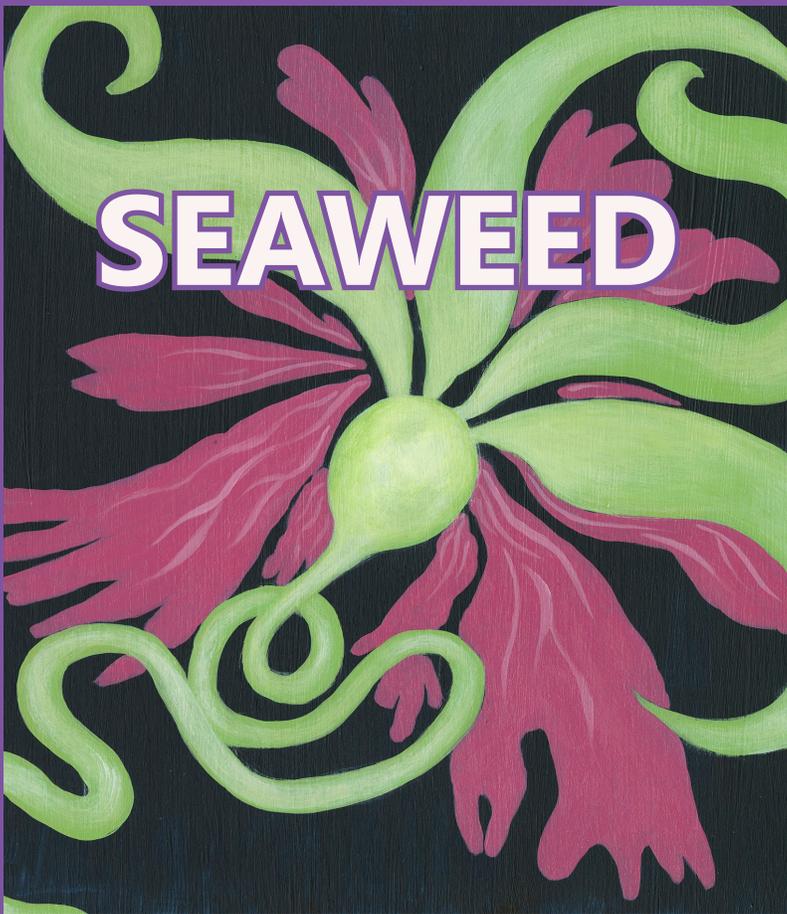


# Harvest of the Month



## Literature Links

- *The Science and Superpowers of Seaweed*, by Amanda Swinimer
- *The Forest in the Sea: Seaweed Solutions to Planetary Problems*, by Anita Sanchez
- *Over and Under the Waves*, by Kate Messner

## Joke Corner

Why did the seaweed cross the beach?

To get to the other tide!

How does seaweed call its friends?

On its shell phone!

What did the scuba diver use to cut seaweed?

A sea saw!

## Local Highlight

Many types of seaweed grow wild along our coastline, but some species can also be farmed. Check out our video about Sunken Seaweed and their tumble culture operation on Humboldt Bay:

<https://hcoe.org/news/nutrition-programs/harvest-of-the-month/>



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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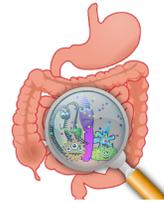
## SEAWEED



Spanish: alga marina  
Saloutlak (Wiyot): pichoul (kelp)  
Tolowa: lat

### Nutrition Power

Seaweeds are a good source of fiber and minerals like iron.



**Fiber** helps your digestion!



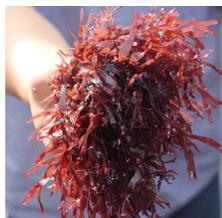
**Iron** helps you build healthy muscles!

### History

Seaweeds have lived in the Earth's oceans for over a billion years! They provide food and shelter to fish and other marine animals and are very important to the health of our planet.

Seaweed is often associated with Asian cultures and cuisines, but people all around the world have harvested wild seaweed for food and medicine for thousands of years. Seaweed is a traditional food of the Yurok, Tolowa Dee-ni' and Wiyot peoples of Del Norte and Humboldt Counties.

Some types of seaweed can be farmed. One of the first seaweed farms in California is in Humboldt Bay! It is called Sunken Seaweed.



### Did You Know?

- Plant part we eat: Seaweeds are algae, not plants! We eat the blades, which are like leaves, and sometimes the stipes, which are like stems.
- There are three main types of seaweed: brown, green, and red. The brown seaweeds are the biggest and include kelp.
- Similar to plants, marine algae use sunlight and carbon dioxide for photosynthesis, producing oxygen in the process. Algae produce up to 90% of the total oxygen on Earth!
- Extracts of seaweed are used in many products such as shampoo, makeup, and ice cream.

