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**RETAIL CATALOG AND ORDER FORM: 2011**

**PLEASE SEE ORDER FORM ON PAGE 4**



Owner Larry Knowles harvests kombu.

- *Rising Tide Sea Vegetables* is a thriving cottage industry perched on the pristine Mendocino Coast of northern California. Since 1981, we have fine-tuned our sustainable wildcrafting processes for harvesting, drying, and storing sea vegetables.
- By purchasing from us, you get some of the best sea vegetables and seaweed snacks in the world. A few fine products are imported from Asia and Maine, while most of our sea vegetables are harvested from the clean, icy waters of the Mendocino Coast of Northern California and *that means they are local!*
- Our years of experience and the personal attention we give to all phases of our work make our sea vegetables exceptionally rich in bio-available minerals, trace elements, vitamins, enzymes, fucoïdan, and sodium alginates. The care we take in processing our beloved seaweed is rivaled only by our efforts to preserve the beautiful environment from which it comes.

- We sell sea vegetables in 1 pound and ½ pound bags and in small ½ to 1 oz. packages.
- We also sell healthy snacks: Chewnami Bars, Sea Crunchies with Almonds, and Sea Crunchies.
- Packaged sea vegetables come in **clear heavy-duty zipper bags**.
- *Shipping is Free for UPS ground* in the continental U.S. for orders \$200 and over.
- *Shipping charge* on orders to HI, AK, and PR are sent priority mail (USPS). Call for quote.
- Please see order page for more shipping details.

## RETAIL SEA VEGETABLES: BOTH SMALL PACKAGES AND BULK BAGS

Item	1 lb.	½ lb.	Pkg.
<b>Arame, Japan (<i>Eisenia bicyclis</i>)</b> Light-textured, delicate in flavor and succulent, arame can be added to soups or soaked, marinated and added to salads or stir-fries. Pre-cooked to make it edible. Batches of this seaweed are tested and found to be radioactive isotope-free. They are tested twice for your peace of mind by Japanese producers and the UDSA.	\$60.00/lb. (\$3.75/oz.)	\$32.00 (\$4.00/oz.)	
<b>Dulse, Applewood Smoked, Maine (<i>Rhodomenia palmata</i>)</b> Lightly smoked in applewood. Yummy, fragrant and hearty. <i>Organic, Wildcrafted, Raw</i>	Out of Stock	Due to Hurricane	impacts
<b>Dulse Flakes, Maine (<i>Rhodomenia palmata</i>)</b> Highest quality Atlantic dulse in flake form. Sprinkle on everything! <i>Organic, Wildcrafted, Raw</i>	Out of Stock	Due to Hurricane	impacts
<b>Dulse whole leaf, Maine (<i>Rhodomenia palmata</i>)</b> This dulse is high in protein, iron, B-12, chlorophyll, enzymes, and fiber. Great raw. Snip with scissors and add to salads, eggs, or grains. <i>Organic, Wildcrafted, Raw</i>	Out of Stock	Due to Hurricane	impacts
