

Sea vegetables : delicious, nutritious food from the ocean... / Clearspring Ltd.

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Clearspring Ltd.

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Clearspring

For nearly 20 years we have supplied the finest range of Sea Vegetables.

Here we have an introductory guide to the most popular of our varieties.

● NORI

The most popular of our Sea Vegetables. Use Sheet Nori for toasting as garnishes for Soups, Salads & Cereals, just eating as a snack, or for wrapping Sushi & Rice Balls.

Our Green Nori Flakes make a wonderful herb Condiment.

● ARAME

Mildly flavoured thin shredded strips. Delicious cooked with Tofu, Tempeh, Sauerkraut or Vegetables. Can also be simply soaked and mixed with Noodle and Vegetable Salads.

● DULSE

A traditional celtic Sea Vegetable, purple coloured, rich in Iron, and with a pleasing spicy flavour. Delicious, simply washed, briefly soaked and added to Salads, or cooked in Soups, Pasta or Vegetable dishes. Dry roast, crumble, and mix with roasted seeds for a tasty condiment.

● KOMBU

Also known as Kelp, this thick brown sea plant is an indispensable kitchen ingredient for flavouring all your Soup stocks and Stews, and for cooking with all your Beans to tenderise. Our Kombu is now from local atlantic waters.

● WAKAME

Related to Kombu, it can be used the same way. It is much softer & more delicate, though, and simply soaked can be added to Salads. Most popular with onions in Miso Soup. Clearspring Wakame is now also grown & harvested locally.

● HIJIKI

Full flavoured, mineral rich, shimmering black strings, known in Japan as 'bearer of wealth and beauty.' Hijiki is wonderful sauteed with Vegetables, or cooked and mixed with Tofu dressings or roasted Seeds or added to Salads.

● AGAR-AGAR

Clearspring traditionally produced Agar Flakes, made by natural freeze drying in the winter snows in Japan, is of far superior quality to commercial Agar-Agar powder. Superb for making savoury aspics and sweet jelly desserts.

● SEA PALM

The most popular American sea vegetable. Rich, tender and succulent cooked with sautes, Vegetables and Salads.

All Clearspring Sea Vegetables are Naturally Dried without Additives.

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100% RECYCLED PAPER

Clearspring

SEA VEGETABLES

*Delicious, Nutritious
Food from the Ocean*



Harvested as fresh living plants from clean ocean waters, Sea Vegetables are as tasty, varied and exciting as our more commonly used Land Vegetables.

Benefits of Sea Vegetables

- Wide variety of Flavours, Colours & Textures.
- Quick and easy to use.
- Rich in Essential Minerals & Vitamins.
- Contain Important Trace Elements.
- Protect against Environmental Pollution.
- Reduce Stress by Tonifying Nervous System.
- Build Healthy Skin and Hair.

Macrobiotic Quality Wholefoods

SINCE 1973

Clearspring

From the Eskimos to the Maoris, and the Irish to the Japanese, People everywhere have enjoyed the delights of Sea Vegetables.

DID YOU KNOW ?

- **WE'VE ALL EATEN SEA VEGETABLES**

Sea vegetable extracts are commonly used in our Ice Creams, Beers, Toothpastes, and prepared Jellies, Pies & Puddings.

- **LIVERPOOL - MEANS 'LAVER-POOL'**

Laver is the local seaweed that was popularly eaten in Wales and the West. It's no longer collected from the Mersey!

- **WEALTH OF MINERALS**

1/4 cup of cooked Hijiki contains over half the Calcium of a glass of Milk and more Iron than is found in an Egg.

- **SEA VEGETABLE BANDAGES**

The Samurai of Japan used to heal their wounds with Nori, and modern medicine is now using Kelp in surgical dressings.

- **JAPANESE LOVE SEA VEGETABLES**

The average person consumes 96 sheets of Nori a year. Japanese also have shops selling only Kombu products, with 300 items from soups to sweets, & pickles to teas.

- **THE WORLD'S LARGEST PLANTS**

Are not Redwood Trees in California, but giant Pacific Kelps, some are over 400 feet long, growing 1 foot a day.

- **SEA VEGETABLES CONTAIN IODINE**

Especially Kombu and Wakame. Iodine is important to help our body counteract the effect of Radioactive Fallout.

WHAT ABOUT POLLUTION ?

At Clearspring, our growers and harvesters only work in fresh ocean waters, far away from industrial pollution. Our local Sea Vegetables come mostly from the tip of Brittany, and our Japanese from similar conditions. We avoid harvesting in the English Channel, North Sea, Mediterranean or Baltic. All our suppliers regularly test their crops for any residues of pollution.

Scientific research shows that the Alginic Acid in Sea Vegetables actually helps protect us from environmental pollution by binding with & removing toxins from our body.



Kombu

USING SEA VEGETABLES

Sea Vegetables are amazingly versatile. They can be used in light soups and salads, or cooked with hearty savouries & stews. They combine well with seafood, grain, bean and vegetable dishes and even in desserts.

- **ECONOMICAL TO USE**

Sea Vegetables expand considerably when cooked, a small packet can go a long way.

- **FLAVOUR ENHANCING**

Kombu & Wakame especially, contain glutamic acid (natural MSG) that heightens the flavour of other foods during cooking. Especially good for soups and stocks.

- **TENDERISING**

Kombu and Wakame, when cooked with beans will not only improve their flavour, but soften their fibres as well, reducing cooking time & making them more digestible.

- **THICKENING**

Kombu, especially as a powder or granule, and Carrageen, make a nutritious thickener for soups, stews and sauces.

- **GELLING AGENT**

Agar-Agar and Carrageen contain alginates that make them ideal setting agents for pates and terrines. Agar-Agar, also, makes an excellent vegetarian alternative to gelatin.

- **COLOURS**

Sea Vegetables can brighten many a dish. The jet black of Arame or Hijiki, bright green of Nori or Wakame, the purple red of Dulse, and the dark brown or Kombu and Sea Palm.

The rich, mineral content of Sea Vegetables, makes them a welcome addition to any meal. They are best used in small amounts, regularly. A little Kombu to flavour soup or soften the beans, Nori to garnish your noodles, Arame or Wakame to add to your salad, and some Sea Palm fried with your rice. If hesitant, begin with the milder tasting ones - Nori, Arame and Dulse, moving on to more flavourful Wakame, Hijiki and Kombu. For recipes ideas, use the book, *COOKING WITH SEA VEGETABLES*, by Peter and Montse Bradford. Gradually build up, and store, a range of Sea Vegetables. If you keep them dry and cool, they will last for years.

HELPING YOU MAKE HEALTHY CHOICES