Sugar Kelp *Saccharina latissima*
Longevity: Perennial
Harvesting Period: Spring – Summer
Tidal Location: Subtidal

Sea Lettuce *Ulva lactuca*
Longevity: Pseudo-Perennial
Harvesting Period: Early Spring
Tidal Location: Low

**Foraging Tips**

> When foraging seaweeds for personal use, be aware of pertinent state regulations, do your research and use common sense when looking for safe, clean sites to harvest.

> Harvest each organism in a way that allows it to regenerate and reproduce. Do not pull seaweeds or damage or remove them by their holdfast. Never harvest more than 25 percent of the seaweed in a stand. Depending on the species of seaweed you are harvesting, only cut the tips.

> Look for fresh, healthy, “floating” seaweeds, as these are easier to collect and still edible.

> Do not go to the same harvesting site repeatedly; give the site time to recover.

**Always use what you collect.**
**Never collect more than you can use.**
**Enjoy!**
**Knotted Wrack** *Ascophyllum nodosum*
Longevity: Perennial
Harvesting Period: All year
Tidal Location: Mid – Low

**Irish Moss** *Chondrus crispus*
Longevity: Perennial
Harvesting Period: All year
Tidal Location: Low – Subtidal

**Winged Kelp** *Alaria esculenta*
Longevity: Perennial
Harvesting Period: March – June
Tidal Location: Subtidal

**Bladder Wrack** *Fucus vesiculosus*
Longevity: Perennial
Harvesting Period: All year
Tidal Location: Mid

**Graceful Red Weed** *Gracilaria spp.*
Longevity: Perennial
Harvesting Period: Summer
Tidal Location: Low – Subtidal

**Laver, Nori** *Porphyra spp.*
Longevity: Annual
Harvesting Period: Spring – Summer
Tidal Location: High – Mid

**Dulse** *Palmaria palmata*
Longevity: Perennial
Harvesting Period: June – September
Tidal Location: Low – Subtidal

**Horsetail Kelp** *Laminaria digitata*
Longevity: Perennial
Harvesting Period: Spring
Tidal Location: Subtidal

**Horsetail Kelp** *Laminaria esculenta*
Longevity: Perennial
Harvesting Period: All year
Tidal Location: Mid