



Seaweed 101



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THOSE CURIOUS AND DELICIOUS *Seaweeds*

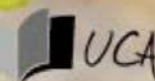
A FASCINATING VOYAGE FROM
BIOLOGY TO GASTRONOMY

José Lucas Pérez Lloréns
Ignacio Hernández Carrero
Juan José Vergara Oñate
Fernando G. Brun Murillo
Ángel León

*With the collaboration of
some of the best-known and
avante garde chefs in Spain*



Editorial





CHAPTER 1

Seaweeds...

"Demons and marvels
Winds and tides
Far away already the sea has gone out
And you
Like seaweed gently caressed by the wind
In the sands of sleep you stir dreaming."

JACQUES PRÉVERT (1900-1977)

French poet and playwright

What are seaweeds?

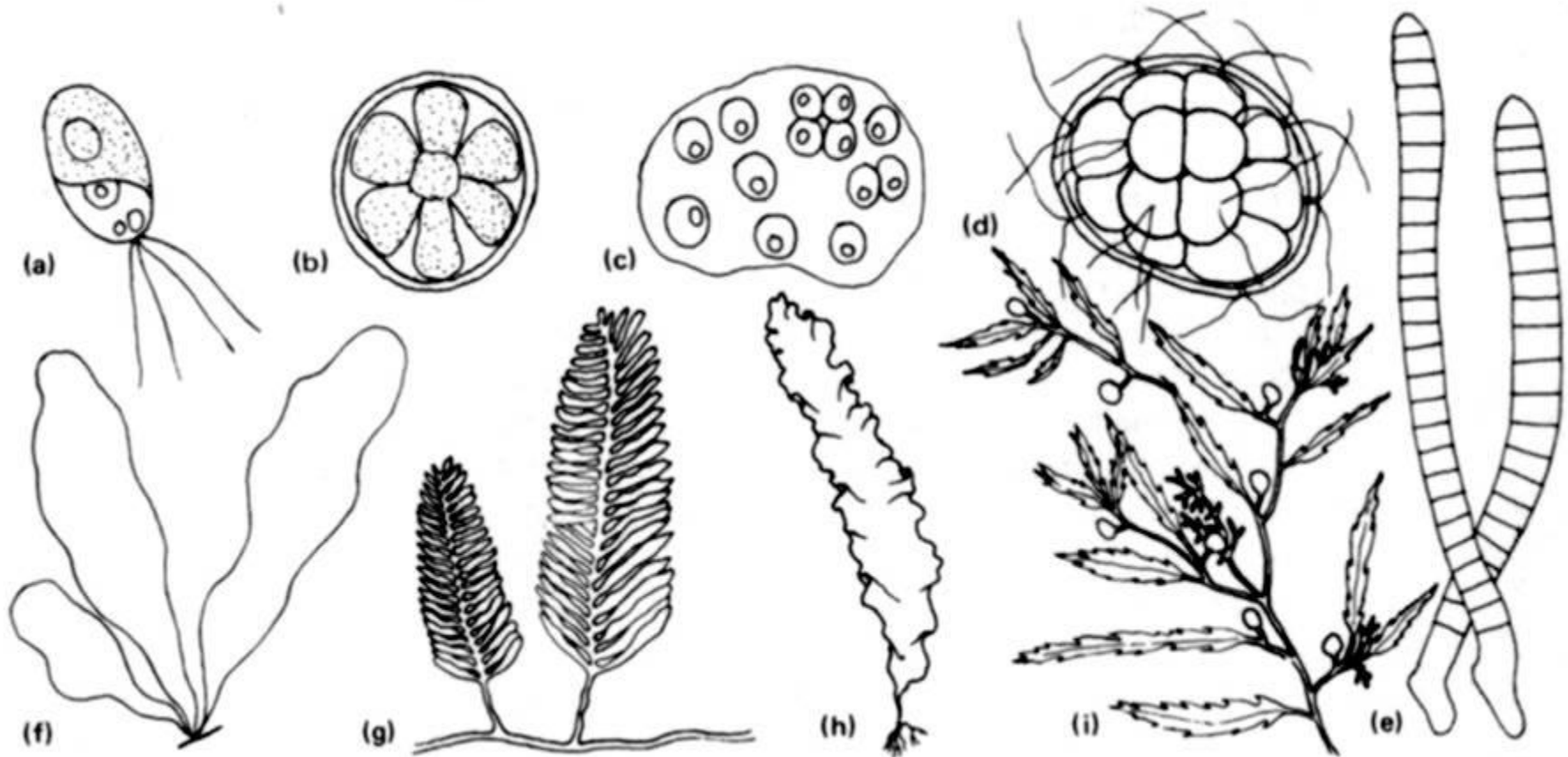


What are seaweeds?



- Seaweeds are algae

Algae: From single cell to highly differentiated thallus



What are seaweeds?



- Seaweeds are algae
- Kingdom Plantae & Chromista
- Simple to highly differentiated morphology
 - No roots: holdfast to attach to the rock*

* With few exception

Macroalgae: Taxonomic Classification

Kingdom
Phylum

Plantae
Chlorophyta

Chromista
Ochrophyta

Plantae
Rhodophyta

Bacillariophyceae
(Diatoms)

Chl a, b

Chl a, c₁, c₂
Fucoxanthin

Chl a, d
Phycobilins

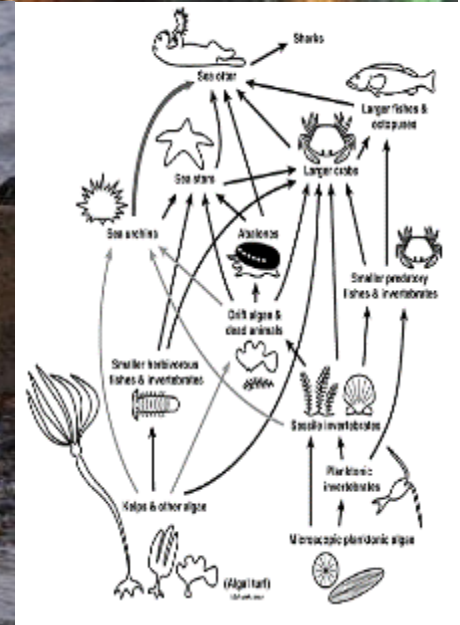
What are seaweeds?



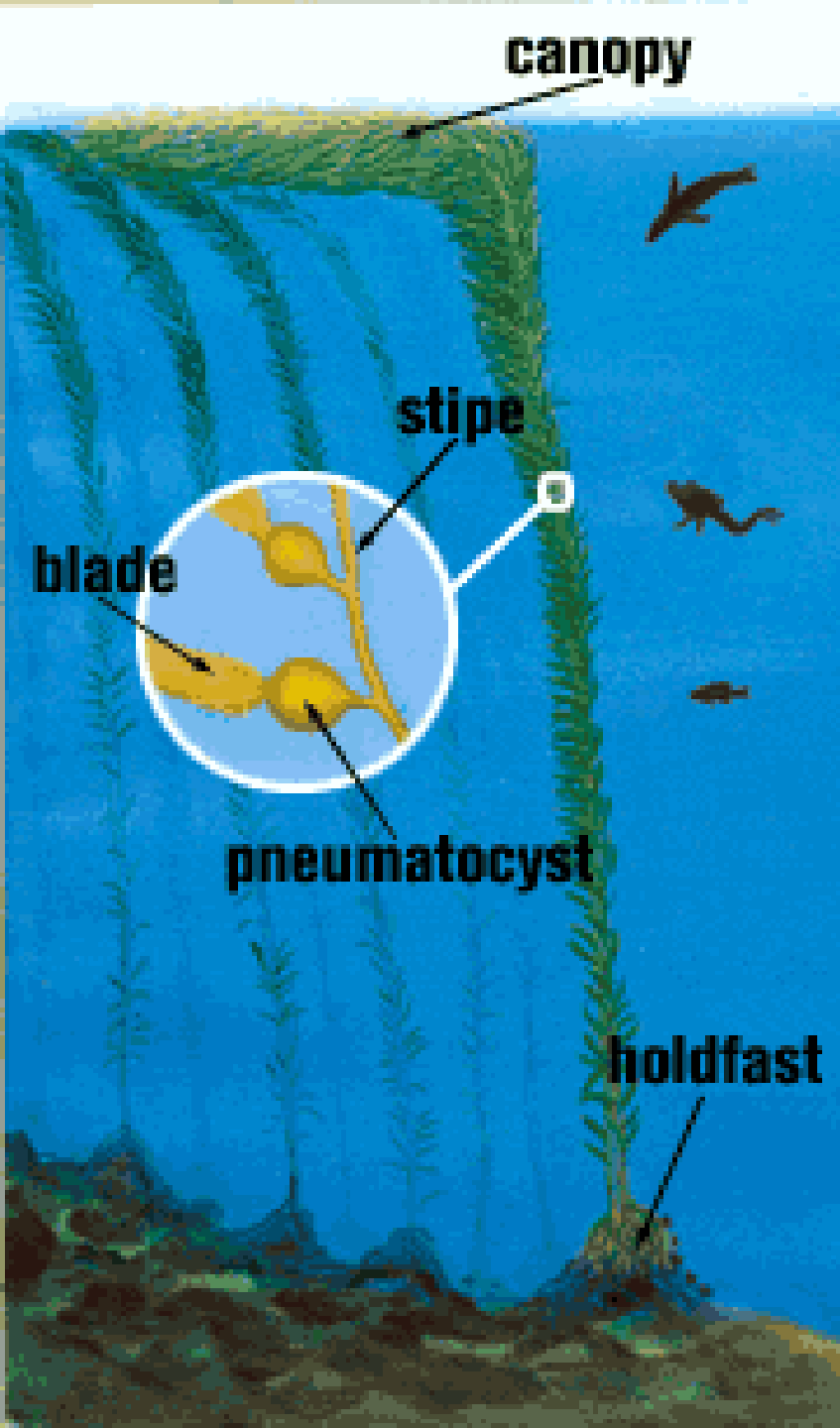
- Seaweeds are algae
- Kingdom Plantae & Chromista
- Simple to highly differentiated morphology
 - No roots: holdfast to attach to the rock*
 - No seeds: spores
 - Most have a flagella on some part of their life cycle



