

Ocean Harvest Sea Vegetable Company

P.O. Box 1719
Mendocino, CA 95460

Phone: 707-694-9496

E-mail : ohveggies@pacific.net
www.seaweedmermaid.com

Ocean Harvest has been harvesting seaweeds in sustainable ways for over 30 years! Mendocino is home to one of the worlds' cleanest coasts and has a vibrant upwelling of nutrients. This helps our seaweeds grow profusely and be very mineral rich, as well as contaminant free. Carefully hand-harvesting the veggies at sunrise during the low tides of the new and full moons, we take them home to the redwoods for drying in the sun; to preserve the prana of the veggies, therefore keeping them raw and wild!

"Sea Veggies" are high in trace minerals, as well as iron, calcium, iodine and vitamins, making them essential to any nutritious diet. Seaweeds strengthen our own "sea-blood" by enriching it with trace minerals which help to keep our bodies alkaline, therefore able to fight off stress and fatigue. We test our seaweeds each season (beginning and end) for radioactive particles and they have been free of contaminants since 2011.

**Stored in a dry place, our Sea Vegetables have a shelf life of over one year.*

Kombu (*Laminaria setchellii*) - Firm blue-black blades and sumptuous flavor.

Sweet Kombu (*Hedophyllum sessile*)- Frilly, kombu-like sea vegetable, with a delicious smoky flavor and sweet taste. *An Ocean Harvest Exclusive.

Ocean Ribbons (*Lessionopsis littoralis*)- Nutrient rich, quick cooking, pasta thin ribbons. *An Ocean Harvest Exclusive.

Sea Palm (*Postelsia palmaeformis*)- Our most popular sea vegetable, versatile, mild and succulent. For salads, with grains, beans and raw too. A great deli-chef favorite.

Wakame (*Alaria marginata*)- Very tender green leaves of Pacific Wakame. Delicate texture and flavor, great in soups like miso.

Silky Sea Palm (*Postelsia palmaeformis juvenalia*)- The tender first growth fronds of the Sea Palm. Great right out of the bag. Best seller among restaurants.

Wild Nori (*Porphyra* spp.)- Crispy tufts, lustrous black in color. Ocean rinsed to preserve the nutrients. Highest in protein, iron and vitamin B-12. Toast and sprinkle on favorite dishes.

Fucus Tips Bladderwrack- (*Fucus gardneri*) - A well known herbal remedy, high in iodine. Use in soups and teas.

Dulse (*Palmaria palmata*) - This is everyone's favorite adding a unique seafood flavor to any food. Whole leaf or flaked. From the North Atlantic.

Flaked Mixed Sea Veggies- We flake 7 varieties of sea vegetables for their quality taste and nutritional benefits. We mix them together for use as condiments, in soups, salads, spreads and anything you can creatively add sea veggies to!

Sea Veggie Gomasio - We combine our 7 sea veggie flaked mix with lightly toasted organic sesame seeds and a pinch of sea salt for a rich taste sensation. Try it on everything!

Bull Whip Kelp Chips (*Nereocystis leutkeana*)- We harvest and carefully sun dry this delicate delicious brown kelp. It dries a vibrant green color. Please note that we have a limited supply of bull whip kelp.

And for the Bath

Turkish Towel (*Gigartina exasperata*)- is like a velour washcloth. Rich gel. Reusable

January 2020 Prices

Ordering and Shipping: 1) Orders may be placed online, by phone, e-mail or through the mail. We ship UPS or US mail only. 2) Call or e-mail to pay by credit card 3) Shipping rates are below. 4) Please consider ordering in bulk. It saves you money; it saves us time and saves precious resources for future generations.

Sea Vegetables	1 oz Packages	Bulk* 1/2 lb.	1 lb.
Mendocino Coast Kombu	___ x \$8.00	___ x \$38.00	___ x \$60.00
Sweet Kombu	___ x \$8.00	___ x \$38.00	___ x \$60.00
Ocean Ribbons	___ x \$8.00	___ x \$38.00	___ x \$60.00
Sea Palm Fronds	___ x \$8.00	___ x \$40.00	___ x \$65.00
Silky Sea Palm	___ x \$9.00	___ x \$45.00	___ x \$70.00
Mendocino Coast Wakame	___ x \$8.00	___ x \$40.00	___ x \$65.00
Mendocino Coast Wild Nori	___ x \$8.00	___ x \$40.00	___ x \$65.00
Mendocino Coast Fucus (Bladderwrack)	___ x \$8.00	___ x \$40.00	___ x \$65.00
North Atlantic Dulse	___ x \$8.00	___ x \$38.00	___ x \$60.00
North Atlantic Flaked Dulse	___ x \$8.00	___ x \$38.00	___ x \$60.00
Bull Whip Kelp Chip	___ x \$7.00 (1/2 ounce)	___ x \$25.00 (2 oz.)	___ x \$40.00 (4 oz.)
Flaked Mixed Sea Veggies	___ x \$8.00 (1/2 ounce)	___ x \$25.00 (2 oz.)	___ x \$40.00 (4 oz.)
		___ x \$65.00 (1/2 lb)	___ x \$95.00 (1 lb.)
Sea Veggie Gomasio	___ x \$8.00 (1 ounce)	___ x \$55.00 (1/2 lb)	___ x \$85.00 (1 lb.)
Fucus- Bladderwrack #100 capsules	___ x \$30.00		

Bath Products

Turkish Towel ___ x \$8.00

SHIPPING & HANDLING:

XS	Total weight of 1/2 oz. - 6 oz.	___ \$10.
S	Total weight of 7 oz. - 1 lb.	___ \$15.
M	Total weight of 1+ lb. - 3 lbs.	___ \$19.
L	Total weight of 3+ lbs. - 5 lbs.	___ \$25.
XL	Total weight over 5 lbs.	___ \$28.

Your Name _____ Phone # _____

Address _____

City, State & Zip _____ E-Mail _____