Seaweed from the St. Lawrence River

Seaweed (macroalgae) has existed for millions of years. The different species can live in freshwater or saltwater. The vast majority of non-microscopic marine algae lives in a narrow strip along the coast. Like all plants, they produce organic matter and are at the bottom of their ecosystem's food chain.

There are four broad seaweed categories:
Blue — Red — Brown — Green.

Uses and benefits:

Fertilizer: Seaweed has been used as a fertilizer since the beginning of agriculture, due to containing an abundance of trace elements, which protect plants. Domestic animals with access to seaweed will often eat the sweetest, most tender species.

FOOD: Seaweed is beneficial when consumed in reasonable quantities. Care must be taken not to go overboard, however, as too much iodine is just as harmful to the thyroid gland as not enough. The part the body can absorb, the vitamins and especially the minerals, have several beneficial effects on health. After harvesting, avoid soaking in freshwater or exposing to heat. Lay the plants flat in the sun or hang on a clothesline.

INDUSTRIAL USES: Many industries (food, glass, cosmetics, dyeing, medicine, photography and others) use seaweed. Several substances extracted from seaweed are used extensively in the pharmaceutical and sanitary product industries. Seaweed can also be used as an eco-friendly cleaner on sites contaminated with lead.

Ascophyllum nodosum can be found on both shores of the St. Lawrence, from Québec City to La Malbaie and Rivière-du-Loup.

Laminaria digitata is found on the north shore of the St. Lawrence, between La Malbaie and L'Isle-aux-Coudres.

BODY CARE PRODUCTS — LE 1603

Seaweed is used in cosmetics for its many properties: moisturizing, nourishing, regenerating, slimming, draining, detoxifying, soothing, remineralizing and antiseptic.

SOAP AND SHAMPOO: Wash your hair, beard and body with the soap to keep mosquitoes at bay during your vacation and throughout the summer!
If you fall in love with the smell and texture, you can use it year-round (not contraindicated).

Order	Species	Latin name	Common name
Fucales	A. nodosum	Ascophyllum nodosum	Knotted wrack
Fucales	F. vesiculosus	Fucus vesiculosus	Oarweed
Laminariales	L. digitata	Laminaria digitata	Bladder wrack