<b>Fucus (Bladderwrack), Mendocino, CA (<i>fucus vesiculosus</i>)</b> High in fucoidans, potassium, sodium and iodine, Bladderwrack has been traditionally used to enhance the body's immune system, inhibit tumor cells, suppress allergic inflammation and strengthen body tissues. Great in cooking or soaked for salads. <i>Wildcrafted, Raw</i>	\$49.00/lb. (\$3.06/oz.)	\$26.50 (\$3.31/oz.)	
<b>Hijiki, Japan (<i>Hizikia fusiformis</i>)</b> A staple in macrobiotic cupboards, hijiki is high in calcium and has a crisp, mild and nutty flavor. Soak until soft (10 minutes), and sauté, simmer, or steam. Eat as is, with dressing of choice, add to salads or soups, or use as a garnish. Pre-cooked to make it edible. Batches of this seaweed are tested and found to be radioactive isotope-free. They are tested twice for your peace of mind by Japanese producers and the UDSA.	\$110.00/ lb. (\$6.88/oz.)	\$57.00 (\$7.13/oz.)	\$10.50 per 1 oz. pkg.
<b>Kelp Chewnami Energy Bars (with 100% Kombu, <i>Laminaria Setchellii</i>)</b> Our two energy bars are sweet but not too sweet, crunchy, all organic, and powerfully nutritious! These bars will knock your socks off! Compact and ideal for traveling, backpacking, kid and adult lunches, potlucks, they will keep you going. Rich in fucoidan, iodine, protein, omega 3's, minerals, and sodium alginates (see kombu, below).			
☛ <b>Maple Chewnami: <i>Organic with that real maple syrup!</i></b> Sesame seeds, kelp flakes (kombu), rice syrup, maple syrup. <i>Toasted</i>	\$26.50 15 bars (\$1.77/br)		\$1.95 / bar
☛ <b>Ginger Chewnami: <i>Organic, sweet and gingery!</i></b> Sesame seeds, kelp flakes (kombu), rice syrup, maple syrup, ginger, vanilla and zingy cayenne pepper. <i>Toasted</i>	\$26.50 15 bars (\$1.77/br)		\$1.95 / bar
<b>Kombu for Bath, with muslin bag, Mendocino, CA (<i>Laminaria Setchellii</i>)</b> Add this kombu to the bath for a wondrous revitalization of the skin, body and spirit. Put kombu in bath bag and allow healing minerals and sodium alginates to diffuse into the water. Use bag as a loofa to exfoliate your skin. <i>Wildcrafted, Raw</i>	\$21.00/lb. (\$1.31/oz.)	\$12.50 (\$1.56/oz.)	
<b>Kombu, whole leaf, Mendocino, CA (<i>Laminaria Setchellii</i>)</b> Our special drying techniques keep this kombu dark, flavorful, and nutrient-rich. Kombu is an extraordinarily rich source of fucoidans, algins and iodine, and is also high in potassium and B vitamins in bio-available forms. Add to pots of grain, soups, or pasta. <i>Wildcrafted, Raw</i>	\$44.00/lb. (\$2.75/oz.)	\$24.00 (\$3.00/oz.)	\$4.75 per .75 oz. pkg.

