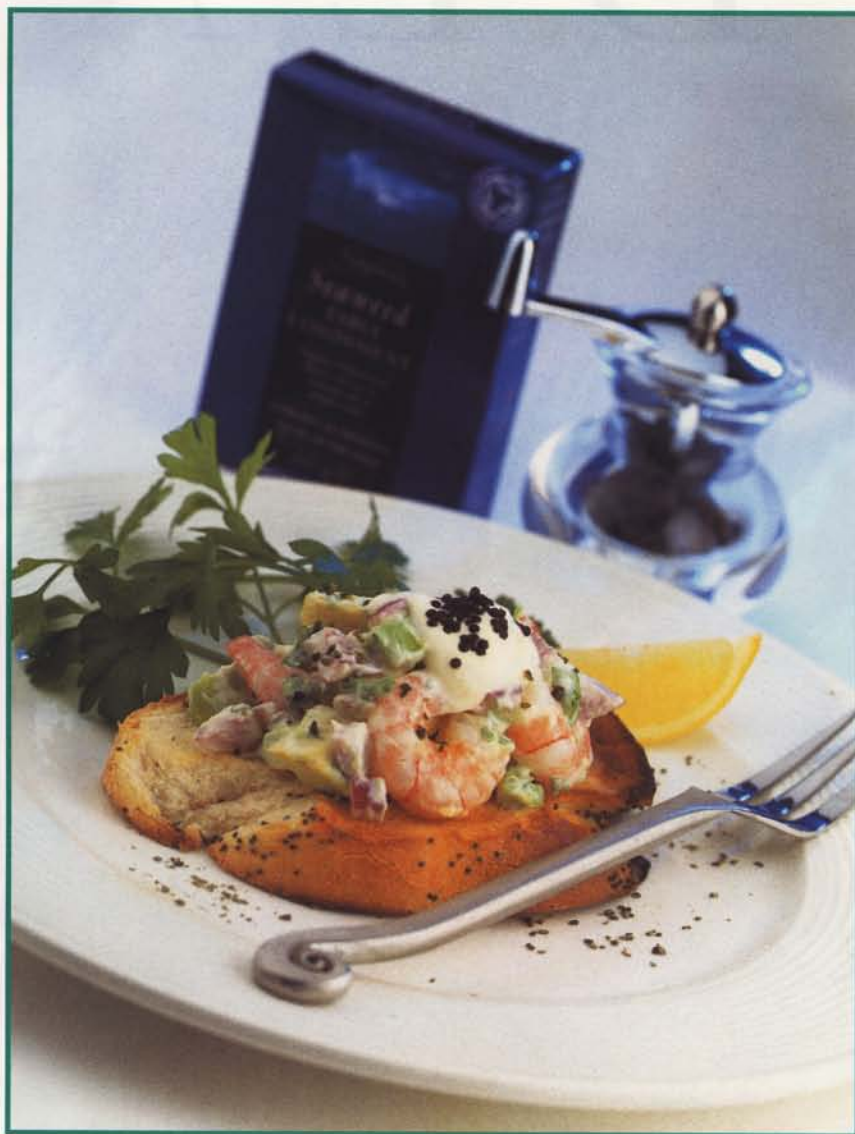


Oceans of Goodness



Seagreens®



Our Table Condiment grinds like pepper, adds a salty-fresh flavour with less sodium than low-salts, and complements a wide range of foods.

Seagreens® products are Certified Organic, Vegetarian, and Vegan.

Available from health stores, food halls and delicatessens, including Holland and Barratt, Waitrose stores, GNC, and Health and Diet Centres.

Or call us for your nearest stockist 0171 723 5968

In an ancient, benign and natural cycle, the goodness which filters through rock and soil, seeps into the ocean to be absorbed by thousands of marine vegetables. Of these *Seagreens®* is the most nutritious, cut every 3-4 years, without harming the marine environment, so the plants grow again to maturity. Like our bodies, the ocean contains some 100 nutrients needing constant replacement. *Seagreens®* give you well over 70 in products you can use every day, in balanced proportions that are the most consistent and widespread in Nature.

Feed The Foundation Of Your Health

SEAGREENS LIMITED, IVOR HOUSE, 21 IVOR PLACE, MARYLEBONE, LONDON NW1 6EU

From SEA to SO

As a child, every August my parents took my brothers and I on a seaside holiday. One of my earliest recollections is a large, loose piece of seaweed wrapping itself around my ankle as I splashed about in the waves.

I thought it was a giant octopus and made such a fuss I think everyone else began to think so as well. I did not go into the water for the rest of the holiday. At the tender age of five, I had no idea of the amazing nutritional properties of seaweed and how important it would become to me in future years, both in my garden and kitchen.

Plants originated in the sea around one billion years ago. Today their descendants still thrive and include simple green algae such as the sea lettuce and the red and brown seaweeds. When you apply seaweed to your garden, you are putting essential minerals from the ocean onto your soil.

If you live near the sea it is worth collecting some, but make sure it is not polluted by oil products, radioactivity or sea-borne debris. If you use seaweed in the compost heap, do not put in too much, as it has a tendency to make the heap too wet.

Despite her traumatic childhood encounter with seaweed, organic gardening guru Daphne Lambert now can't get enough of the stuff.

Ready-made

You can buy ready prepared seaweed products for the garden.

Seaweed meal – This is a slow-acting, long-lasting plant food. It is particularly good forked into the soil in the autumn, to be ready for a spring planting: allow 100g (4oz) per square metre or yard. It is an excellent soil conditioner, which helps to build up the humus structure of the soil.

Calcified seaweed – This helps control the pH balance of the soil, bringing it up to six and reducing the need for lime. It is very high in magnesium – an essential mineral for plant development. Magnesium is responsible for putting the green (chlorophyll) into plants. Apply 100g (4oz) per square metre or yard.

Seaweed solution – This is the cheapest way to buy seaweed for the garden. I use it as a

foliar feed every two weeks during the summer, when plants readily absorb nutrients through their leaves. It is particularly good for fruit trees and bushes. The Organic Gardening Catalogue sells an excellent seaweed extract called SM3 Seaweed extract. Dilute 10ml (2tsp) in 4.5 litres (8pt) of water. It will cost you £1.99 for 125 ml; £5.39 for 500ml; £7.99 for a litre; £21.50 for 5 litres and £91.75 for 25 litres.

The Organic Gardening Catalogue is on 01932 253666.

Eat up your greens

Seaweed has been used to nourish the soil for thousands of years and it has long been eaten in a wide variety of ways. It is an extremely nutritious food; rich in calcium (a far better source than milk or cheese) and a good source of iodine, the essential nutrient for the functioning of the thyroid gland, which produces the hormones that regulate



many body functions.

It is also extremely alkalising, which is important as many of the foods we eat and the stresses of everyday life create excess acid in our bodies. Seaweed is beneficial in the treatment of high blood pressure and known to be anti-cancerous, anti-ulcerous and antibacterial. There is a wide variety to choose from including nori, dulse (my favourite), kombu, wakame, hiziki and arame. All of these are supplied by Clearspring.

Seagreens make three seaweed products worth getting to know: organic wild wrack granules, which add nutritional value and a subtle flavour to a wide variety of dishes; a table condiment which is a superb substitute for salt, just mill like salt and pepper in a normal grinder over your food; and a wild seaweed food capsule which is an excellent supplement.

All Seagreens seaweeds are harvested in the crystal-clear waters of a conservation area in the Arctic Circle.

You can buy Clearspring and Seagreens products from health stores or you can contact Clearspring on 0181 746 0152 and Seagreens on 0171 723 5567.