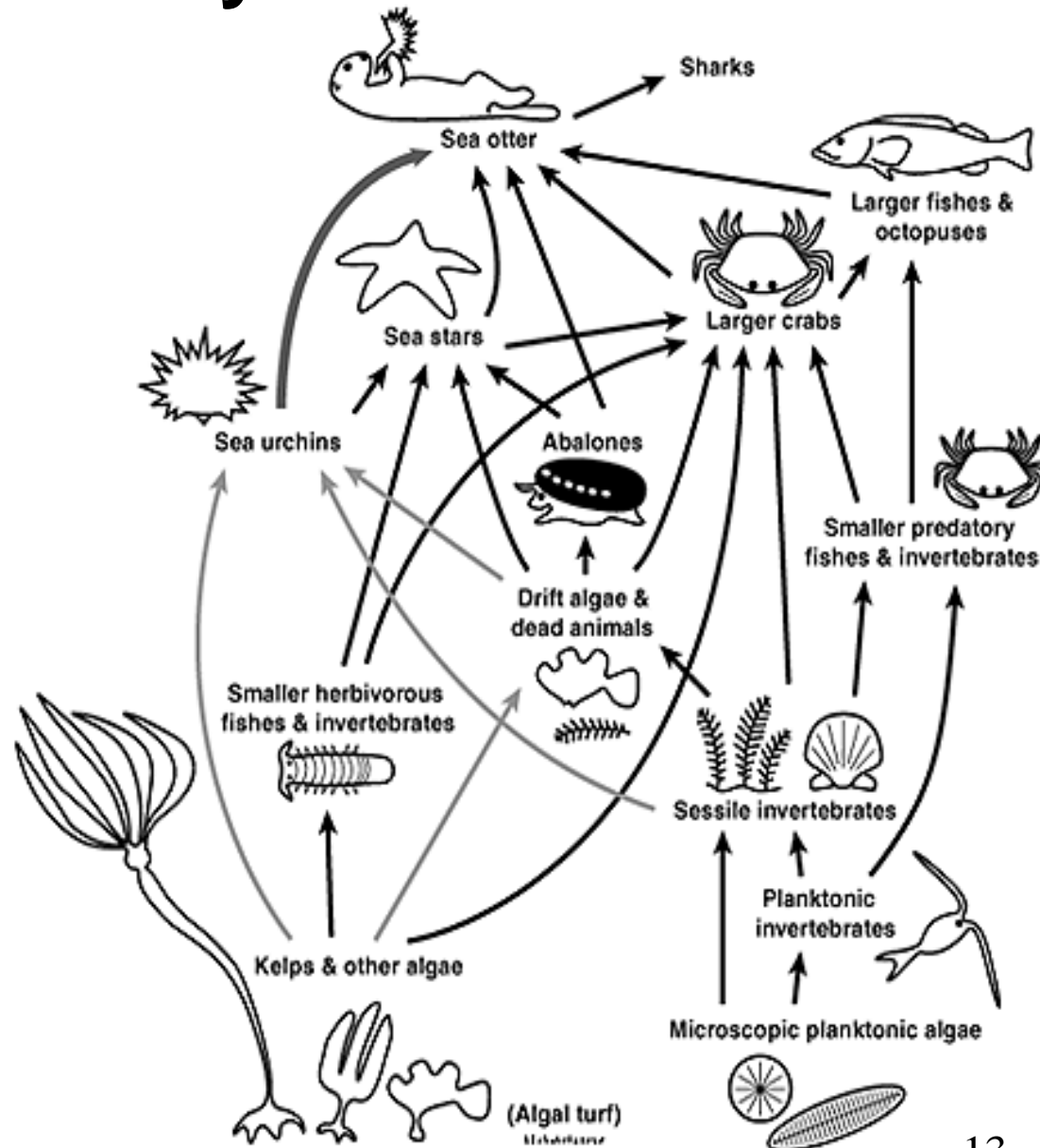
Structural and functional role of (canopy-forming) seaweeds: 3D-structure, habitat, nursery ground, and food source







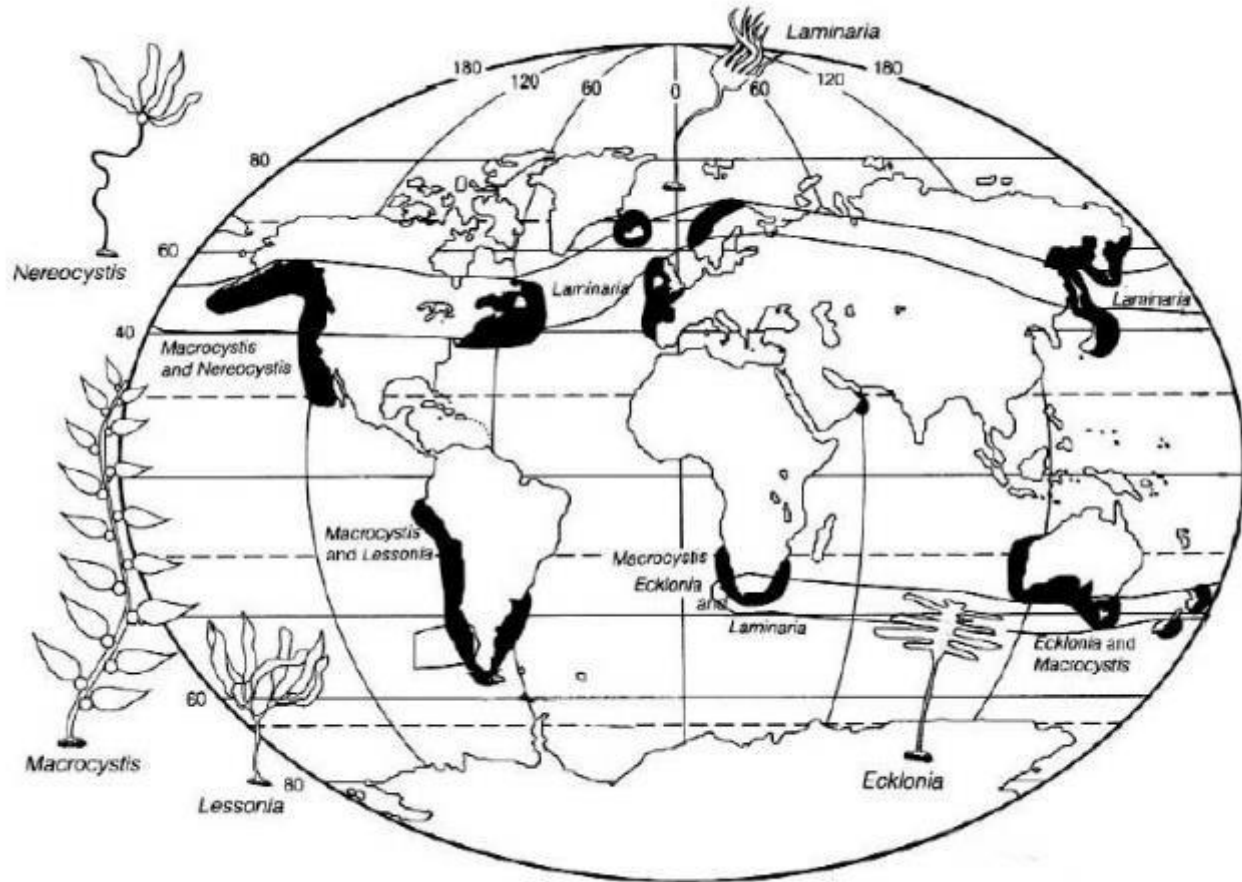
Coastal ecosystem food web



Global distribution pattern

Figure 1 Kelp forest distributions of the world and their dominant genera (from Raffaelli & Hawkins 1996).

Order:
Laminariales



CHAPTER 2

Do people eat seaweeds?: Past, present and future

“Man, who has been humorously defined as a cooker of animals, not content with the bounty of fish bestowed upon him by the Ocean, converts many of its vegetable products into items for his diet.”

