

Seaweed for Health

September 5 & 6

12-4pm Saturday & Sunday

Royal Botanic Garden,
Edinburgh



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Pelvetia wild Wrack seaweed



The Palm House, Edinburgh

Seaweed is a nutrient dense, mineral rich, natural whole food. Through exhibits and talks on nutrition, foraging and food, this 3rd annual Seaweed Health Foundation event will show how Scottish seaweeds are being harvested and used as ingredients in food and nutrition products and exported to more than a dozen countries. Touch and taste the different species and find out why and how they can add health and flavour to your daily diet.

This is also the venue for the Seaweed Health Foundation's 2015 annual conference for participants to meet and discuss their shared interests.

Visit: <http://www.rbge.org.uk/whats-on/event-details/3860>

Speakers & Exhibitors

Saturday

Please take your seats before start times which may be amended.

Please check at: www.rbge.org.uk/whats-on/event-details/3860

- 12 – 12.30 **Kill tiredness now** - Irina Gray
12.45 – 1.15 **Seaweed in macrobiotic cooking** - Karen Scobie
1.30 – 2.15 **British seaweed in your kitchen** - Lucia Stuart
2.30 – 4 **Iodine and fertility** - Monica Wilde, Napiers
4.15 – 4.45 **Seaweed Health Foundation**

Sunday

- 10.30 – 11.45 **Friends of the Foundation conference**
12 - 12.30 **Seaweed Health Foundation**
12.45 – 1.45 **Daily nutritional use of seaweed** - Simon Ranger
2 – 3.30 **Seaweed nutrition and foraging** - Dr Jane Jamieson
3.45 – 5 **Iodine supplementation** - Monica Wilde, Napiers

**Itadaki Zen cooking (Sat only) • Biodynamic Association
Saladworx • Seagreens • Stag Bakeries • Eat Balanced
Hebridean Sea Salt • Macleans Highland Bakery • Clearspring
Live Native • Kill Tiredness Now • KK Fine Foods • Cornish Seaweed...**



Seaweed Health Foundation
research • standards • information

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