

# A Beginners Guide to Sea Veggies



Seaweeds are a gift from the oceans – although they can be found in some freshwater lakes and seas as well. Technically they are not plants but classified as algae with over 20,000 known species.

Seaweeds pack a highly nutritious punch to a variety of dishes. Well known in Asian cuisine they have only more recently become better known in Western cultures through the increasing popularity of sushi and other Asian dishes.

There are three broad categories, Chlorophyta – green, Rhodophyta – Red, and Phaeophyta – brown. They are a generally bountiful sources of all 56 minerals and trace elements (with higher concentrations than any land plants) required for the healthy functioning of our bodies such as proper enzymatic functions and energy production. They also contain protein, up to more than half by weight when dried, fiber – both soluble and insoluble, carotenoids, Vitamins B1, B2, B3, B6, folate, and B12 along with traces of Vitamin C and E. The Eating For Health model\* considers these “booster foods” – foods that boost overall nutrition particularly as much of our land based foods are now deficient in many nutrients due to commercial farming techniques.

Seaweed Group	Nutrients	Culinary Uses
<b>Phaeophyta – Brown</b> Includes: kelp, arame, kombu, wakame (also known as alaria), hijiki. Generally grows 5 – 7 feet below the ocean.	Best source of iodine, and alginates – soluble fibers that help prevent absorption of toxic metals. <b>Arame</b> – protein, iodine, calcium, Iron <b>Hijiki</b> – very high in calcium <b>Kombu</b> – a type of kelp, abundant in iodine, carotenes, Vit B,D,E, calcium, magnesium, potassium, zinc, iron <b>Wakame</b> – high in protein, calcium, iron, magnesium and carotenes	<b>Kombu</b> – good for soup stock (dashi) and to soften beans and speed up their cooking. Raw, Granulas or powders, add 1 to 2 tsp to smoothies, ¼ tsp to oil and vinegar for dressings. <b>Wakame</b> – good for miso soup, mild flavor so won't overpower other flavor profiles. Whole leaf, marinated, blanched or steamed for use in salads, quick roasted for chips, good addition to green drinks or energy drinks for mineral fortification. Add to soups or cup of hot water for mineral broth.
<b>Rhodophyta – Red</b> Includes: nori, laver, dulse and Irish Moss, Grows near surface and up to 300 feet below the ocean. Colors range from orange to purple. Used to produce agar, a gelatinous food thickening agent.	<b>Dulse</b> – iron, phosphorus, potassium, magnesium, protein, B2 and B6 <b>Laver</b> – (wild nori) common source of nori for sushi, B2, B6 Vitamina A. protein and fiber <b>Agar Agar</b> – gelatinous food thickening agent.	<b>Dulse</b> – good raw, or roasted, boiled. When flaked good to sprinkle on salad, or add to any grain or veggie dish, e.g. add 1-2 tsp to hummus or tapenade, pesto or bruschetta. Goes well with parsley, celery, Belgian endive and garlic. Powdered try over popcorn. <b>Laver</b> – whole leaf or flakes in seasoning blends. Nutty, sweet flavor when lightly roasted in skillet or low oven. Crumbled or sprinkled into soups, salads, pasta, potatoes, give subtle salty sea flavor.
<b>Chlorophyta – Green</b> Includes: chlorella, sea lettuce and awonori (not well known in USA). Grows in shallow water	High in protein, 26 times the calcium of milk by weight. Rich in natural carotenes, Vit D, gamma linolenic acid and 9 essential amino acids.	<b>Sea lettuce</b> – use like a herb or seasoning or vegetable. Dried and added to salt and sesame seeds to sprinkle on dishes. Add to soups, salads, good on new potatoes

See reverse for references and reliable sources for sea vegetables in the United States

#### Online Purchasing:

Maine Seacoast Vegetables  
3 Georges Pond Rad  
Franklin, ME 04634  
202-565-2907  
[info@seaveg.com](mailto:info@seaveg.com)

Mendocino Sea Vegetables Company  
P.O. Box 455  
Philo, Ca 95466  
707-895-2996  
[www.seaweed.net](http://www.seaweed.net)

#### References:

Bauman, E., Friedlander, J, 2017, Foundations of Nutrition Textbook, Bauman College  
Mendocino Sea Vegetables Company – [www.seaweed.net](http://www.seaweed.net)  
Maine Seacoast Vegetables – [info@seaveg.com](mailto:info@seaveg.com)  
Milkwood - <https://www.milkwood.net/2016/08/08/seaside-sandwich-foraging-eating-sea-lettuce/>  
Eat the Weeds - <http://www.eattheweeds.com/ulva-sea-soup-salad-2/>

\*Bauman College, Eating for Health Model – see above, Foundations of Nutrition Textbook.