

Another organisation celebrating an anniversary this year is **Seagreens** who are just ten years old. As I suspect many readers will know, Seagreens are dried wrack seaweeds. They are harvested during the short Arctic summer from the Lofoten Islands off the northern coast of Norway, a habitat ideal for producing dense shallow water wrack seaweeds

with an outstanding nutritional profile, particularly rich in iodine.

Only the upper plants are cut and the harvested areas are carefully rotated to allow full regrowth of the plants. The seaweed



*The Lofoten Islands*

is washed and air dried at the point of harvest on the day of harvest. It is then cracked or granulated and shipped to England to be sold either as food capsules or granules (as a nutritional supplement) or as a cooking ingredient, making an excellent salt alternative. (It is used as a food ingredient by both Barts Spices and Waitrose.)

For more information, talk to Seagreens themselves on **0845 064 0040** [www.seagreens.com](http://www.seagreens.com).

With very best wishes as always –

Michelle Berriedale-Johnson – Editor