

OC Public Libraries Presents

COOKBOOK AUTHOR VALENTINE THOMAS

Friday, April 17, 2026 at 6:00 pm

Tustin Library

345 E. Main Street, Tustin, CA 92780

Limited complimentary books available, while supplies last.
No registration required. Early arrival suggested. All ages welcome.



Born in Montreal, Valentine Thomas was trained as a lawyer in Canada and worked in finance in London for six years before completely changing her career path, becoming a world record professional spearfisherwoman and freediver and an ambassador for ocean sustainability worldwide. She is a two-time TEDx speaker, Forbes Changemaker, and book author of *Good Catch: A Guide to Sustainable Fish and Seafood with Recipes from the World's Oceans*. Among her many areas of expertise, Thomas is on a mission to educate people to make good seafood choices while fostering a sense of community to create a leading change in seafood consumption. As someone who catches one fish at a time, she has a deep respect and understanding of the ocean and the need to help create a sustainable seafood system.

For more information, call 714-544-7725 or email ocpl.tustin@occr.ocgov.com

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