the populations of nearshore fish. The hope is to recapture, retain and share cultural and environmental knowledge of limu for the people of Hawai'i and its many generations to come. These resources will help in understanding how limu is an invaluable part of the ecosystem and culture of Hawai'i .

LIMU FOR FOOD & THERAPEUTIC USE

H 641.1 M

Miller, Carey. **Food Values of Poi, Taro, and Limu.** Classic study on the nutritive value of traditional Hawaiian foods, particularly poi, taro and limu.

YA H 641.65 F

Fortner, Heather. **The Limu Eater: a cookbook of Hawaiian seaweed.** Guide to the discovery and culinary appreciation of Hawai'i's seaweed.

641.6 Kr

Kreischer, Lisette. **Ocean Greens: explore the world of edible seaweed and sea vegetables: a way of eating for your health and the planet's.** At the leading edge of cuisine and sustainability--a beautifully photographed, innovative guide to edible seaweed and sea vegetables in all their varieties, with 50 mouthwatering recipes, from Pesto from the Sea to Festive Seaweed Cake. -Publisher's marketing

615.53 Co

Cooksley, Valerie. **Seaweed: nature's secret to balancing your metabolism, fighting disease, and revitalizing your body & mind.** This unique and comprehensive guide explains how to use seaweed, and why it works in its medicinal, nutritional, and cosmetic applications. - Amazon.com

641.698 Pi

Pisani, Nicole. **The Seaweed Cookbook: Discover the Health Benefits and Uses of Seaweed, with 50 Delicious Recipes.** Explains the benefits of eating seaweed, where to buy it, how to collect it (if you're lucky enough to live seaside), and how to dry, store, soak and handle it as an ingredient. - Publisher's marketing

579.8177 Mo

Mouritsen, Ole G, et al. **Seaweeds: edible, available & sustainable.** Mouristen champions seaweed as a staple food while simultaneously explaining its biology, ecology, cultural history, and gastronomy. - Publisher's marketing

641.6 Gu

Gusman, Jill. **Vegetables from the Sea: everyday cooking with sea greens.** This delectable cookbook hosts 150 tasty recipes, all of which include sea greens, enlightening readers on the usage, preparation, and storage of these highly nutritious vegetables used for centuries. - Amazon.com

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LIMU IDENTIFICATION

H 579.83 Hu

Huisman, John, et al. **Hawaiian Reef Plants**. Comprehensive guide on nearly all species of marine plants present in Hawai'i. - Amazon.com

H 589.3 Ab

Abbott, Isabella Aiona. **Limu: an ethnobotanical study of some edible Hawaiian seaweeds**.

H 579.83 Ab

Marine Green and Brown Algae of the Hawaiian Islands.

H 579.89 Ab

Marine Red Algae of the Hawaiian Islands

Abbott, world renown scientist, was a leading expert on Pacific marine algae and was often called "The First Lady of Limu". These three books are full of scientific and ethnobotanical information.

H 589.3 Ma

Magruder, William Henry. **Seaweeds of Hawaii: a photographic identification guide**. Photographic reference guide to Hawaiian seaweed.

LIMU MO'OLELO OF THE PAST & PRESENT

H 299.9 K

Translated by Queen Lili'uokalani. **The Kumulipo: an Hawaiian Creation Myth**. Limu is mentioned in the first section of this account of the creation of the world according to Hawaiian tradition.

E H Ar

Armitage, Kimo. **Limu: the blue turtle and his Hawaiian garden**. Limu must return a seaweed tree to its real home because it has blocked out the sun in his underwater garden.

LIMU FROM AROUND THE WORLD

H 615.3298 El

Elkins, Rita. **Limu Moui: prize sea pant of Tonga and the South Pacific**. Limu moui is a brown seaweed that has been consumed by Tongans for over three thousand years. It has a reputation for fighting disease and promoting good health, and it has recently been the focus of scientific study for its cancer-fighting abilities. - Amazon.com

579.8 Th

Thomas, David N. **Seaweeds**. Presents a detailed look at what seaweeds are, how they live, and why humans value them. - Amazon.com

LIMU AND ECOLOGY

338.3714 Smith Sm

Smith, Bren. **Eat Like a Fish: my adventures as a fisherman turned restorative ocean farmer**. Part memoir, part manifesto, a former commercial fisherman turned restorative ocean farmer - shares a bold new vision for the future of food: seaweed. - Amazon.com

eBook (Juvenile) - available online at hawaii.overdrive.com

Kamehameha Schools, Hale Kuamo'o. **I'a Eat Limu (Pāhana 'Āina Lupalupa Science Series)**

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Kamehameha Schools, Hale Kuamo'o. **Limu Grows in the Kāheka (Pāhana 'Āina Lupalupa Science Series)**

These books integrate Hawaiian language, culture, and place-based content with literacy and science concepts that meet national standards. - HSPLS Overdrive Catalog



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