ROBERT KAYE GREVILLE (1794-1866)

British botanist

Icelandic literatures: Seaweed use



Oldest documentation of seaweed for human consumption in the Western World

- *Palmaria palmata* “sol” - known to be edible since at least the year 961.
- The oldest law book “Gragas”:
 - First half of the 12th century: right to collect sol/ and the right to eat sol/ when on another man's land which means that sol/ was also eaten fresh.
 - The right to collect sol/ was considered a great concession and license were issued to many churches all around Iceland.
- 1118 to end of 19th century: Collection and trading of sol/- transported over long distances and sold in exchange for wool, meat, etc., to the inland farmers. Thus sol/ apparently was eaten by both poor and rich.

Icelandic literatures: Seaweed use



Tang på Egil Skallagrímssons tid

I Egil Skallagrímssons Saga omtales tang (her rødalgen søl), så man får det indtryk, at det var noget, som kunne give fornyet livskraft og livsnød. Sagen fortæller om Egils elskede søn Bodvar, som drukner, og om Egils søng, efter han har sat Bodvar ned i Skallagríms gravhøj. I Johannes V. Jensen's oversættelse lyder fortællingen:

"Da hun kom hjem, gik hun straks til det sengesæl, hun plejede at sove i, lagde sig og skæl skælden, for ingen sovde at tale til hende. Det fortælles, at Egil havde snarrede hører på og en tung kjortel af rød fustare og da de satte Bodvar ned i graven, siger man at hun svainde sådan op, at både kjorten og hoserne rullede. Dagen efter lukkede Egil ikke op for sengesælmet og tog hverken spise eller drikke til sig. Han lå der den dag og natten efter, uden at noget menneske dristede sig til at tale til hende. Den anden tredje dags morgen, så snart det blev lyst, led Asgerd en mand kaste sig på en læst og røde, alt hvad remmer og tøj kunne holde, vester på til Hjarðarholt for at sige det til Thorgerd, og som hun ville komme til Borg, så snart hun kunne. Budet kom der om eftermiddagen, og Thorgerd led straks sadle og rød bligensed to mænd somme aften og reglen af natten, indtil de kom til Borg. Thorgerd gik med det samme ind i iildhuset Asgerd fulbede hende og spurgte hende, om hun havde fået noget at spise. "Nej, jeg har ikke spist," svarede Thorgerd høfligt, og jeg har ikke i sindet at tage mad i min mund for huset hos Freja. Jeg ved ikke bodet rød end min fader og vil ikke overleve min fader og min brøder." Hun gik til sengesælmet og kaldte ind: "Luk døren op, fader, jeg har besluttet, at vi skal følges ad." Egil skød døren fra, og Thorgerd gik op i aflukket og stængte igen efter sig, og lagde sig ned i en af de andre senge. De sagde Egil: "Det er nokkert af dig, min datter, at du vil følge din fader. Du har vist mig megen kærlighed. Hvor kan man vente, at jeg vil leve efter sådan en lykkel!" De var nu en stund. De siger Egil: "Hvad er det, min datter, trygger du på noget?" "Jeg trygger på tang," siger Thorgerd, "for det tror jeg, man bliver

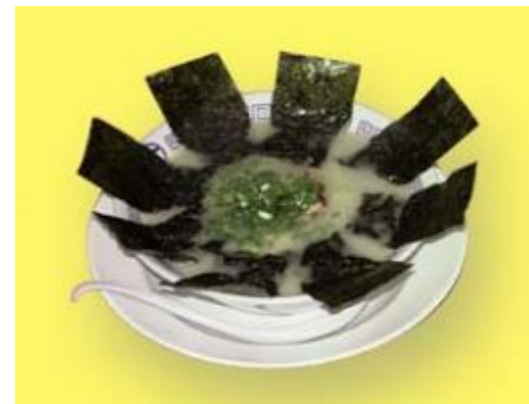
ringere af, ellers får det ingen ende for mig med at dø." "Er det da skænderigt?" spørger Egil. "Meget skænderigt," siger hun. "Vil du have noget?" "Hvorfor ikke," siger hun. Lødt efter kaldte hun og bad om noget vand at drikke, og man bragte hende et bæn. "Det kommer af hengen," siger Egil. "Den bliver nok endnu mere tørstig af." "Vil du have noget at drikke, fader?" spørger hun. Hun tog dyrehornet og drak en mængde. "Nu har de været os," sagde Thorgerd, "det er jo nokk, vi har drukket." De brød Egil et skår ud af hornet, så dybt henderne nåtte, og kastede hornet fra sig. "Hvad skal vi nu grille til?" sagde Thorgerd, "nu er vi vist forsat på stranden. Nu synes jeg fader at vi skulle forlænge vort liv så længe, du får dig et mundekeud over Bodvar, siden han vi så da, hvis vi synes."

Egil digter herefter sit berømte mindekeud Smundabæd.



Det er en alger, som kaldes tang, som man bruger til at lave tang med. Det er en alger, som kaldes tang, som man bruger til at lave tang med.

Present:



CHAPTER 3

Well, I've never eaten seaweeds... Are you sure?

"Since the discovery of agar-agar (gelatinous seaweed),
[at El Bulli] we can work with materials either cold or
hot, just as with a fine and smooth paste of cement, mud
or clay, or a malleable material, like in sculpture."

JOSÉ LUÍS SUBÍES

Have you eaten seaweed today?



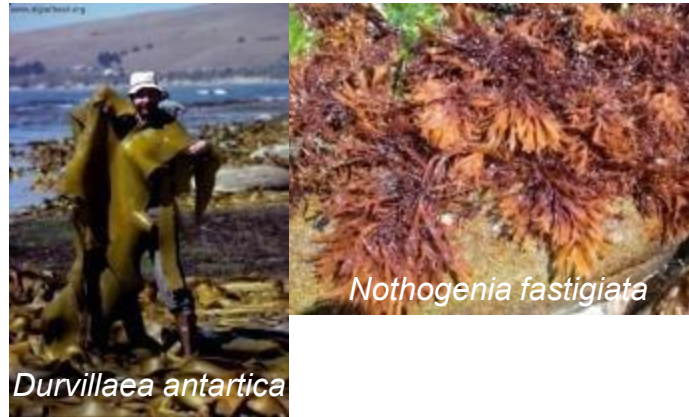
Have you used seaweed today?



Macroalgal natural products



Pharmacological importance of seaweed secondary metabolites



Substance

Biological activity

Sulphated polysaccharides

Antiviral substances



Halogenated furanones

Antifouling compound



Kahalalide F

Possible treatment of cancer

Kahalalide F, a new marine-derived compound, induces oncosis in human prostate and breast cancer cells

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Abstract

Kahalalide F (KF) is a novel antitumor drug of marine origin under clinical investigation. KF showed a potent cytotoxic activity against a panel of human prostate and breast cancer cell lines, with IC₅₀ ranging from 0.07 μ M (PC3) to 0.28 μ M (DU145, LNCaP, SKBR-3, BT474, MCF7). Importantly, nontumor human cells (MCF10A, HUVEC,

that KF induces cell death via oncosis preferentially in tumor cells. (Mol Cancer Ther. 2003;2:863–872)

Introduction

Kahalalide F (KF) (C₇₅H₁₂₄N₁₄O₁₆, M_r = 1476; Fig. 1A) is one of the families of natural depsipeptides isolated from the Hawaiian herbivorous marine mollusk *Elysia rufescens* (1, 2). Like other kahalalides, it is probably a secondary metabolite synthesized by the mollusk from peptides produced by a diet of the green algae *Bryopsis pennata*. KF has potent cytotoxic activity *in vitro* against cell lines from solid tumors including prostate, breast and colon carcinomas, neuroblastoma, chondrosarcoma, and osteosarcoma (3–6). In animal models *in vivo*, KF has also shown activity against human prostate cancer xenografts (4). Cytotoxicity against human tumor specimens has been seen with breast, colon, non-small cell lung, and ovarian



CHAPTER 4

Seaweeds... are they “fished” or cultivated?

The Vraic! the Vraic! oh! the Vraic shall be
The theme of our chanting mirth,
For we come to gather the grass of the sea
To quicken the grain of the earth.
That grass it groweth where no man moweth,
All thick, and rich, and strong,
And it meeteth our hand on the desolate strand,
Ready for rake and prong.
So gather and carry, for oft we need
The nurturing help of the good Seaweed.

