

SEA VEGETABLE RESOURCES

Keep the conversation going: [Sea Vegetable Enthusiasts](#) Facebook group

Seaweed harvesting rules for personal use:

- [California](#)
- [Oregon](#)
- [Washington](#) (WA Department of Natural Resources [Seaweed Harvesting Brochure](#))
- [British Columbia](#)
- [Alaska](#)

Areas NOT to collect:

- Marine Protected Areas and Marine Reserves
- National Marine Sanctuaries (Olympic Coast)
- National Wildlife Refuges
- National Parks and Monuments
- (most) State Parks
- Tribal Reservations

Tide Predictions: https://tidesandcurrents.noaa.gov/tide_predictions.html

Purchasing Sea Vegetables

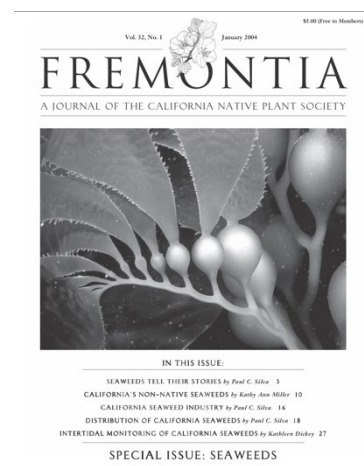
- Mendocino Sea Vegetable Company: <https://www.seaweed.net>
- Pacific Botanicals: <https://www.pacificbotanicals.com/store/Sea-Vegetables.html>
- Maine Coast Sea Vegetables: <https://www.seaveg.com/shop/>

Current Research, Distribution, and Nomenclature

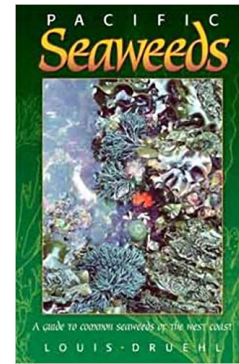
- <https://www.algaebase.org> – A global species database of information on all types of algae
- Phycological Society of America - <https://www.psaalgae.org>

For Your Reading Enjoyment:

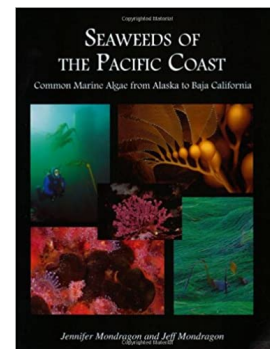
Fremontia (Journal of the California Native Plant Society) –
[Special Issue: Seaweeds](#) (a free download)



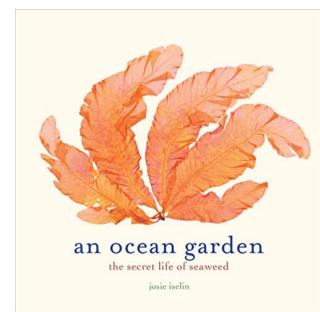
[Pacific Seaweeds](#) by Louis Druehl



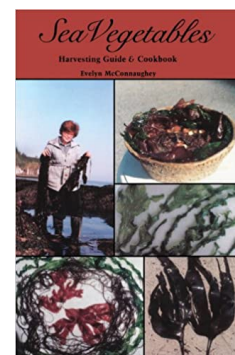
[Seaweeds of the Pacific Coast: Common Marine Algae from Alaska to Baja California](#) by Jennifer and Jeff Mondragon



[An Ocean Garden: The Secret Life of Seaweed](#) by Josie Iselin



[Sea Vegetables: Harvesting Guide and Cookbook](#) by Evelyn McConnaughey



[Sea Vegetables Gourmet Cookbook and Wildcrafter's Guide](#) by Eleanor and John Lewallen

