

Sustainable Seaweed Harvest Methods

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General guidelines for all species:

Selectively hand harvest by cutting or plucking. Harvest no more than 25% of the biomass of any one seaweed species in an area. Be careful not to remove the holdfasts ("roots") that attach the plants to the rocks. Harvest in a way that allows each plant to continue to grow and reproduce.

Species-specific harvest guidelines:

Bladderwrack (*Fucus gardneri*) – Cut 3” frond tips, or selectively cut entire plants at least 2” from the holdfast.

Bullwhip Kelp (*Nereocystis luetkeana*) – Cut the fronds at least 12” from the bulb.

Grapestone (*Mastocarpus spp.*) – Carefully pluck or cut the larger fronds, leaving the holdfasts and smaller fronds still attached to the rock.

Kombu (*Laminaria setchellii*) – Cut the fronds so that at least 2” of frond base remains on each stipe (or "stalk").

Nori/Laver (*Pyropia spp.*) – Carefully pluck the fronds by hand, leaving the holdfasts and bases of the fronds still attached to the rock.

Ocean Ribbons (*Lessoniopsis littoralis*) – Cut the fronds so that at least 2” of frond base remains on each stipe (or "stalk").

Rainbow (*Mazzaella splendens*) – Carefully pluck or cut the larger fronds by hand, leaving the holdfasts and smaller fronds still attached to the rock.

Sea Cabbage/Sweet Kombu (*Hedophyllum sessile*) – Cut the fronds at least 6” from the holdfast.

Sea Fern (*Stephanocystis osmundacea*) – Cut the plants at least 12” from the holdfast.

Sea Lettuce (*Ulva spp.*) – Carefully pluck the fronds by hand, leaving the holdfasts and bases of the fronds still attached to the rock.

Sea Palm (*Postelsia palmaeformis*) – Cut the frond tips so that at least 2” of grooved frond bases remain on each plant. Harvest before the end of July.

Wakame/Wing Kelp (*Alaria marginata*) – Cut the fronds so that at least 6” of frond base remains on each plant.