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A VISUAL GUIDE TO SEaweEDS OF THE WORLD

Most of the ocean's finest veg can be broken down into three categories: red, green, and brown.

If you can't see the difference, that's because the color isn't necessarily determined by the leaves.

Below are some of the most familiar (and tasty) types:

BROWN



Alaria Esculenta

Grown in the northern Atlantic (and also called badderlocks, dabberlocks, and winged kelp), it has a chicken-y taste.



Dasima/Haidai/Kombu

An important source of umami, this kelp is a reliable flavor enhancer for Japanese, Korean, Chinese, and Indigenous dishes.

GREEN



Sea Lettuce

Delicate in texture but intensely ocean-y in flavor, these blades are a favorite of the Ohlone people on the California coast.



Sea Grapes

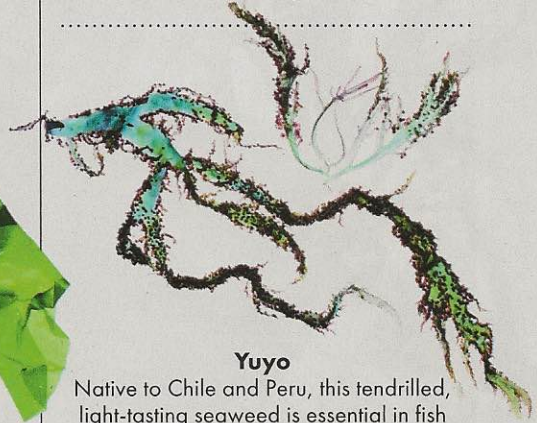
Across Filipino, Okinawan, and Vietnamese cuisines, this roe-like seaweed is usually eaten raw on its own or in salads.

RED



Limu-Kohu

Popular in Hawaii for its wiry structure and briny taste, this seaweed is often served with poke.



Yuyo

Native to Chile and Peru, this tendrilled, light-tasting seaweed is essential in fish stews and atop ceviche.



Dulse

Minerally and leafy, this species is often dried and ground into powder to bake into Irish breads and pudding.



Gim/Zicai/Nori

When minced, pressed, and roasted, it becomes the toasty paperlike squares that are a staple in East Asian cuisine.