



From seaweed to certified nutritious food - Seagreens® wild *Pelvetia canaliculata*



## Seaweed Health Foundation

research • standards • information

Through research, standards and information the Foundation helps this new industry to grow, as well as public understanding of seaweed as a nutritious daily food and its uses in nutritional medicine.

In the British Isles and with affiliates elsewhere, it provides a forum and catalyst for research, works closely with other organisations and individuals, and disseminates information to Friends, the media and public. Through its website, events and services, the Foundation aims to assist those producing, consuming, selling and researching certified seaweed for food and health.

### Become a Friend of the Foundation

[www.seaweedhealthfoundation.org.uk/friends](http://www.seaweedhealthfoundation.org.uk/friends)

Individuals, businesses and organisations interested in the production, consumption and health benefits of nutritious food seaweed are invited to donate or subscribe on a short or long term basis, helping the Foundation achieve its core purposes, published on our website.

### Administration office:

- Administration Office, 1 The Warren, Handcross, West Sussex RH17 6DX
- +44 (0)1444 400403 (UK 01444 400403)
- post@seaweedhealthfoundation.org.uk
- www.seaweedhealthfoundation.org.uk

Offices in the British Isles with overseas affiliates



Clearspring

NAPIERS

Biodynamic Association  
vital soil. vital food

purka  
viridian

# Seaweed for Health

Displays, demonstrations, talks, workshops

**2 & 3 September 2017**

Saturday & Sunday 12-4pm

Free public entry, all ages

Main entrance, John Hope Gateway,  
Arboretum Place EH3 5NZ

**Welcome to the 5th annual event of the Seaweed Health Foundation at the Royal Botanic Garden, Edinburgh**

incorporating 6th annual SHF conference for Friends of the Foundation

Sunday morning, September 3, 10.30-12 noon



Royal Botanic Garden  
Edinburgh



Ocean vegetables are a growing source of nutrition. This event celebrates the development of nutritious food seaweed in the British Isles and Nordic region, its potential for health, its culinary uses, and latest research. Talks by the Foundation, healthcare professionals, researchers, foragers and producers. Seaweed related products to explore and try.

RBGE events: [www.rbge.org.uk/whats-on/event-details/4635](http://www.rbge.org.uk/whats-on/event-details/4635)

SHF events: [www.seaweedhealthfoundation.org.uk/events](http://www.seaweedhealthfoundation.org.uk/events)

## Displays & Demonstrations

*Real Life Sciences Studio, ground floor, main entrance foyer*

### Saturday & Sunday 12-4pm daily

Displays of seaweed products from the British Isles and Nordic region - their health potential; everyday uses as nutritious food ingredients; how and where they are produced and for sale - and try those on display. An exhibition of awarded seaweed images from the June 2017 Hilda Canter-Lund Photographic Competition, courtesy of the British Phycological Society, London.

### Daily 12-12.45pm

#### Event introduction

What is this event about? A brief introduction to our aims and activities over the weekend, and answers to any questions you may have - Seaweed Health Foundation.

### Saturday 2-4pm

#### Why and how – a gram of nutritious food seaweed in our daily diet

– informal workshop with members of the Seaweed Health Foundation.

### Sunday 2-4pm

#### Breadshare demonstration and workshop – breads and drinks with seaweed

– informal breadmaking workshop with Debra Riddell and others.

### Sunday Morning Conference

#### 10.30-12 noon

*Patrick Geddes Room, first floor (by lift or stairs to café)*

A meeting of Friends of the Foundation, their guests and our speakers. Foundation news and informal discussion of Friends' mutual interests and plans. Teas kindly provided by Pukka Herbs. Please bring in refreshments from the adjacent café.

## Talks

*Patrick Geddes Room, first floor*

Please check programme on the day and take your seat before start time.

### Saturday 2nd

12 - 1.15pm

#### Our Rich Natural Heritage: a wealth & health of wild foods

– Mark Williams runs Galloway Wild Foods.

