



THE STATE OF THE FISHERY SEAWEED

Seaweeds are very important to ocean health. They capture carbon, reduce ocean acidification, and increase dissolved oxygen levels in marine environments.

The Maine State Department of Marine Resources manages the commercial seaweed fishery.

Wild seaweed is mostly harvested by hand at low tide using cutting rakes and knives.



Sea farmers grow seaweed in coastal Maine by attaching young plants to ropes, called "seeded lines," and harvesting the seaweed by hand once it has grown.

Seaweed is a superfood. It is a great source of antioxidants, potassium, and iodine. A small serving of seaweed can help protect against thyroid problems.



Did you know that seaweed also has commercial uses in cosmetics, filtration systems, and as an agricultural fertilizer?

Seaweed harvesting is unregulated, so do not buy industrially harvested seaweed. Fortunately, most seaweed is either harvested by hand or grown, so you can feel good about eating it!