ELIZA COOK (1818-1889)

English poet

Beach safaris



Strandsafari

Høsting av tang og spiselige vekster

Beach safaris



Kelp-Harvester ca. 1920

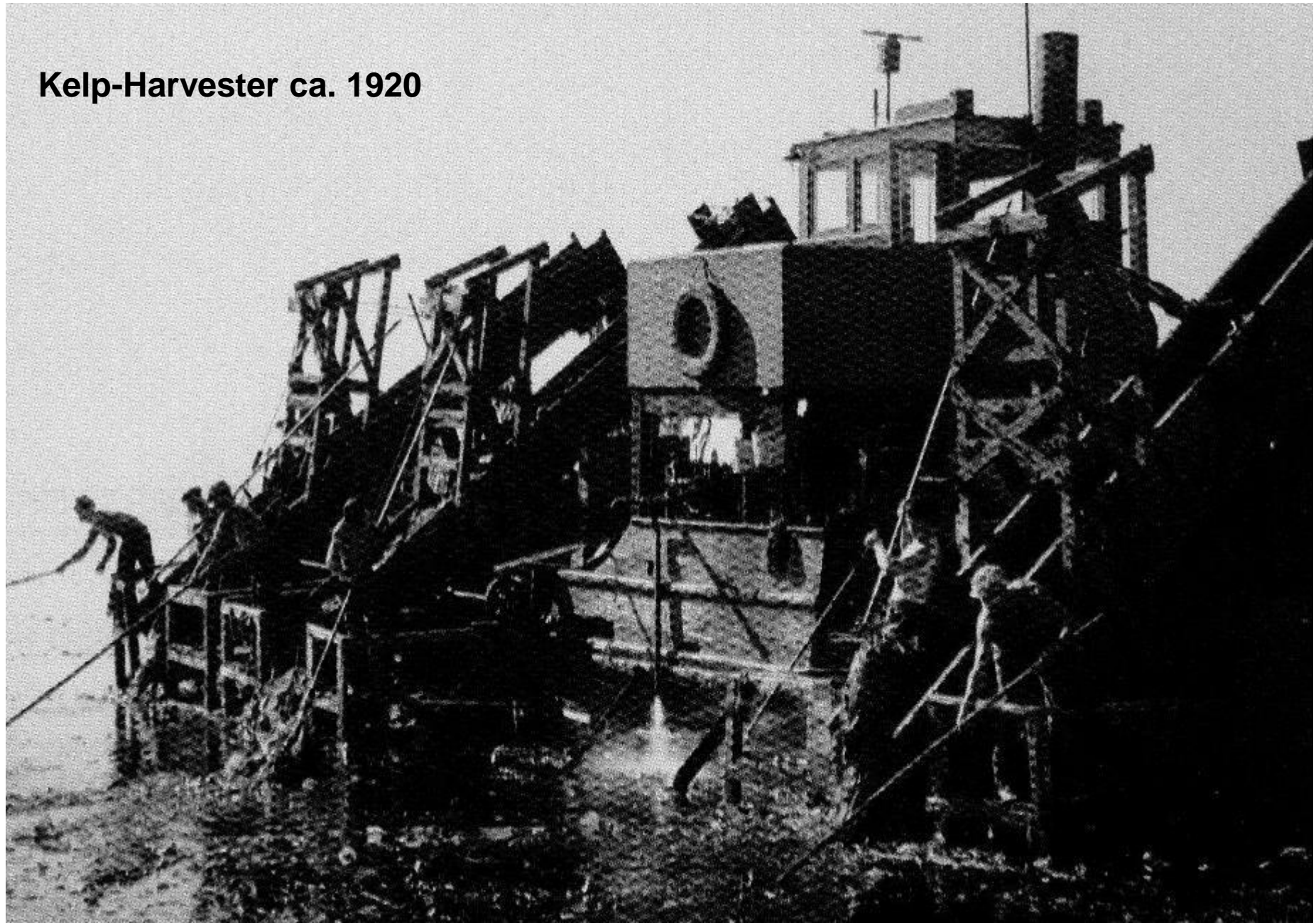
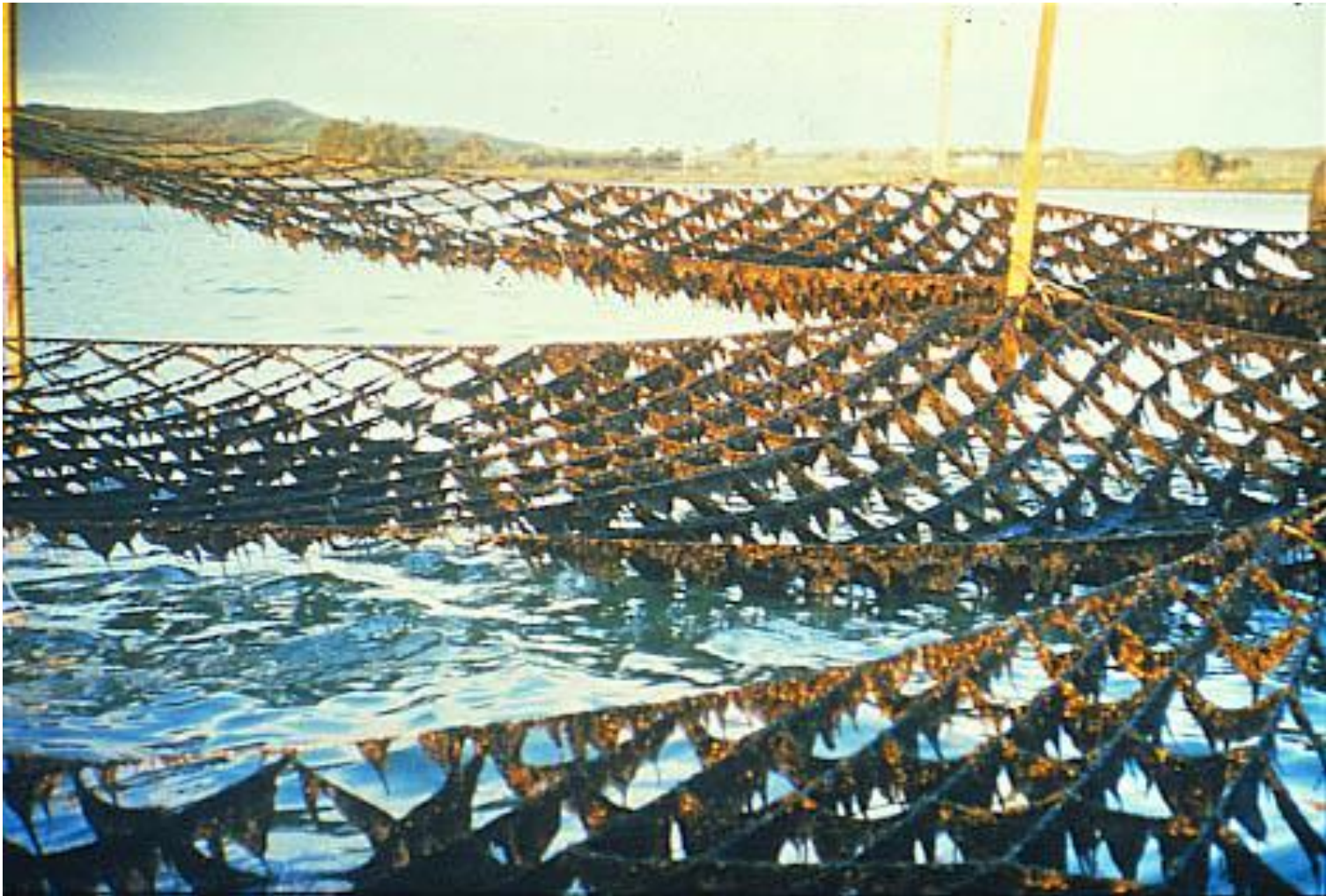






Fig. 2. Preparation of *Laminaria* harvest from a ring-system after growth in the sea near Helgoland (Germany; North Sea). The ring was lifted from the water by a land-based crane (from Buck & Buchholz, 2004 with kind permission of Springer Science and Business Media; original figure in colour).

Porphyra farm







Take

SCHENCK'S SEAWEED TONIC
CHAPTER 5
for

DYSPEPSIA
and
DEBILITY.

What are the benefits of consuming seaweeds?

"Seaweeds are like Cinderella. They are looked on as the lowest of the low. But it's got the same nutrients, vitamins and minerals as land crops. And they're more easily absorbed. It's only now that more knowledge is coming from the Far East that people are starting to give different seaweeds a try."

GUS HEATH

Founder of the Dolphin Sea Vegetable Co.

Research Article

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Chemical characterization of 21 species of marine macroalgae common in Norwegian waters: benefits of and limitations to their potential use in food and feed

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Table 2. Fatty acid composition (mg g⁻¹ algal DW) of 21 macroalgal species