*An ITV film places seaweed and other wild foods in context for this event - plus discussion with an accomplished forager.*

1.30 - 2.45pm

#### Getting to Know Seaweed – Greet and Eat Our Native Species

– Prannie Rhatigan, Medical Doctor, author of *Irish Seaweed Kitchen Traditions, tastings, modern harvesting and uses in Ireland.*

3 - 4.15pm

#### Your Body & Seaweed: Nature's oldest multivitamin

– Monica Wild MSc, Napiers, Edinburgh

*Monica explains the value of seaweed to every cell in the body.*

4.30 - 5pm

#### Your Questions About Seaweed – Business, Products, Nutrition?

– Conversation with members of the Seaweed Health Foundation  
*The seaweed renaissance - where is the action, where is it leading?*

### Sunday 3rd

12 - 1.15pm

#### Principles of Macrobiotic Cooking Using Seaweeds

– Karen Scobie, Lecturer, College of Naturopathic Medicine, Nutritional Therapist, Glasgow  
*Harmonise flavours and nutrition to maintain your health balance in ways to apply at home.*

1.30 - 2.45pm

#### A Tale of Wild Seaweed

– Noel Lee, Connemara Organic Seaweed Company, Ireland  
*Implementing the Nutritious Food Seaweed quality assurance scheme and standard.*

3 - 4.15pm

#### The Power of Seaweed to Support Healing

– Jane Jamieson PhD, Lecturer, College of Naturopathic Medicine & Northern College of Acupuncture, Nutritional Therapist, Edinburgh  
*Jane shares intimate practical experiences of the healing powers of seaweed.*

4.30 - 5pm

#### Your Questions About Seaweed – Business, Products, Nutrition?

– Conversation with members of the Seaweed Health Foundation  
*The seaweed renaissance - where is the action, where is it leading?*

Try seaweed products at your local health and natural food stores; find local foraging on the internet; involve your group or school in a Seaweed for Health educational project. Find inspiration at [www.seaweedhealthfoundation.org.uk/information](http://www.seaweedhealthfoundation.org.uk/information), [/resources](#) and [/research](#). Please call The Foundation for help with nutrition information or product samples.

## Edinburgh stores

**Hanover Healthfoods**, 40 Hanover Street EH2 2DR. 0131 225 4291

**Jan de Vries Health & Diet**, 10b Queensferry Street EH2 4PG. 0131 526 3990

**Jan de Vries Health & Diet**, 39 Newington Road EH9 1QW. 0131 662 0250

**Napiers**, 18 Bristo Place EH1 1EZ. 0131 225 5542

**Neal's Yard Remedies**, 102 Hanover Street EH2 1DR. 0131 226 3223

**Real Foods**, 37 Broughton Street EH1 3JU. 0131 557 1911

**Real Foods**, 8 Broughton Street EH3 9JH. 0131 228 1201

## Glasgow stores

**Jan de Vries Health & Diet**, 43 Kilmarnock Rd, Shawlands G41 3YN. 0141 632 7429

**Napiers**, 61 Cresswell Street G12 8AD. 0141 339 5859

**Quality Vitamins & Herbs**, 123 Douglas Street G2 4HF. 0141 331 2984

**Roots & Fruits**, 455-457 Great Western Road G12 8HH. 0141 339 3077

**Whole Foods Market**, 124-134 Fenwick Road G46 6XN. 0141 621 2700

## Brands using seaweed ingredients from the British Isles and Nordic region:

Artisan Bread • Bart • Bachelldre Mill • Batchelors • Bestcare Bioteekki • Clearspring • Dilly & Wolf • Duchy Organic • Exzo G & G • Green People • Gourmeco • Hebridean Sea Salt • High Spirit Equine • KeyPharm • Macleans Highland Bakery • Macacha Mara • Marvellous Superfood • Napiers • Natural Health Practice Natural Point • Neal's Yard Remedies • Nordisk Tang • Norganic Nosh • Nutratec • One Earth Organic • Pukka • Raw Living Regenerative Nutrition • Rude Health • Sainsbury's • Saladworx San-U-Vit • Seagreens • Stag Bakery • Troo Health • Viridian Nutrition • VITL • Waitrose • Wolf Tucker