# RETAIL SEA VEGETABLES, CONTINUED

Item	1 lb.	½ lb.	Pkg.
<b>PureKombu, Granules, Mendocino, CA</b> ( <i>Laminaria setchellii</i> ) Kombu is the <i>Queen of Kelps</i> and is the kelp species our health-conscious customers ask for most. PureKombu tastes like <i>life</i> itself. Eat as a nutritious seasoning sprinkled on food. <i>Wildcrafted, Raw</i>	\$27.00 (\$1.69/ oz.)	\$15.00 (\$1.87/ oz.)	
<b>PureKombu, Powder, Mendocino, CA</b> ( <i>Laminaria setchellii</i> ) The <i>Queen of Kelps</i> , like our other Kombu products, is sun dried and wholesome. Unlike many other kelp powders, ours is cold processed to preserve nutrients. Put in capsules and take as a high mineral supplement. <i>Wildcrafted, Raw</i>	\$27.00 (\$1.69/ oz.)	\$15.00 (\$1.87/ oz.)	
<b>Mixed Bulk Bag, whole leaf</b> Our one pound bag contains a medley of <i>four</i> delicious sea vegetables from the Mendocino Coast: ¼ pound each of Kombu, Wakame, Sea Palm, and Nori. <i>Wildcrafted, Raw</i>	\$49.00 \$3.06/ oz.		
<b>Nori, Raw Sushi Sheets, China</b> ( <i>Porphyra yezoensis</i> ) These delicious raw sheets make a wonderful snack or travel food as is. They can also be used to wrap rice, raw vegetables, avocado, and salmon for sushi rolls. Cut them into strips for a shiny, elegant, and tasty garnish on almost any dish. <i>Organic, Raw</i>	\$11.85 package (50 sheets each)	\$2.75/ package (10 sheets each)	
<b>Nori, Toasted Sushi Sheets, China</b> ( <i>Porphyra yezoensis</i> ) For a tasty treat, wrap this sushi nori around avocado, sashimi (raw fish), and cucumber. Or spread cooked rice on a sheet along with veggies (cut into strips), grilled chicken, salmon, avocado, shrimp, tofu or other favorites. Roll up and slice. <i>Organic, Toasted</i>	\$11.85 package (50 sheets each)	\$2.75/ package (10 sheets each)	
<b>Nori, whole leaf, Mendocino, CA</b> ( <i>Porphyra perforata</i> ) Clean and flavorful, this wild-crafted spring nori comes to you in its natural crinkly splendor rather than in processed sheets. It is extraordinarily rich in protein, chlorophyll and vitamins A, C, E, and B. Toast & crumble it on salads or pasta, mix into dips, soak in tempura batter and lightly fry, or eat it as is. Great for a raw-foods diet. <i>Wildcrafted, Raw</i>	\$50.00/lb. (\$3.13/oz.)	\$27.00 (\$3.38/oz.)	\$3.75 per .5 oz. pkg.
<b>Sea Crunchies, whole leaf toasted sea palm, Mendocino, CA</b> ( <i>Postelsia palmaeformis</i> ) <i>A Rising Tide Exclusive!</i> Tender sea palm fronds from our coast, carefully toasted to a delightful crispness. A delicious, nutrient-loaded snack alternative to chips or pretzels. Eat right out of the bag or crumble on salads, grains, or pasta. Kids love them! <i>Wildcrafted, Toasted</i>	\$50.00/lb. (\$3.13/oz.)	\$27.00 (\$3.38/oz.)	\$5.25 per 1 oz. pkg.
<b>Sea Crunchies with Almonds, whole leaf toasted sea palm and almonds, Mendocino, CA</b> <i>A Rising Tide Exclusive!</i> An awesome trail mix consisting of plenty of toasted almonds, <i>organic</i> from a farmer we know, mixed with crumbled, toasted wildcrafted sea palm fronds. A rich, nutty-salty taste sensation. Another great travel or backpacking food, or one-of-a-kind gift. A superb <i>hors d'oeuvre</i> and delicious conversation piece at parties. <i>Wildcrafted Seaweed, Toasted</i>	\$36.00/lb. (\$2.25/oz.)		\$5.85 per 2 oz. pkg.
<b>Sea Palm, whole leaf, Mendocino, CA</b> ( <i>Postelsia palmaeformis</i> ) A northern California treasure, noodle-like sea palm becomes a favorite of anyone who tries it. For a gourmet treat, cover ¼ oz. sea palm with water, simmer for 5 minutes. Allow to cool. Peel sections of 1 grapefruit and toss with slices of 2 avocados. Add sea palm whole or in pieces. Sprinkle with sea salt or tamari. <i>Wildcrafted, Raw</i>	\$50.00/lb. (\$2.50/oz.)	\$27.00 (\$2.75/oz.)	\$4.75 per .75 oz. pkg.
<b>Sea Veggie Mix, whole leaf, Mendocino, CA</b> (Packages only) A convenient sampler of the most popular sea vegetables on our coastline: wakame, nori, kombu, and sea palm. See the description next to the sea vegetables above for ideas on how to use them. <i>Wildcrafted, Raw</i>			\$5.25 per 1 oz. pkg.
<b>Wakame, whole leaf, Mendocino, CA</b> ( <i>Alaria</i> ) Wakame is high in calcium, potassium, magnesium, vitamins A, B, and C. Try simmering and then marinating it with ginger, soy sauce, and rice syrup. Add to soups, or soak and add to stir-fries. Toast and sprinkle. <i>Wildcrafted, Raw</i>	\$56.00/lb. (\$3.50/oz.)	\$30.00 (\$3.75/ oz.)	\$4.90 per .75 oz. pkg.

