OUTER COAST SEAWEEDS To Eat, To Use, TO COLOR

Here is a self-guided tour of just a few of the more recognizable ones.

**ALARIA – WINGED KELP**

Alaria is olive-brown seaweed kelp found in the lower tidal zone on moderate to very rocky shores can grow two to three meters (six to ten feet). Its large frond or blade has a distinctive flattened mid-rib. It contains the B complex vitamins, vitamin C and many other elements.

Uses: Alaria is a source of alginates. Used as human food (e.g. in soups in a manner similar to Undaria [Wakame]) and used (usually in meal form) as an animal feed additive and a fertilizer/soil conditioner. When dried whole, the fronds are a wonderful addition to baths. Edible, spa-friendly and beautiful.

**Egregia menziesii** The "Feather Boa" Kelp

This attractive olive brown seaweed kelp is fringed with rich chocolate brown blades. It can reach five meters in length and be found on moderate shores in the lower to mid-tidal zones.

Uses: Another bath herb. The boas can be dried and then reused for up to 3 baths.

**LAMINARIA – Japanese Kombu**

Kombu or Kunbu (Laminaria, a brown alga) This rich olive brown seaweed kelp is usually attached to rocks in moderate to sheltered waters between lower and sub tidal regions. Its texture can vary from thin and flexible to thick and leathery. It also contains alginic acid, laminaran, mannitol, protein, carotene, niacin, phosphorus, the B complex vitamins, vitamin C and many other elements.

It plays a strong role in Japanese culture as a royal delicacy and they attribute a number of healing virtues especially in treating thyroid disease and lowering blood pressure.

Uses: Japanese folk medicine recommends bathing with Kombu strips to ease nervous disorders. The healthful benefits of this Seaweed can be absorbed from the bath waters.

**NEREOCYSTIS – Bull Kelp - see next page.**
**Nereocystis luetkeana—Bull Kelp**

This is the Seaweed most often recognized when foraging on the coast. These classic brown Seaweeds form the massive 'forest and canopy' located just offshore.

Bull kelp is whip-like with long thin hollow stalk leading to a floating bulb, with several long thin blades arising from the bulb. Bull kelp is annual seaweed—meaning it grows from a spore to maturity within a single year. It can grow an impressive 20 meters in only one season.

Uses: High in vitamins & minerals, particularly potassium, protein & free amino acids. Fun bath herb.

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**ROCKWEED—Fucus gardneri**

This olive-green Seaweed with its yellowish tips is usually found in the middle of the inter-tidal and high tide zone. It arises from a disc-shaped holdfast on the rocks of both coasts of North America and in Europe and the UK. This Seaweed grows in bushy clumps, hanging down across the rocks like curtains.

Uses: It is a versatile medicinal herb from the ocean. Rockweed is an alga. Alga is another name for a seaweed or sea vegetable. Rockweed was used mainly for healing people, as a dressing to treat sores and swollen feet, or fresh, rubbed on legs and feet to treat aches, pains and locomotor ataxia (paralysis of the legs). Rockweed was mixed with yellow cedar boughs in steam baths to treat rheumatism. It was sometimes used for steaming butter or littleneck clams in a steam pit. (A steam pit is a big hole in the ground with hot coals and rocks in it). Rockweed was also used with eelgrass for steaming wood to make it soft and flexible. Some of the things made from steamed wood are boxes and halibut hooks.

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**Dulse (a red alga, *Palmaria palmata*)**

**Family:** *Palmariaeae*

**Class:** *Rhodophycota* (red seaweeds)

**Other common names:** Sea Parsley, Dillisk

While dulse has long been enjoyed by East Coast residents, on the West coast it is less accessible. It has a delicious fresh crisp flavor.

Uses: Dulse is reported to have the highest content of iron of any food source, and is high in potassium, magnesium, protein and vitamin A.

1 lb Dulse seaweed fine powder, organically certified. 1 lb Kelp seaweed powder, organically certified will yield 40+ facials or 3-4 body wraps per kit. A good way to experience seaweed's external healing qualities!
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<th><strong>SEA LETTUCE – Ulva lactuca</strong></th>
<th>Porphyra - Japanese Nori</th>
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<td><em>This bright green, tissue-like Seaweed resembles leaf lettuce. Sea lettuce can usually be found in the high tide zone. This seaweed is picked at low tide, when dried in the sun, this Seaweed looks and feels like tissue paper.</em></td>
<td>Nori (<em>Porphyra</em>, a red alga)</td>
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<td>Uses: It has a fresh crisp taste when toasted, can be added to other salad ingredients and medicinally has natural astringent properties. <em>Ulva</em> has also been used to treat burns.</td>
<td>There are several varieties on the outer coast of this beautiful ruffled Seaweed; they may range in color from olive-green to rose pink to purple. It is thin and elastic like latex and its oily iridescence reflects the colors of the rainbow.</td>
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<td>Uses: This is popular Seaweed for eating, both historically and today. Eaten by indigenous peoples, it has a sweet, meaty flavor pleasant to most palates. Porphyra is high in protein, contains carbohydrates and almost no fat. It is rich in vitamins A, B₁, niacin, B₁₂, plus C and D.</td>
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Porphyra – Japanese Nori

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<th>IRIDAEA CORDATA- Rainbow Seaweed</th>
<th>Seaweed is an ingredient in medicines used to cure at least five major diseases. It has been in medicines used to treat tuberculosis, arthritis, colds, and influenza and worm infections. Agar, a substance extracted from seaweed, is used in the culture of bacteria and other microorganisms. Petri plates that medical technicians use are lined with agar gels and incubated, and hospital laboratories use agar plates too to identify various types of infectious bacteria. Agarose is another substance extracted from seaweeds and commonly used in the area of medicine, specifically in chromatography to purify proteins, DNA and other substances.</th>
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<td><em>Its broad, smooth blades are dark bluish, purple and iridescent in color. It is found in the lower rocky inter-tidal zone and upper sub-tidal zones. Its beautiful coloring easily explains its local name of 'Rainbow Seaweed'</em>.</td>
<td>The drawings from “Exploring The Seashore in British Columbia, Washington and Oregon. A Guide to Shorebirds and Intertidal Plants and Animals” by Gloria Snively Gordon Soules Book Publishers Ltd. 1997, 1978 • phone +1-250-642-5328 or email: <a href="mailto:info@outercoastseaweeds.com">info@outercoastseaweeds.com</a></td>
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<td>Uses: Can be used in all skin care products especially those for the face. In a facial mask it goes on sheer to cleanse, refine and bring out the complexion’s glow to improve dryness, elasticity and skin tone. Can be eaten, it is relatively low in Na and K and thus may be useful for patients taking certain medications.</td>
<td>The Aromatic News • Summer, 2006 • PH 877/966-4227, P.O. Box 225336, San Francisco, CA 94122-5336</td>
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