Species	14:0	16:0	18:0	Sum SFAs	16:1 <i>n</i> -7	18:1 <i>n</i> -9	18:1 <i>n</i> -7	Sum MUFAs	16:3 <i>n</i> -3	18:2 <i>n</i> -6 (LA)	18:3 <i>n</i> -3 (ALA)	20:4 <i>n</i> -6	20:5 <i>n</i> -3 (EPA)	Sum PUFAs	Sum <i>n</i> -3	Sum <i>n</i> -6	Sum <i>n</i> -6/ <i>n</i> -3
Red algae																	
<i>C. crispus</i>	0.01	0.04	0.01	0.04	0.01	0.02	0.01	0.02	0.3	<LOQ	<LOQ	0.01	0.01	0.03	0.01	0.01	0.9
<i>F. lumbricalis</i>	0.06	0.65	0.02	0.74	0.14	0.25	0.02	0.41	<LOQ	0.02	0.01	0.36	0.92	1.34	0.92	0.40	2.3
<i>M. stellatus</i>	0.08	0.62	0.03	0.75	0.08	0.42	0.05	0.58	0.01	0.04	0.03	0.72	0.57	1.45	0.63	0.80	0.8
<i>P. palmata</i>	0.23	0.74	0.03	1.04	0.03	0.16	0.08	0.32	0.02	0.14	0.20	0.13	1.50	2.31	2.00	0.31	6.4
<i>P. dioica</i>	0.06	2.03	0.11	2.31	0.11	0.28	0.16	0.74	<LOQ	0.23	0.10	1.06	2.79	4.76	3.11	1.64	1.9
<i>P. purpurea</i>	0.02	0.47	0.02	0.51	0.02	0.08	0.08	0.32	<LOQ	0.06	0.01	0.13	0.86	1.17	0.88	0.28	3.1
<i>P. umbilicalis</i>	0.06	0.39	0.03	0.50	0.06	0.11	0.05	0.27	0.2	0.06	0.08	0.13	0.70	1.25	0.96	0.27	3.5
Green algae																	
<i>C. rupestris</i>	0.41	1.12	0.04	1.66	0.98	0.28	0.20	1.50	0.01	1.12	0.11	0.16	0.32	2.33	0.80	1.34	0.6
<i>U. intestinalis</i>	0.03	0.86	0.02	0.95	0.05	0.03	0.46	0.56	0.18	0.29	0.97	0.02	0.05	2.17	1.80	0.36	4.9
<i>U. lactuca</i>	0.03	1.05	0.04	1.19	0.03	0.10	0.43	0.58	0.13	0.27	0.78	0.08	0.10	2.13	1.68	0.43	3.9
Brown algae																	
<i>A. esculenta</i>	0.28	0.98	0.08	1.43	0.13	0.99	0.03	1.15	<LOQ	0.38	0.25	0.74	0.48	2.31	1.09	1.21	0.9
<i>A. nodosum</i>	1.83	2.05	0.12	4.16	0.29	8.62	0.04	9.22	<LOQ	1.78	0.49	2.50	1.09	7.23	2.08	5.12	0.4
<i>C. flagelliformis</i>	1.58	2.88	0.77	5.59	0.04	3.54	<LOQ	3.58	<LOQ	2.86	0.99	1.23	1.76	8.75	4.34	4.41	1.0
<i>F. serratus</i>	2.65	3.23	0.14	6.23	0.30	10.31	0.03	10.9	<LOQ	2.52	0.71	2.52	0.95	7.67	1.99	5.63	0.4
<i>F. spiralis</i>	4.65	3.63	0.33	9.05	0.46	19.69	0.04	20.9	<LOQ	4.28	1.45	3.91	1.57	13.5	3.89	9.57	0.4
<i>F. vesiculosus</i>	2.82	2.40	0.14	5.60	0.24	8.09	0.02	8.61	<LOQ	2.83	1.09	3.02	1.30	9.81	3.07	6.71	0.5
<i>H. siliquosa</i>	0.39	1.24	0.07	1.88	0.05	1.12	0.01	1.21	<LOQ	0.38	0.45	1.10	0.42	2.96	1.37	1.57	0.9
<i>H. elongata</i>	0.26	1.17	0.03	1.57	0.10	0.62	0.01	0.76	<LOQ	0.44	0.43	0.91	0.46	2.58	1.14	1.43	0.8
<i>L. digitata</i>	0.29	1.09	0.05	1.56	0.13	1.23	0.01	1.41	<LOQ	0.56	0.42	0.59	0.82	3.10	1.89	1.21	1.6
<i>P. canaliculata</i>	2.50	2.70	0.76	6.51	0.45	17.37	0.04	18.2	<LOQ	4.99	1.51	6.32	2.06	18.8	4.57	14.1	0.3
<i>S. latissima</i>	0.45	0.67	0.04	1.23	0.13	0.48	0.01	0.64	<LOQ	0.33	0.24	0.48	0.39	2.03	1.15	0.88	1.3

Data represent mean values of two analytical measurements conducted on pooled algal material of several individuals per species. SFAs, saturated fatty acids; MUFAs, monounsaturated fatty acids; LA, linoleic acid; ALA, α -linolenic acid; EPA, eicosapentaenoic acid; PUFAs, polyunsaturated fatty acids; LOQ, limit of quantification (0.1 area %).

Table 3. Macro- and micromineral concentrations (g kg⁻¹ algal DW for Ca, Mg, P, K and Na; mg kg⁻¹ algal DW for Cu, Fe, I, Mn, Se and Zn) of 21 macroalgal species

Species	Ca	Mg	P	K	Na	Cu	Fe	I	Mn	Se	Zn
Red algae											
<i>C. crispus</i>	13	9	2.4	30	18	7.6	330	200	22	0.14	55
<i>F. lumbricalis</i>	3.7	8.9	1.2	42	10	6.2	130	84	7.5	0.1	23
<i>M. stellatus</i>	6.7	7.9	1.4	20	27	3.7	200	340	7.1	0.1	72
<i>P. palmata</i>	2.5	1.2	2.1	28	3.2	4.1	73	220	4.1	0.1	42
<i>P. dioica</i>	19	3.8	3.3	26	4	10	570	84	25	0.29	24
<i>P. purpurea</i>	5.4	17	3.3	31	100	8.0	89	22	6.7	0.05	29
<i>P. umbilicalis</i>	7	3.8	2.5	17	4.4	8.8	160	110	21	0.17	67
Green algae											
<i>C. rupestris</i>	8.6	4.0	1.6	21	1.8	7.0	930	480	56	0.68	13
<i>U. intestinalis</i>	29	11	1.7	12	8.5	5.7	5800	130	180	0.76	21
<i>U. lactuca</i>	16	27	2.2	28	7.0	7.1	1800	43	26	0.14	19
Brown algae											
<i>A. esculenta</i>	22	7.9	3.7	54	16	2.0	72	380	3.7	0.18	55
<i>A. nodosum</i>	17	8.6	0.83	17	33	3.6	100	670	13	0.06	84
<i>C. flagelliformis</i>	16	8.2	2.3	34	21	1.0	63	1100	140	0.12	43
<i>F. serratus</i>	16	7.4	0.76	30	32	2.1	240	440	69	0.09	37
<i>F. spiralis</i>	17	8.2	1.1	28	27	2.5	120	150	33	0.09	42
<i>F. vesiculosus</i>	30	6.7	1.0	25	18	3.7	290	260	37	0.08	28
<i>H. siliquosa</i>	16	6.2	1.1	36	13	0.77	16	710	2.7	0.03	16
<i>H. elongata</i>	18	9.4	1.5	47	39	1.1	20	59	6.1	0.05	23
<i>L. digitata</i>	15	6.3	1.6	31	27	1.3	150	10000	3.1	0.07	81
<i>P. canaliculata</i>	14	7.9	0.70	17	23	3.9	300	200	8.0	0.05	28
<i>S. latissima</i>	17	7.7	2.5	100	24	1.2	160	4600	5.7	0.06	25

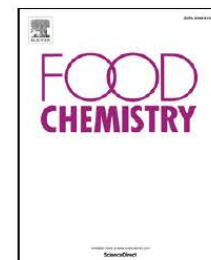
Data represent mean values of two analytical measurements conducted on pooled algal material of several individuals per species. Ca, calcium; Mg, magnesium; P, phosphorus; K, potassium; Na, sodium; Cu, copper; Fe, iron; I, iodine; Mn, manganese; Se, selenium; Zn, zinc.



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Food Chemistry

journal homepage: www.elsevier.com/locate/foodchem



Southern Australian seaweeds: A promising resource for omega-3 fatty acids

Matthias Schmid^{a,*}, Lesleigh G.K. Kraft^{a,b}, Luna M. van der Loos^{a,c}, Gerald T. Kraft^{d,1},
Patti Virtue^{a,e}, Peter D. Nichols^{a,e}, Catriona L. Hurd^a



Table 1

Total fatty acid (TFA) concentrations (as % dry weight) in Chlorophyta and Phaeophyceae species. Fatty acid composition (expressed as % of TFA) of saturated (SFA), monounsaturated (MUFA) and polyunsaturated (PUFA) fatty acids and ratio of n-6/n-3 PUFA. Sum of EPA (20:5n-3) and DHA (22:6n-3) expressed as mg/10 g of DW. ALA (18:3n-3) expressed as mg/10 g of DW. All values are given as mean \pm standard deviation.

