

# Harvest of the Month



## SEAWEED



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some seaweed on its own.
2. **MAKE** a dish with seaweed using the recipe and ingredients provided.
3. **LEARN** about seaweed with the information below.



### Fun Facts

- Seaweeds are algae, not plants.
- There are three types of seaweed: red, green, and brown. Nori, used for sushi, is a red type, while kelp is a brown type.
- Seaweeds carry out photosynthesis like plants do. In fact, marine algae produce up to 90% of the oxygen in our atmosphere!
- The largest brown algae can grow really fast, around an inch an hour!
- Seaweeds are excellent sources of minerals like iodine, calcium, iron and magnesium!

### Local Connection

The Yurok, Tolowa Dee-ni' and Wiyot peoples of the north coast have a close relationship with seaweeds, especially kelp. Kelp and many of the animals that depend on kelp forests, such as smelt and abalone, are traditional foods of these tribes. Kelp is also used for medicine, tools, and ceremony. A recent decline in kelp forests is affecting the health of our coastal ecosystems and of local tribes. Through the Kelp Guardians project, the Tolowa Dee-ni' Nation and other partners are restoring kelp forests within their ancestral territories.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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