

Seaweed Identification

Saw wrack

Black or dark brown.
Hides underneath bladderwrack. Is often the seaweed used for seaweed baths and in plant food. Worms like to live amongst the leaves so look carefully if its growing on the breakwater.

Oarweed

This is greeny brown.
It is a type of kelp. Is a shelter and food for small animals like crabs, baby prawns, shrimp and young fish. It grows on rocks, not in the mud. It is used in cosmetics like face creams.

Bladder Wrack

Black or dark brown with paler ends.
Air bubbles help it to float so it can use sunlight to grow.
It grows on rock edges, concrete and breakwaters.
It is used to make medicines (very rich in iodine)

Knotted wrack

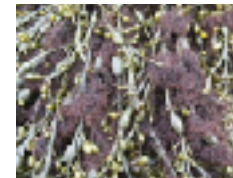
Black or dark brown with paler bubbles.
Grows where there are sheltered areas or less storms. It has air bubbles (the air bubbles tell you how old it is 1 air bubble for each growing season!) and jelly bubbles that stop it drying out in the sunshine. It grows on rock edges, concrete
It is used in supplements to help people with calcium deficiency.

Sea grass

Deep green.
Really important for keeping baby fish safe and holding the mud still! Its usually seen on a salt marsh, it grows in the mud - there is some trying to grow along the mudflats here - can you spot it?

Sea Lettuce

This is bright green and very thin.
It is eaten sometimes in soups!. Female plants have a brownish edge. Grows floating in the sea.

Rockweed

This is a dark red colour.
It grows mixed in with knotted wrack. It kills the knotted wrack.
This is really important for keeping the water clean and is used as food by lots of animals.

Dulse

Dark red.
This is a superfood! It tends to grow in rocky, shallow waters but gets washed up on the beach sometimes too.

