



**FISHWATCH**® FRESH FACTS.  
SMART SEAFOOD.

## SUGAR KELP



U.S. sugar kelp is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. sugar kelp is commercially farmed in cold water regions along the East and West Coast of the United States and Alaska.

In the Northeast, kelp farming has provided a way to maintain active working waterfronts year-round. It has diversified opportunities for seasonal coastal businesses and seafood industry sectors threatened by the impacts of climate change, such as lobster harvesters.

Sugar kelp and other seaweeds are crops that require little input for large returns. Like most vegetables, seaweeds are packed with fiber, anti-oxidants, vitamins, and minerals.

Sugar kelp is savory and has a slightly sweet flavor with a subtle briny taste. Brown seaweeds like sugar kelp can also help break down the cell walls of beans to make them more digestible for us.

[www.fishwatch.gov](http://www.fishwatch.gov)



# Sea Green Goddess Dressing

## Ingredients:

- ½ cup tahini
- ½ cup white wine vinegar
- ¼ cup soy sauce (or tamari)
- 1 tablespoon fresh lemon juice
- 2 cloves garlic
- 3 kelp cubes  
or ½ cup ready cut kelp
- ½ cup water
- 1 cup fresh parsley
- 1 tablespoon honey or date syrup
- ½ cup mild oil
- Salt and pepper to taste



1. Place all ingredients (except the oil!) into a food processor and blend.
2. After everything is blended, slowly add the oil until the mixture is smooth.
3. Enjoy on your favorite salad or as a dipping sauce!

Recipe adapted from Atlantic Sea Farms, Seaweed Producers in Maine.

