



SEAWEEDS/ SEA VEGETABLES

Seaweeds are an excellent source of trace minerals, high- quality proteins, enzymes, vitamins, and antioxidants. Seaweeds have an alkalinizing effect and help detoxify. Research has shown seaweeds to be beneficial for treating cancer, heart disease, hypertension, radioactive/heavy metal detoxification, inflammation, joint pain, anti-viral properties, and proper functioning of the thyroid. Our seaweed meet organic and sustainable harvest standard, are low temperature dried, and enzyme active. Please check for occasional hidden pebbles or shells in leaves.

ARAME

Arame is a dark, thin Brown Algae that is utilized as a Sea Vegetable and which physically resembles a thread. Arame contains minerals such as calcium, iron, zinc and iodine. With its sweet, mild flavor, arame is an excellent choice for introducing sea vegetables into your daily diet. Great in salad or sautéed with onions, carrots, and tofu. To reconstitute, soak arame in cool water 8 to 10 minutes. Drain well and rinse briefly.

DULSE

Dulse is also known as Sea Lettuce and is a type of Red Algae. It is available in the forms of dried powder, flakes and granules. Dulse contains minerals such as potassium, and iodine, vitamins A, B's, chlorophyll, and enzymes. Great as a snack, sprinkle on salads, soups, pizzas, popcorn or grains. No soaking necessary.

HIJIKI / HIZIKI

Hijiki is a type of Brown Algae Sea Vegetable that is similar to arame. Hijiki has dark, long strands that have the appearance of thick hairs or strands of spaghetti. Hijiki contains minerals such as calcium, magnesium, potassium, iron, and phosphorus, vitamin B2, amino acids (15,000), beta-carotene and helps to reduce cholesterol in the bloodstream and prevent heart disease and some type of cancer (due to the HPS-I content of hijiki). To reconstitute, soak in cool water 10-12 minutes. Drain and rinse under cold water to remove any sand or shells.

KELP

Kelp is also known as Brown Seaweed and it has large, flat, leaf-like fronds. It is available in the forms of granules and whole leaf. The health benefits of kelp are: may lower hypertension, may alleviate constipation, goiter and hypothyroidism (due to the iodine), elimination of intestinal parasites, and may help prevent breast cancer. Kelp contains many minerals such as: calcium, boron, iron, copper, iodine, and manganese, vitamin B1, B3, B5, B6, B12, C, E, K and amino acids (1,700). To prepare, rinse briefly in running water and wipe lightly with a clean, damp cloth. Do not remove the white minerals on the surface, as these are the glutamic salts which help make kombu a valued flavoring agent in most recipes.

KOMBU

Kombu is nutritious Brown Algae that is used in a wider variety of Japanese dishes than any other seaweed and is valued for its flavor-enhancing qualities as well as its ability to make beans more tender and easier to digest. The health benefits of kombu are: may lower blood pressure, and facilitate the removal of toxic substances from the body. Kombu contains minerals such as calcium, iron, and sodium, vitamins B12 and amino acids. Great in stock for soups, stews and sauces. To prepare, rinse briefly in running water and wipe lightly with a clean, damp cloth. Do not remove the white minerals on the surface, as these are the glutamic salts which help make kombu a valued flavoring agent in most recipes.

LAVER

Laver is a type of Red Algae and it is similar to Japanese Nori. Laver has a distinctive and nutty taste. The health benefits of laver are: prevents peptic ulcers and some forms of cancer, and may inhibit some types of detrimental fungi. Laver contains minerals such as calcium, iodine, iron, and phosphorus, chlorophyll-a, amino acids (50,000), vitamins C, and B12. Laver is unsheathed, whole, and best when lightly roasted before use. Heat in oven at 300 degrees for 5-8 minutes, careful not to burn

WAKAME

Wakame is a flat, thin sea vegetable and a type of kelp closely related to kombu. It is the principal sea vegetable in the Japanese diet and it turns a beautiful, translucent green when cooked. The health benefits of wakame are: may prevent abnormal blood clotting, and some forms of cancer, lower blood pressure, and safeguard against infection. Wakame contains minerals such as: calcium, magnesium, potassium, sodium, manganese, copper, zinc, phosphorus and iron, vitamins C, and K, and amino acids (3,000). Great in soups and stews, chilled in salads or toasted and ground with sesame seeds as a nutritious condiments. To prepare, rinse briefly and soak in fresh water for 5 minutes and drain properly.

IRISH MOSS

Irish moss is a type of Red Algae and is also known as pearl moss or Irish sea moss. It is available in the form of powder. The health benefits of Irish moss are: lower blood pressure, may alleviate bronchitis, and peptic ulcers. Irish moss contains minerals such as bromine, iodine, magnesium, potassium, zinc, selenium, calcium, manganese, sodium, copper and phosphorus and amino acids (1,500).