

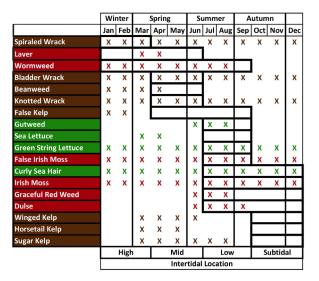
Sugar Kelp Saccharina latissima Longevity: Perennial Harvesting Period: Spring – Summer Tidal Location: Subtidal



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

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

Seasonality and 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!



Common seaweeds on New Hampshire shores

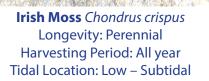




Winged Kelp Alaria esculenta Longevity: Perennial Harvesting Period: March – June Tidal Location: Subtidal



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





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



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



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



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



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