



OCEAN FARM TO TABLE

COOKING WITH UNITED STATES FARMED SEAWEEDS

Sea Lettuce

Ulva spp.

Sea Lettuce *Ulva spp.*

This thin, flat seaweed lives up to its name, closely resembling the leaves of its land-based counterpart. Just two cells thick, sea lettuce is vibrant green and translucent, making it a beautiful sight below and above the water. A cosmopolitan species, sea lettuce is found in every ocean. You'll spot it clinging to rocks in tide pools, pier pilings, floating docks, or driftwood. This leafy sea green is not just food for humans but also a snack for intertidal grazing critters, playing an important role in maintaining the balance of marine environments.

Sea lettuce has been a part of human diets for longer than we can imagine. Scottish texts from 1709 describe cooking it with butter or making it into broths. And in Japan, where seaweed has been a culinary staple for eons, sea lettuce was used to make a cheap alternative to nori sheets.

Sea lettuce is typically farmed in land-based tanks. However, as a prolific organism that clings to anything submerged in seawater, some shellfish farms also harvest it straight from their farm equipment!

WHERE IS IT FARMED? Land-based tanks on the West Coast and Florida.

HARVEST SEASON: Year round.

NUTRITION: High in protein, calcium, iron, and magnesium. Contains a special compound called ulvan, known for antioxidant and antiviral properties.

STORAGE TIPS: Refrigerate and consume within 3 days of harvest. For prolonged shelf life, freeze or dry in a dehydrator and store in a cool, dry place.

ENVIRONMENTAL BENEFIT: Absorbs CO₂ from the ocean and produces oxygen, provides shelter to many intertidal critters, keeping them damp at low tide in the hot sun.



UC San Diego

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Sea Lettuce Zesty Bliss Chips

Recipe by Jules Marsh

Ingredients: 2 oz fresh sea lettuce, 1/3 cup coconut aminos, 1/2 tbsp garlic powder, 1/2 tbsp ginger powder, juice of 1 lime, 1 tsp chili garlic sauce

1. Preheat oven (or air fryer) to 325°F degrees.
2. Wash sea lettuce thoroughly in fresh water before use, squeeze out as much water as possible, and lay out to air dry or spin dry until fluffy.
3. Combine sauce ingredients and mix thoroughly.
4. Toss sea lettuce in sauce, marinate for up to 15 minutes.
5. Lay out as flat as possible onto a baking sheet for even crispiness. Bake for 15 minutes, flipping halfway through. If using an air fryer, reduce time to 10 minutes and fluff and turn halfway through.
6. Let air dry to cool, then serve!

California Sea Green Salad Recipe by Jules Marsh

Ingredients: 0.75 oz fresh sea lettuce, 1 head romaine lettuce, 1 avocado, 1 carrot - julienned, 1/4 cup scallions, 1 apple - thinly sliced, 4 oz goat cheese, 2 tbsp sunflower seeds

Dressing: 1/4 cup tahini, 1/4 cup pistachio oil, 2 tbsp water, 1 tbsp soy sauce, 1 tbsp rice vinegar, 1 tbsp maple syrup, 2 tbsp lemon juice, 1 tbsp lemon zest, 1 garlic clove - minced, salt to taste

1. Blanch sea lettuce by tossing into boiling water for 10-15 seconds. Rinse in ice bath immediately after removing.
2. Drain sea lettuce and squeeze out excess water
3. Stir together dressing ingredients. Adjust amounts to taste.
4. Toss sea lettuce, romaine, arugula, carrots and scallions with dressing and sprinkle with avocado, apples, goat cheese, and sunflower seeds.

Flavor Notes & Cooking Tips*

Flavor Profile:

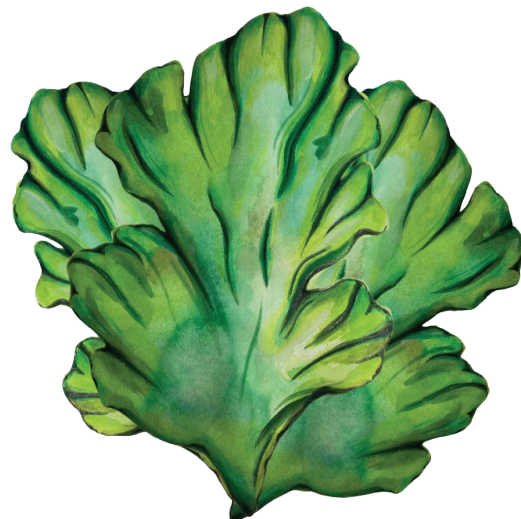
Very mild, slight bitterness, clean and refreshing. The darker green your sea lettuce is, the more bitter it will be.

Texture:

Tender, delicate, and soft when fresh. Crispy, light, and flakey when dried.

Cooking Tips:

To preserve bright green color, blanch for 10-30 seconds, then transfer to an ice bath until cooled.



*Flavor and texture experiences are subjective. These insights were shared by chefs piloting these recipes.