

Herbal Spotlight - Kelp & Irish Moss

Backstory

Kelp and Irish Moss (also called Sea Moss) are two seaweeds that have been used in cuisines for centuries. Kelp has been a staple in Japanese cooking because it adds umami flavor to broths, and Irish Moss is often used to thicken soups and stews. Beyond their uses to improve flavor and texture of dishes, both Kelp and Irish Moss can be eaten on their own. Research has found that both ingredients may have diverse benefits to human health.

Benefits

Kelp and Irish Moss have many necessary vitamins and minerals, even more so than plants grown in soil.

Particularly of note is high Iodine content. Iodine is a trace mineral that is important for healthy thyroid function. Since humans do not produce Iodine, it is important to maintain adequate amounts from their diets. Deficiencies may present symptoms including fatigue, weight gain, dry skin, thyroid growth or swelling. It is also important to ensure that an excessive amount of Iodine is not consumed. Too much Iodine can cause the thyroid to malfunction. If supplementing with Kelp and Irish Moss, follow recommended serving sizes and consult a medical professional prior.

Kelp is also rich in Calcium, Folate, Magnesium, and Vitamin K. Additionally, it is relatively high in protein for a plant. Irish Moss contains high amounts of Vitamin B2 and Zinc, both notably contribute to good immune function.

Modern science is finding that components of Kelp and Irish Moss “possess antimicrobial, antiviral, hepatoprotective, cardioprotective, anti-inflammatory, neuroprotective, anticarcinogenic, immunomodulatory, hypolipidemic, anti-diabetic, and antioxidant therapeutic properties” (Recent advances in pharmacological research on *Ecklonia* species: a review Prashamsa Koirala 1, Hyun Ah Jung 2, Jae Sue Choi 3 <https://pubmed.ncbi.nlm.nih.gov/28840539/>).

Recipes

Kelp Powder can be added to miso soup, bone broth, salad dressing, sprinkled on top of vegetables, or blended into smoothies for a nutrient boost.

Irish Moss Powder is best made into a gel which can be eaten on its own, or added to smoothies, deserts, sauces, and ice cream!

Sustainable Sourcing

Monterey Bay Herb Co is proud to work with a sourcing partner that prioritizes long term sustainability. The seaweed we source is harvested with sustainable resource management and transparent reporting practices. Our supply chain partners provide high quality, rigorously tested, sustainable ingredients with high amounts of essential nutrients.

Our Kelp and Irish Moss is grown in the intertidal zones off the coast of Nova Scotia, Canada. Our supplier ensures that their harvest does not deplete the ecosystem more than it can regenerate within the year. This limits the impact on the ecosystem overall. When the Kelp and Irish Moss is harvested, they are pruned in a way that leaves some of the seaweed attached to the substrate. This method leaves enough fronds for the plant to regrow rapidly.

The resource is managed by a dedicated team of data collectors that keep detailed records of harvest amounts. Using harvest limits pre-determined by scientists, the abundance of supply is maintained. These reports are given to governmental partners annually to ensure that the marine resources remain available for future generations.

Monterey Bay Herb Co strives to be the best sourcing partner for small businesses who harness botanicals to create wellness in our world. Our strict sourcing sustainability standards ensure that we can offer high quality ingredients that are consistently in stock and our relationships with our sourcing partners guarantee you competitive prices.