

Edible Seaweeds



Sea Lettuce
Ulva
Latuca

Easy recognisable • Looks like land lettuce with wavy edges • young bright green, darker when mature • very thin, only two layers of cells • easy to find • mainly in the mid to lower zones • harvest from Spring to late Autumn • delicious freshly picked • vitamin C, B12, Mg, high in protein • Recommended for vegans and vegetarians.



Carrageen

Chondrus crispus

• small bushy, fan shaped seaweed • flat fronds • classed as red seaweed, ranging from purple to pink to rosey cream. • found mainly on the lower shore • at its freshest when tips have a violet irridescence • harvest from Spring to late Autumn • best early in the season.

• used as a gelling agent • packed with nutrients • fot sore throats, coughs and colds and chest problems

Dulse
Palmaria palmata



• widely known small red seaweed • soft red leathery fronds • grows from a disc-like holdfast • dries to a dark pinky red • Harvested mid Spring to Autumn • care when cutting, the holdfast can easily be dislodged • attached to rocks on mid to lower shores • full of vitamins, protein and trace elements • traditionally used against worms and parasites • tasty ingredient, fresh or dried in many recipes



• delicate, translucent seaweed • dark green to brownish purple to chocolate black • lower and midshores, on surface of rocks, boulders and concrete breakwaters • Harvest from early spring to late Autumn. • mostly dried as thin sheets used for sushi and in many recipes • full of nutrients, trace elements and protein • traditionally used as a tonic in winter

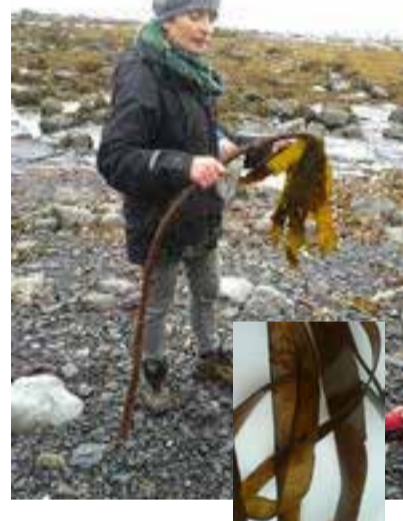


Nori - Porphyra



Sugar Kelp

- *Saccharina latissima* • Sweet Kombu • up to 4 metres in length with thin, short stem • dried with white powder on the surface, a mixture of sugar and salt named Mannitol. this gives Kombu its distinctive taste • in extreme lower shores, gullies and rock pools • from Spring - Autumn • leave a third of the lower frond for regrowth • rich in Calcium, Manesium, Zinc and Mannitol • used fresh or dried • particularly nice as dried crisp



Sea Spaghetti
Himantalia elongata

Grows from small discs with long spaghetti like fronds, 1-2 metres long • hanging down in tangled masses attached to rocks • Found on the lower shore, often in rock pools • harvested easily from Spring to Autumn • leave a few centimetres to allow regrowth • best eaten lightly steamed (al dente) • high levels of Calcium and Magnesium and Zinc.

Alaria

Alaria esculenta

• *Alaria* means 'wings' in Latin • brown or dark green coloured seaweed • easily distinguished by narrow mid-rib on the middle of the long frond • grows on extreme lower shores • grows rapidly during the later winter months • available from Spring to Summer • eaten as dried crisp in salads and cooked dishes • high in protein, calcium, magnesium and Vitamin B6.



Content of Seaweeds:

- 70-90% water
- 45-75% carbohydrates. 20% Sugars (mannitol, sorbitol, laminarin)
- 7-35% protein (spec. Nori). Essential amino-acids, e.g. taurine.
- fat less than 5%. Omega 3:Omega 6= 1:3 (ideal)
- fibers • soluble: polysaccharides like Agar and Carragene in Rotalgen, Alginate in brown algae (absorb water, industrial uses) • insoluble: cellulose and xylane
- Minerals: Seaweed contains 10 times higher mineral content than plants: Jodium, Calcium, Phosphorus, Magnesium, Iron, Natrium, Kalium, Chlorid. Spore elements: Zink, Copper, Mangan, Selen, Molybden, Chrome
- Vitamins: A, B (B1, B2, B3, B6, B12, folicacid), C, E. (B12 not bio-accessable)