Chlorophyta								
Order								
Family	Species	TFA	SFA	MUFA	PUFA	n-6/n-3	EPA + DHAmg/10 g DW	ALA mg/10 g DW
<i>Bryopsidales</i>								
Caulerpaceae	<i>Caulerpa geminata</i>	1.5 \pm 0.3	29.9 \pm 0.5	13.9 \pm 1.0	55.8 \pm 0.7	0.9 \pm 0.1	8.1 \pm 0.9	5.5 \pm 1.6
	<i>Caulerpa longifolia</i>	3.9 \pm 0.1	24.7 \pm 0.3	13.4 \pm 0.3	61.3 \pm 0.1	0.6 \pm 0.1	29.8 \pm 2.7	48.1 \pm 3.9
	<i>Caulerpa scalpelliformis</i>	2.7 \pm 0.2	32.9 \pm 0.3	17.6 \pm 0.1	48.9 \pm 0.3	0.3 \pm 0.0	23.1 \pm 1.8	39.7 \pm 4.2
	<i>Caulerpa simpliciuscula</i>	1.8 \pm 0.1	26.8 \pm 1.2	15.0 \pm 0.7	57.6 \pm 1.4	0.4 \pm 0.0	12.9 \pm 0.4	33.1 \pm 2.2
	<i>Caulerpa trifaria</i>	3.0 \pm 0.6	25.7 \pm 0.4	21.9 \pm 0.5	51.5 \pm 0.8	1.7 \pm 0.0	5.1 \pm 0.1	1.6 \pm 0.3
Codiaceae	<i>Codium fragile</i>	2.2 \pm 0.1	32.7 \pm 0.9	12.6 \pm 0.2	54.4 \pm 1.1	0.3 \pm 0.0	6.3 \pm 0.1	46.6 \pm 2.8
<i>Cladophorales</i>								
Cladophoraceae	<i>Chaetomorpha coliformis</i>	0.7 \pm 0.1	29.1 \pm 1.3	19.9 \pm 0.3	50.2 \pm 1.5	2.0 \pm 0.1	3.0 \pm 0.5	0.4 \pm 0.0
	<i>Cladophora</i> sp.	1.7 \pm 0.2	31.2 \pm 1.8	28.0 \pm 0.8	40.0 \pm 1.4	0.6 \pm 0.0	8.0 \pm 1.8	15.6 \pm 1.1
<i>Ulvales</i>								
Ulvaceae	<i>Ulva australis</i>	1.7 \pm 0.2	28.8 \pm 0.6	22.1 \pm 1.8	48.9 \pm 1.4	0.4 \pm 0.0	1.6 \pm 0.3	25.1 \pm 3.8
	<i>Ulva compressa</i>	0.5 \pm 0.2	38.4 \pm 5.6	20.1 \pm 1.1	40.8 \pm 6.3	0.3 \pm 0.0	1.5 \pm 0.4	5.6 \pm 2.1
	<i>Ulva stenophylloides</i>	1.9 \pm 0.4	29.7 \pm 1.0	18.0 \pm 0.1	52.0 \pm 0.9	0.2 \pm 0.0	1.9 \pm 0.1	34.2 \pm 8.1
<i>Phaeophyceae</i>								
<i>Dictyotales</i>								
Dictyotaceae	<i>Dictyopteris muelleri</i>	4.8 \pm 0.4	39.3 \pm 1.5	25.4 \pm 0.6	34.8 \pm 1.5	1.3 \pm 0.2	18.8 \pm 3.5	18.6 \pm 2.7
	<i>Zonaria turneriana</i>	1.6 \pm 0.1	29.1 \pm 1.7	19.5 \pm 0.3	51.0 \pm 1.8	0.8 \pm 0.1	23.1 \pm 3.2	3.3 \pm 0.3
<i>Ectocarpales</i>								
Scytosiphonaceae	<i>Scytosiphon lomentaria</i>	1.9 \pm 0.1	29.8 \pm 2.3	21.6 \pm 1.7	48.1 \pm 4.1	0.5 \pm 0.1	30.3 \pm 5.0	10.6 \pm 1.7
<i>Fucales</i>								
Hormosiraceae	<i>Hormosira banksii</i>	1.0 \pm 0.1	31.3 \pm 0.9	21.1 \pm 1.4	47.4 \pm 0.7	1.0 \pm 0.2	9.2 \pm 1.2	8.9 \pm 3.0
Sargassaceae	<i>Carpoglossum confluens</i>	0.6 \pm 0.0	35.7 \pm 1.1	24.3 \pm 0.7	39.7 \pm 1.8	2.4 \pm 0.6	1.1 \pm 0.4	3.0 \pm 0.7
	<i>Caulocystis cephalornithos</i>	1.6 \pm 0.2	25.4 \pm 0.7	19.6 \pm 0.4	54.0 \pm 0.4	0.7 \pm 0.0	5.5 \pm 1.6	13.5 \pm 2.4
	<i>Cystophora torulosa</i>	0.8 \pm 0.1	30.2 \pm 0.7	17.8 \pm 0.6	51.6 \pm 1.2	1.4 \pm 0.2	3.6 \pm 0.6	5.8 \pm 0.8
	<i>Cystophora</i> sp.	1.0 \pm 0.0	33.8 \pm 0.5	20.4 \pm 1.2	45.6 \pm 1.1	1.2 \pm 0.2	8.7 \pm 1.2	5.6 \pm 0.5
	<i>Phyllotricha verruculosa</i>	1.7 \pm 0.2	30.7 \pm 1.9	21.8 \pm 1.4	47.1 \pm 3.0	0.9 \pm 0.3	14.7 \pm 3.0	16.1 \pm 5.6
	<i>Sargassum fallax</i>	2.0 \pm 0.1	30.5 \pm 0.2	19.8 \pm 0.6	49.3 \pm 0.9	1.3 \pm 0.1	13.3 \pm 1.2	14.2 \pm 1.9
Xiphophoraceae	<i>Xiphophora gladiata</i>	0.8 \pm 0.1	26.1 \pm 0.5	20.1 \pm 0.6	53.3 \pm 1.1	2.4 \pm 0.5	5.0 \pm 0.8	4.3 \pm 1.1
<i>Laminariales</i>								
Alariaceae	<i>Undaria pinnatifida</i>	1.9 \pm 0.3	26.1 \pm 3.3	13.0 \pm 0.8	60.3 \pm 4.2	0.7 \pm 0.1	18.0 \pm 3.0	14.7 \pm 4.7
Laminariaceae	<i>Macrocystis pyrifera</i>	1.0 \pm 0.1	33.2 \pm 2.2	20.7 \pm 0.4	45.5 \pm 2.1	0.9 \pm 0.0	6.4 \pm 0.6	5.9 \pm 0.8
Lessoniaceae	<i>Ecklonia radiata</i>	1.2 \pm 0.2	25.0 \pm 1.9	22.3 \pm 2.1	52.3 \pm 4.0	1.1 \pm 0.2	6.8 \pm 1.5	7.9 \pm 1.4
	<i>Lessonia corrugata</i>	1.6 \pm 0.2	32.8 \pm 5.2	24.2 \pm 2.4	42.6 \pm 6.9	2.3 \pm 0.7	5.3 \pm 1.3	5.5 \pm 2.5
<i>Sphacelariales</i>								
Cladostephaceae	<i>Cladostephus spongiosum</i>	1.4 \pm 0.2	26.4 \pm 1.6	18.1 \pm 1.2	55.3 \pm 2.7	1.0 \pm 0.1	12.0 \pm 0.9	12.2 \pm 0.5
<i>Sporochnales</i>								
Sporochnaceae	<i>Bellotia eriophorum</i>	7.8 \pm 0.8	54.4 \pm 2.7	16.1 \pm 0.7	28.4 \pm 1.0	19.9 \pm 6.8	2.8 \pm 0.2	3.7 \pm 2.0

