

Seasonality and Intertidal Location

	Winter		Spring			Summer			Autumn			Dec
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	
Spiraled Wrack	X	X	X	X	X	X	X	X	X	X	X	X
Laver			X	X								
Wormweed	X	X	X	X	X	X	X	X				
Bladder Wrack	X	X		X	X	X	X	X	X	X	X	X
Beanweed	X	X	X	X								
Knotted Wrack	X	X	X	X	X	X	X	X	X	X	X	X
False Kelp	X	X										
Gutweed						X	X	X				
Sea Lettuce			X	X								
Green String Lettuce	X	X	X	X	X	X	X	X	X	X	X	X
False Irish Moss	X	X	X	X	X	X	X	X	X	X	X	X
Curly Sea Hair	X	X	X	X	X	X	X	X	X	X	X	X
Irish Moss	X	X	X	X	X	X	X	X	X	X	X	X
Graceful Red Weed						X	X	X				
Dulse						X	X	X	X			
Winged Kelp			X	X	X	X						
Horsetail Kelp			X	X	X							
Sugar Kelp			X	X	X	X	X	X				
	High		Mid			Low			Subtidal			
	Intertidal Location											

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!



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

For more info:
seagrant.unh.edu
extension.unh.edu



Common seaweeds on New Hampshire shores



Field Guide



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



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



Knotted Wrack *Ascophyllum nodosum*
Longevity: Perennial
Harvesting Period: All year
Tidal Location: Mid – Low



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



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



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



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