



Seaweed

Dulse Powder \$5.50 SW-002	The entire plant, dried and cut.
Kelp Powder \$2.50 SW-003	Powdered kelp can be easily included in practically every dish.
Bladderwrack \$3.25 SW-004	Added to soups and stocks, taken as tablets, as an extract, or drunk as a tea 2-3 times a day.
Bladderwrack Powder \$3.25 SW-005	Modern research reveals that bladderwrack can be an alternative to soy in supporting women's health.
Irish Moss \$4.25 SW-006	It is harvested to make carrageenan, a thickening agent for jellies, puddings, and soups, and is a traditional herbal remedy in Ireland.
Irish Moss Powder \$4.75 SW-007	The powder is appropriate for making herbal combinations for coughs and colds, but the whole plant is best for treating indigestion.
Nori Flakes \$8.75 SW-008	Nori is perhaps best known here in the U.S. as a wrap for sushi, but it has a long history of use in traditional Chinese Medicine.
Wakame Whole \$9.25 SW-009	Wakame is a seaweed that looks and tastes like a slippery spinach.



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Sea Lettuce

\$5.50

SW-010

Sea lettuce is a bright green algae composed of lobed, ruffled edged leaves that are sheet like and do resemble a leaf of lettuce. It has almost no stalk at point of attach-