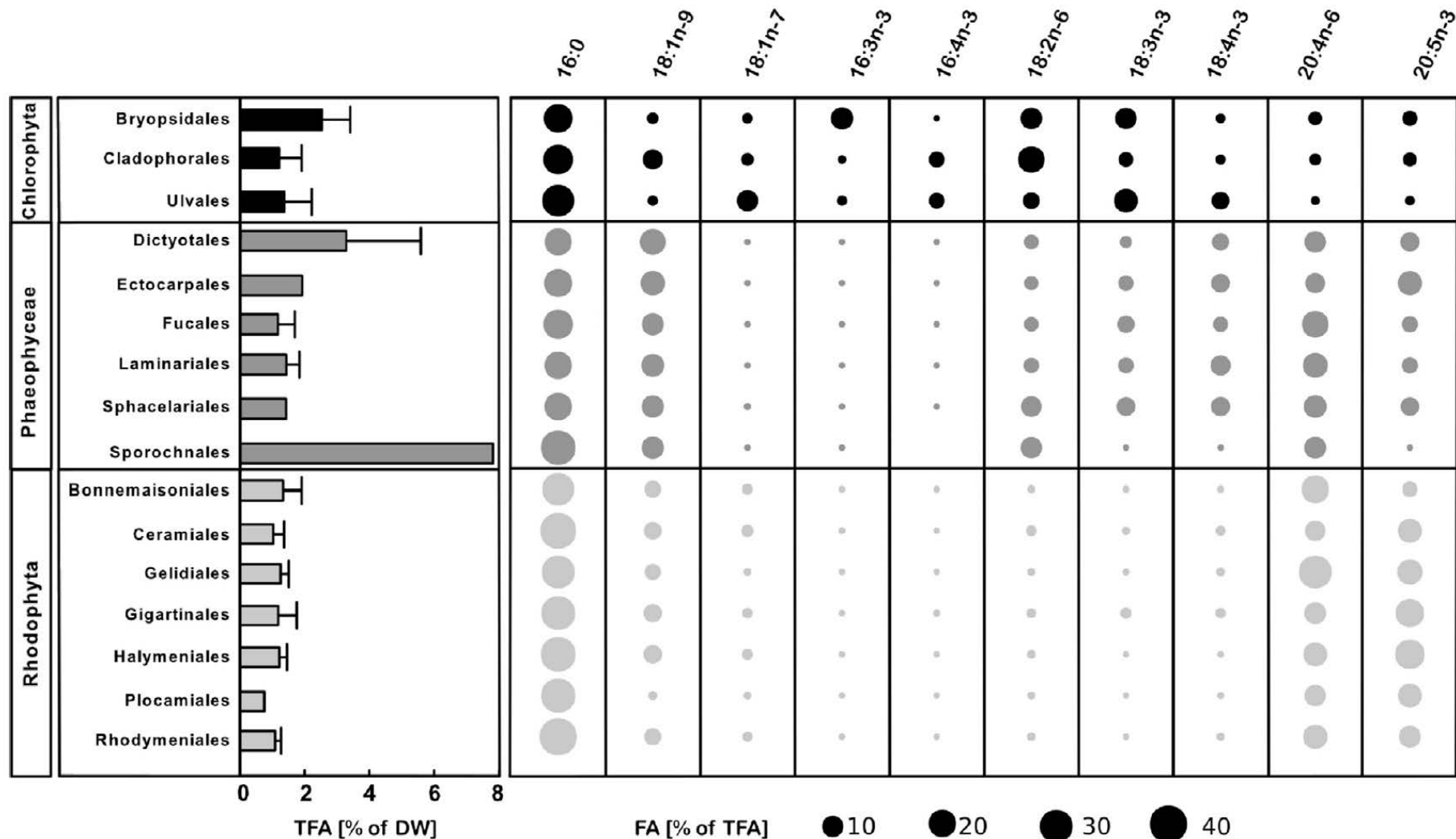


Fig. 1. Total fatty acid (TFA) content (expressed as % of dry weight (DW)) of all investigated macroalgae orders of Chlorophyta, Phaeophyceae and Rhodophyta. Distribution and proportion of most common and main discriminating fatty acids [% of TFA] of all orders of Chlorophyta, Phaeophyceae and Rhodophyta are displayed as a balloon graph. Fatty acid [FA] data are displayed as % of DW.

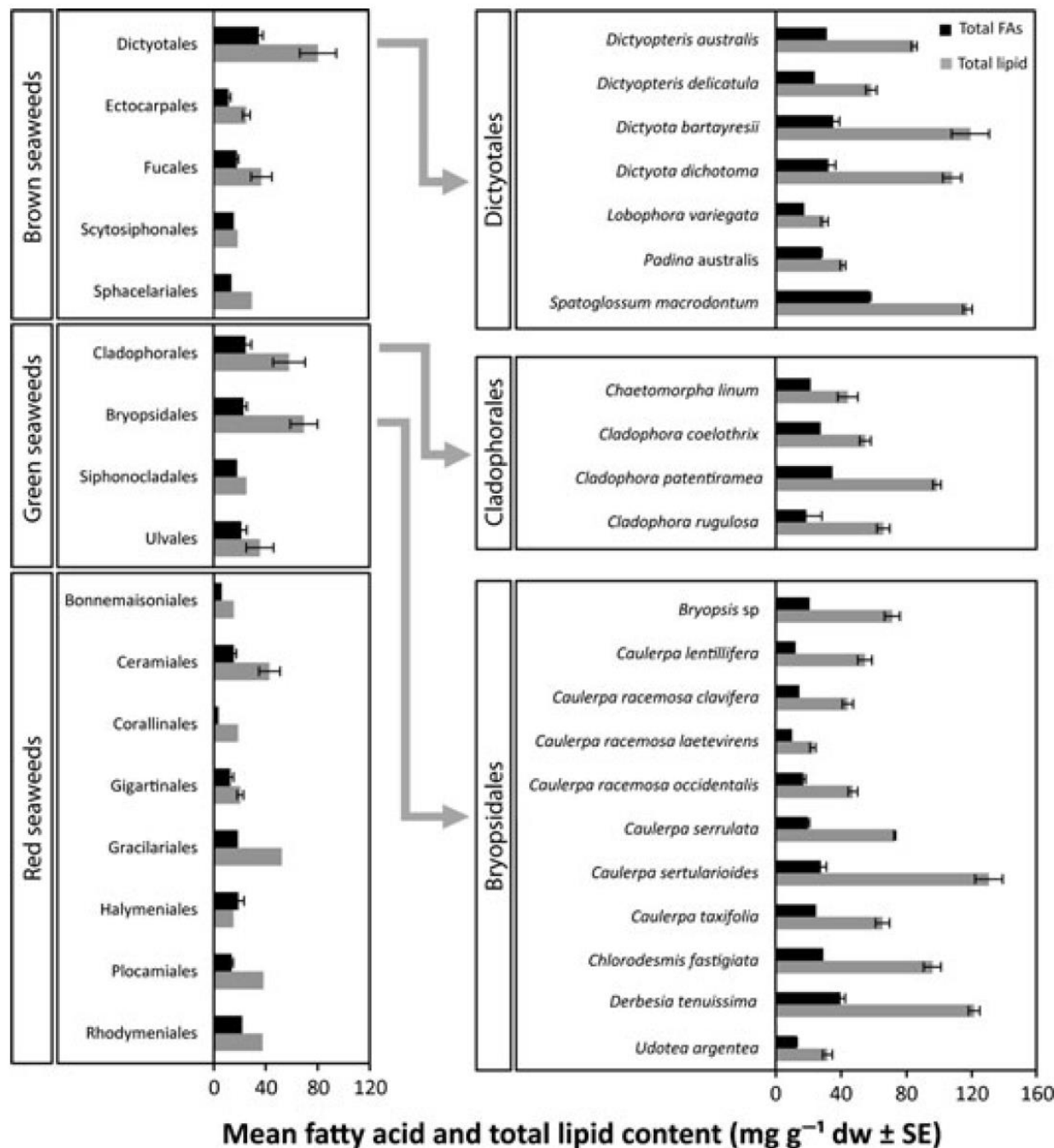


GCB Bioenergy (2012) 4, 919–930, doi: 10.1111/j.1757-1707.2012.01175.x

Total lipid and fatty acid composition of seaweeds for the selection of species for oil-based biofuel and bioproducts

BJÖRN J. GOSCH, MARIE MAGNUSSON, NICHOLAS A. PAUL and ROCKY DE NYS

School of Marine & Tropical Biology, James Cook University, Townsville, QLD, 4811, Australia



CHAPTER 6

From sea to shop

"If you like fish or shellfish, you will like seaweeds. People who say they do not like them usually say so because they have eaten seaweeds on their own or in disproportionate amounts in a dish. For a good tasting experience, it is crucial to understand that seaweeds are a complement, an accompaniment, never the main ingredient."

CLEMENTE FERNÁNDEZ
Algamar



CHAPTER 7

Which species of seaweeds are consumed in Spain?

“We use them not only for eating but also to give the dish taste: oysters with seaweed, *txangurro* with seaweed, sole with seaweed, monkfish with seaweed... We obtain most of the seaweed we use from Galicia, Spain’s sea garden *par excellence*.”

JUAN MARI ARZAK

Three Michelin star chef







CHAPTER 8

Enjoying a fine dish (...with seaweeds), a question of good sense(s)

"I am not just somebody passionate about the sea. I am obsessed, but as we consume more and more fish and shellfish we are exhausting the resources. In the future, if we want to enjoy the flavour of the sea, we shall have to make use of seaweeds."

