



OCIA

All of these products are Organic, Wheat-Free, Gluten-Free, Dairy-Free, Unsweetened and Vegan.



Dulse, Dulse Flakes, Kelp, Alaria, Laver, Nori

Sea Vegetables

Sea Vegetables are seaweeds that are eaten and enjoyed as staple and healing foods in many parts of the world. Small amounts of sea vegetables enhance the nutritional value of your diet while adding a rich flavour.

Maine Coast offers four organically certified varieties of sea vegetables: alaria, dulse, kelp, and laver. They are hand harvested directly from their beds at low tides, dried at low temperatures by sun, wood or forced hot air, and packed without further processing.

Sea vegetables are rich in minerals and trace elements, at levels much greater than those found in common garden vegetables. Sea veggies also provide vitamins, fibre, enzymes and high quality protein.

Marine phytochemicals found only in sea vegetables have been shown to absorb and eliminate radioactive elements and heavy metal contaminants from our bodies. Other research demonstrates the inhibition of tumour formation and reduction of cholesterol.

Sea vegetables give highly concentrated nutrition – a little goes a long way! Most Maine Coast recipes use once quarter ounce or less per serving. We suggest eating a variety of sea vegetables for maximum nutrition and taste.

Dulse

Our most popular sea vegetable – with a soft, chewy texture, distinctive taste and a rich red colour. Enjoy dulse as a snack, a colourful salad ingredient, tasty in soups, zesty when fried.

Dulse Flakes

Produced from high quality selected organic dulse. Toss in salad, pour in soups, mix with pasta, sprinkle in stir-fries.

Kelp

A thinner and more tender variety of Japanese kombu, light brown to dark green in colour. Used, like kombu, in soup stocks, pan-fried for chips, stir-fried with carrots, etc.

Alaria

Similar to wakame biologically and nutritionally, with a black or dark-green colour. A more wild, yet delicate taste than cultivated wakame and needs longer cooking time. Our preferred sea vegetable for miso soup.

Laver

A purple/black, wild North Atlantic cousin to nori, enjoyed in the British Isles for centuries. Dry roasting brings out a nutty salty flavour. Crumble dry roasted laver over popcorn, soups, grains. Soaked laver is mixed with fat and rolled oats and fried into a breakfast bread in Scotland and Wales.

Nori (not certified)

High-quality nori grown by farmers in a small village in China. This nori is perfect for sushi. Its nutty, 'eggy', slightly sweet, slightly salty flavour compliments grains, mild flavoured vegetables, potatoes, mushrooms, tofu, eggs, cream cheese, popcorn, delicate flavoured seafood, mild culinary herbs such as thyme, some spices such as ginger.

Organic Certification

You may wonder why Maine Coast Sea Vegetables went to the trouble and expense to become certified organic by OCIA, particularly as we already tested our dried plants for the absence of heavy metals, herbicides, pesticides, and microbiological contaminants. It's true that compared to land plants, we have little control over the growing conditions (growth environment) of our wild marine plants. But we do have choices about how, when, where, and how much we harvest - as well as how the plants are transported, dried, stored and packaged.

The Organic Standards developed by OCIA address all these areas where unacceptable practices may lead to resource depletion, product contamination, or inferior quality. These standards give clear and uniform direction to everyone responsible for harvesting and handling these precious plants. This results in a higher quality as well as a cleaner product for you. Definitely worth the trouble!

We understand that these gifts from the sea come with the responsibility to maintain sustainable practices in harvesting, processing and merchandising – leaving more than we harvest, producing more than we consume, and giving back more than we take.

Order Code	Description	Size
100922	Maine Coast Organic Sea Vegetables Alaria	56gm
100923	Maine Coast Organic Sea Vegetables Nori	7's
100924	Maine Coast Organic Sea Vegetables Dulse Flakes	113gm
100925	Maine Coast Organic Sea Vegetables Laver	28gm
101025	Maine Coast Organic Sea Vegetables Kelp	56gm
101026	Maine Coast Organic Sea Vegetables Dulse	56gm

