

Seaweed Spotter Sheet



Bladder Wrack
Fucus vesiculosus

The original source for medicinal iodine & used to treat goitres (a swelling of the throat caused by iodine deficiency).

Where to find it:
On rocks, mid-shore



Channelled Wrack
Pelvetia canaliculata

Known as *Dúlaman* in Ireland, a popular folk song of the same name tells the tale of folk collecting it

Where to find it:
Upper shore



Dulse
Palmaria palmata

Our earliest record of this seaweed is of St Columba's monks harvesting it 1,400 years ago.

Where to find it:
Lower/mid shore



Irish Moss
Chondrus crispus

This seaweed is used as a thickener in soups & ice cream. It is also used as a clarifying agent in brewing.

Where to find it:
Midshore (if not muddy)



Knotted Wrack
Ascophyllum nodosum

Clumps of this seaweed can be very ancient - in some cases it can grow to be 400 years old!

Where to find it:
All over the shore



Oarweed
Laminaria digitata

Used as a fertiliser by farmers in times past. In China & Japan it's a key ingredient of *dashi*, a soup stock.

Where to find it:
Low tide line & pools



Sea Lettuce
Ulva lactuca

Eaten in many places in salads. Also a food source for manatees & sea hares (not a mammal but a sea slug!)

Where to find it:
Mid/lower rocky shores



Spiral Wrack
Fucus spiralis

Also known as Flat Wrack it was once used to treat obesity & gout. The fronds twist to avoid drying out.

Where to find it:
Upper sheltered shores



Sugar Kelp
Saccharina latissima

Also known as Sea Belt & Devil's Apron. Powder deposited on its fronds when it dries is used as a natural sweetener.

Where to find it:
On rocks & stones



Toothed Wrack
Fucus serratus

Anti-oxidants found in this seaweed are used in some anti-aging, skin conditioning & moisturising products.

Where to find it:
All over the shore

REMEMBER: Coastal rocks & pools can be dangerous places. Take care when visiting. Never eat anything you find without being certain of what it is. [Visit our website](#)