ÁNGEL LEÓN

The Chef of the Sea

Pickle preparation



Ascophyllum nodosum receptacles



Pickle preparation



Pickle preparation



Appetizer



Salad preparation





Pelvetia canaliculata



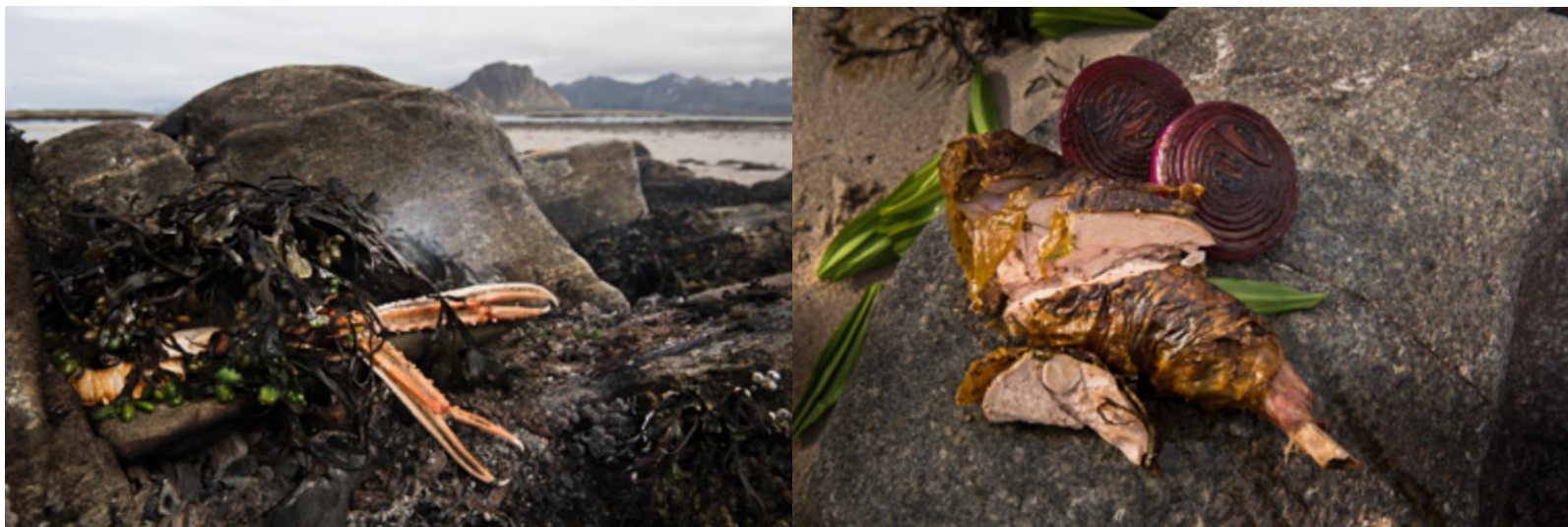
Drying *Saccharina*



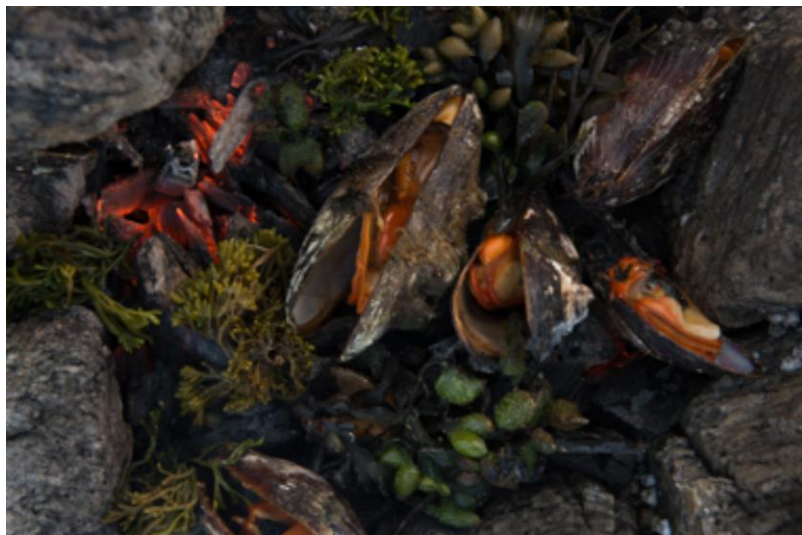
Bread with *Saccharina*



Grilling with seaweed



Grilling with seaweed



Dessert preparation



Mastocarpus stellatus



CHAPTER 9

Seaweeds in *haute cuisine:* *Bon appétit!*

“With its complexity in flavour and texture,
seaweed is the culinary trend taking diners’
palates to another dimension.”

RICHARD CORNISH

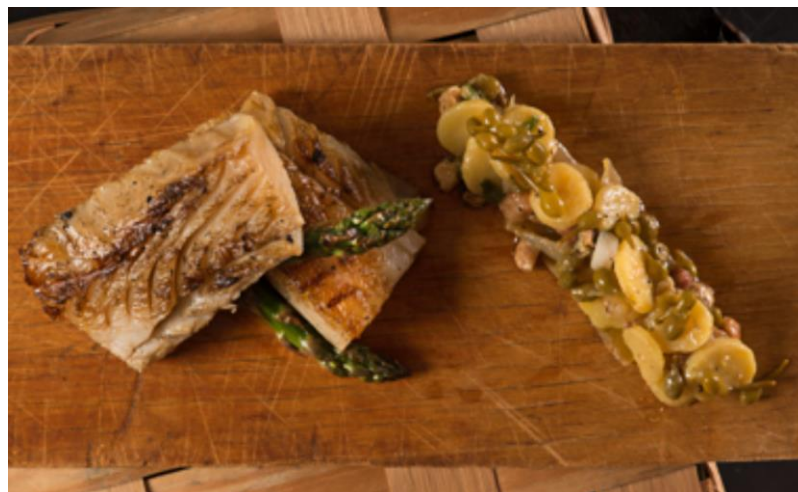
A renowned food critic

The Chef



Siv Hilde Lillehaug, Lofotmat Henningsvær,
Lofoten, Norway

The Chef

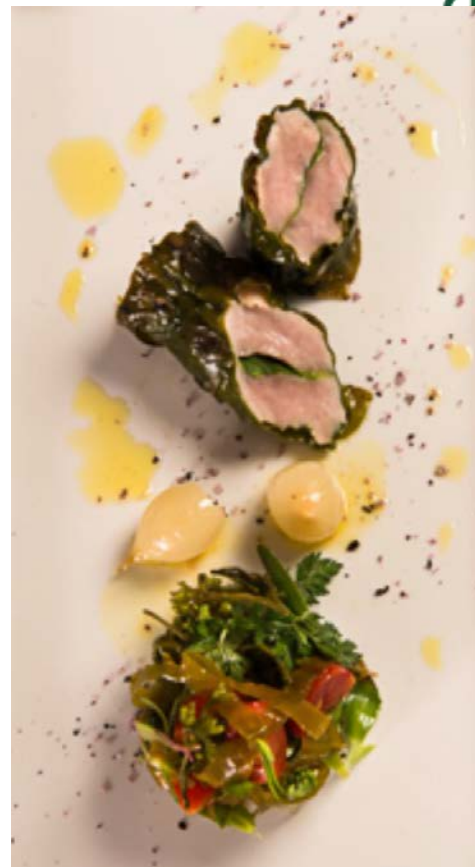


Thorir Bergsson, Bergsson Mathús,
Reykjavik, Iceland

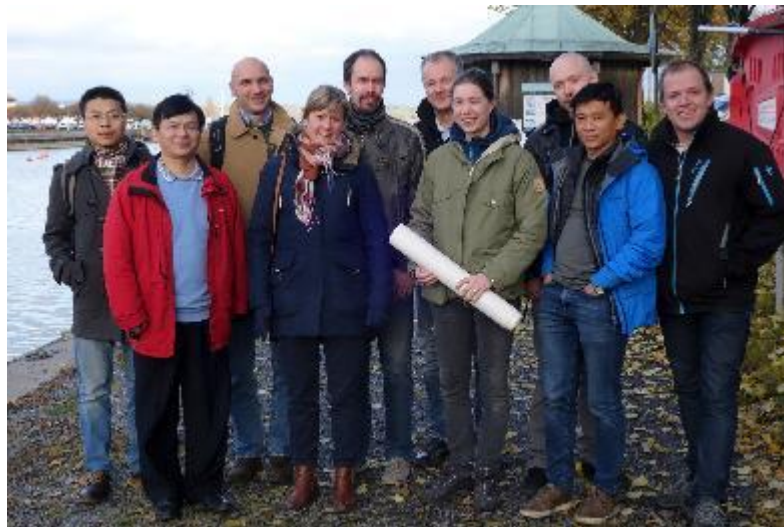
The Chef



Leif Sørensen, Tórshaven, Faroe Islands



www.biofuelregion.se/transalgae



Project leaders & Partners



Project leader

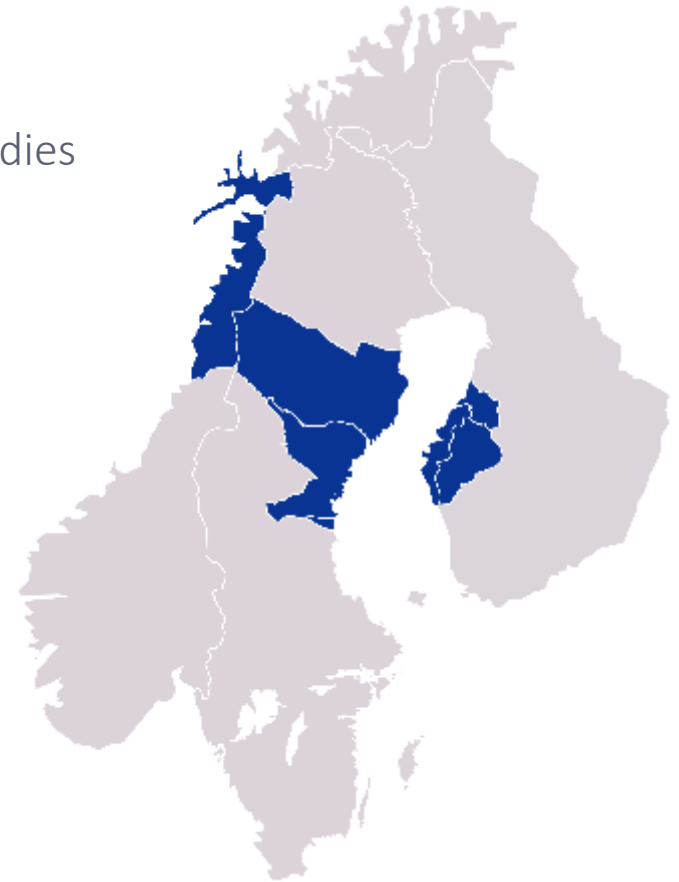
Swedish University of Agricultural Sciences (SLU)
Department of Wildlife, Fish and Environmental Studies

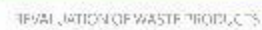
Partners

BioFuel Region AB
Nattviken Invest - Hugo Wikström
NIBIO Bodö
Mid Sweden University
Novia – University of Applied Science, Vaasa
University of Vaasa

Financiers

Botnia-Atlantica, Länsstyrelserna i Västerbotten
och Västernorrland, Österbottens förbund,
Kempestiftelserna, Arctic Seaweed, partners





Palmaria palmata



