

Talks

Patrick Geddes Room, first floor

Please take your seat before start times which may be amended. Please check on the day.

Saturday 10th

12-1pm

Seaweeds: Meet Them, Eat Them...Love Them

- Prannie Rhatigan, Medical Doctor, author of *Irish Seaweed Kitchen*
Unique stories and tastes of seaweeds for health and enjoyment

1.15-2.15pm

Why Keep It Wild - Miles Irving, founder of Forager Ltd.

and author of *The Forager Handbook*
An accomplished and innovative pioneer for wild foods, leading chefs go to Forager for top quality ingredients

2.30-3.45pm

How Seaweed Supports Health & Vitality

- Dr Jane Jamieson, Lecturer, College of Naturopathic Medicine, Nutrition Therapist
Traditional Fucus species around our shores provide the nutritional foundation our bodies need

3.45-4.30pm

Nutritious Food Seaweed - Tarry Bolger, Biodynamic Association

A new production standard helps producers access new markets, consumers assess nutritional quality

4.45-5.30pm

Seaweed Farming in Scotland: Let's Get Started!

- Dr Philip Kerrison, Scottish Association for Marine Science (SAMS)
In a billion dollar global industry, Scottish waters are ideal for seaweed cultivation, creating more jobs in coastal communities

Sunday 11th

12-1.15pm

Nordic Sushi - Everyday Seaweed Meals to Boost Vitality

- Thorkil Degn Johansson, Denmark
I am going to explain why seaweed is 'the Fountain of Youth'

1.30-2.45pm

Nutrition Research on Our Wild Wrack Seaweeds

- Simon Ranger, Seagreens®
Early micronutrient density, through cardiovascular and metabolic disorders, to digestion, obesity, diabetes, thyroid

3-4.15pm

Iodine in Seaweed: Fuelling the Batteries from Conception to 100 Years Old!

- Monica Wild, Napiers, Edinburgh
Fascinating talk of mitochondria, brains, aging, & staying young!

4.30-5.15pm

Development of Scottish Salmon & Seaweed Industries

- Chris Copping, aquaculture consultant, seafood producer
Two important industries: similarities, challenges, and opportunities

Through research, standards and information, the Foundation increases public understanding of nutritious food seaweed as a healthy daily food and its uses in nutritional medicine.

It provides a forum and a catalyst for applied research, works closely with other interested organisations, institutions and individuals, and disseminates information to Friends, the media and the public. Through its website, events and services, the Foundation aims to assist those producing, consuming, selling and researching certified seaweed for food and health.

Become a Friend of the Foundation

Individuals, businesses and organisations interested in the production, consumption and health benefits of nutritious food seaweed are invited to donate or subscribe on a short or long term basis, helping the Foundation achieve its core purposes described at: www.seaweedhealthfoundation.org.uk/About-Us

Seaweed Health Foundation

research • standards • information

Administration office:

- 📍 Administration Office, 1 The Warren, Handcross, West Sussex RH17 6DX
- ☎ +44 (0)1444 400403 (UK 01444-400403)
- ✉ post@seaweedhealthfoundation.org.uk
- 🌐 www.seaweedhealthfoundation.org.uk

Offices in the British Isles with overseas affiliates

Clearspring

NAPIERS

Biodynamic
Association
vital soil. vital food

Seagreens®

Seaweed for Health

10 & 11 September 2016

Saturday & Sunday 12-4pm

Free public entry, all ages

Welcome to the 4th annual event of
the Seaweed Health Foundation at the
Royal Botanic Garden, Edinburgh

incorporating

SHF Conference for Friends of the Foundation
Sunday, September 11 from 10-12 noon



Royal
Botanic Garden
Edinburgh

The Foundation's 4th annual event with RBGE celebrates the development of seaweed production around our shores for health and culinary interest. Research shows the nutritional value of many common species. Two days of talks and discussion with healthcare practitioners, foragers and seaweed producers, and an exhibition with demonstrations has products on display.

Real Life Sciences Studio, ground floor, John Hope Gateway Building (main entrance). Talks are in the Patrick Geddes Room on the first floor next to the café and restaurant.

