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## Review of Cook, Langdon: Upstream for Wild Salmon, from River to Table

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Cook, Langdon. *Upstream: Searching for Wild Salmon, from River to Table*. 2017

Salmon have been prized for food and admired by many cultures for their remarkable migration pattern from rivers to oceans and back to the rivers of their origins. Their Latin name, “salmo”, means “to leap”, as they swim upstream to spawn in fresh water. Cook (“The Mushroom Hunters” 2014; “Fat of the Land”, 2016) writes on wild foods and the outdoors, and leads hikes in the Seattle area. Starting at the Copper River in Alaska, he visits the fishing community of Cordova in Alaska, explores the Rogue and Columbia Rivers in Oregon and Washington, the Sacramento River system in California and the Snake River in Wyoming. The author describes the species of wild Pacific salmon, and the negative effects on their populations caused by logging, warming river and ocean temperatures and the damming of rivers to provide hydroelectric power and irrigation. Habitat destruction, human population growth and the effects of salmon hatcheries have altered the ecosystems on which salmon depend. Cook conveys his love of the outdoors, the beauty of the Pacific Northwest and the delectable eating provided by fresh caught wild salmon. This book will appeal to readers of Catherine Schmitt’s “The President’s Salmon” (2015). A bibliography and index are included. VERDICT : Combining scientific facts with the author’s personal travel experiences, this book will appeal to fishers, environmentalists, naturalists, and armchair travelers.

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