Visit: <http://www.rbge.org.uk/whats-on/event-details/4294>

Exhibitions & Demonstrations

*Real Life Sciences Studio, ground floor
Saturday & Sunday 12-4pm daily*

Seaweed products on display from Scotland and elsewhere are an opportunity for you to find out more about how it is being harvested and used, as a nutritious food ingredient and in nutrition therapy.

Sunday 1-3pm



Itadaki Zen

Sonji Kurishita and friends from the peerless Itadaki restaurants in Oban and London will demonstrate the preparation of Vegan Sushi and Tempura, with free tastings.

Brands using and promoting seaweeds from the British Isles and Nordic region:

Authentic Bread • Bachelde Mill • Bart Spices • Batchelors Bestcare • Clearspring • Cornish Seaweed • Dilly & Wolf • Forager Just Seaweed • KK Fine Foods • Macleans Highland Bakery Mara • Marvellous Superfood • Napiers • Natural Health Practice Neal's Yard Remedies • Nosh • Pukka • Raw Living • Saladworx Seagreens • Stag Bakeries • Viridian • Wolf Tucker

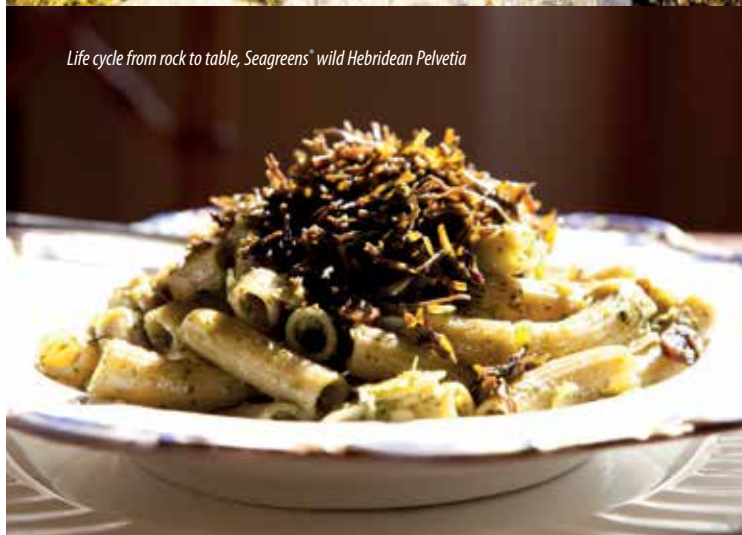
Sunday Morning Conference

*Patrick Geddes Room, first floor
Sunday 10.30-11.45am*

Our new Foundation website aims to provide a growing network for Friends of the Foundation. Friends, exhibitors and speakers can meet and discuss mutual interests and plans at an informal get-together on Sunday morning.



Life cycle from rock to table, Seagreens' wild Hebridean Pelvetia



Try seaweed products at your local health and natural food stores, find local foraging on the internet, or involve your group or school in a Seaweed for Health educational project – get inspired at www.seaweedhealthfoundation.org.uk/information, www.seaweedhealthfoundation.org.uk/Resources and www.seaweedhealthfoundation.org.uk/Research

Edinburgh

Jan de Vries Health & Diet, 10b Queensferry Street EH2 4PG. 0131 526 3990

Jan de Vries Health & Diet, 39 Newington Road EH9 1QW. 0131 662 0250

Hanover Healthfoods, 40 Hanover Street EH2 2DR. 0131 225 4291

Napiers, 18 Bristo Place EH1 1EZ. 0131 225 5542

Neal's Yard Remedies, 102 Hanover Street EH2 1DR. 0131226 3223

Real Foods, 37 Broughton Street EH1 3JU. 0131 557 1911

Real Foods, 8 Broughton Street EH3 9JH. 0131 228 1201

Glasgow

Jan de Vries, 43 Kilmarnock Road, Shawlands G41 3YN. 0141 632 7429

Napiers, 61 Cresswell Street G12 8AD. 0141 339 5859

Quality Vitamins & Herbs, 123 Douglas Street G2 4HF. 0141 331 2984

Roots & Fruits, 455-457 Great Western Road G12 8HH. 0141 339 3077

Whole Foods Market, 124-134 Fenwick Road G46 6XN. 0141 621 2700



Seaweed lecture at RBGE September 2015