

National Laverbread Day |





Recipe

Serves: 4

- 600g fresh laver seaweed
- 3 tablespoons olive oil
- 1 to 2 teaspoons fresh lemon juice
- salt and pepper, to taste
- 4 slices bread
- butter, to taste

What next?

Wash and rinse the seaweed in clean water several times. Over a low heat, or in a slow cooker, simmer the seaweed for 6 hours until it turns into a dark pulp. Combine the laverbread, olive oil, lemon juice and seasoning and stir through. Toast the bread then butter to taste. Spoon the laverbread onto the hot toast and serve immediately.



Bladder Wrack

This is common mid-way down sheltered shores and can completely cover rocky areas. Long, grey-green branches have single eggshaped air sacs called bladders. Note that the similar Bladder Wrack has paired bladders. To estimate the age of an Egg Wrack, count the bladders starting from the holdfast, where it attaches to rock, to the tip of the longest branch. 1 bladder = 1 year.

Toothed Wrack

Look for the toothed or jagged edges on this common brown seaweed. It covers rocks lower down on the shore. Look for bumpy, sometimes orange, areas at the tips of the branches. These are the parts which release spores to continue the lifecycle of the seaweed. You can collect seaweeds like this from the strandline to use as fertiliser for growing vegetables.

Wireweed

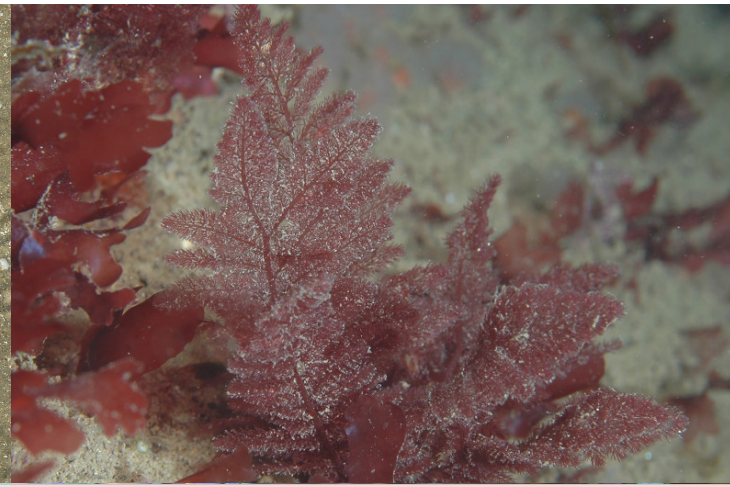
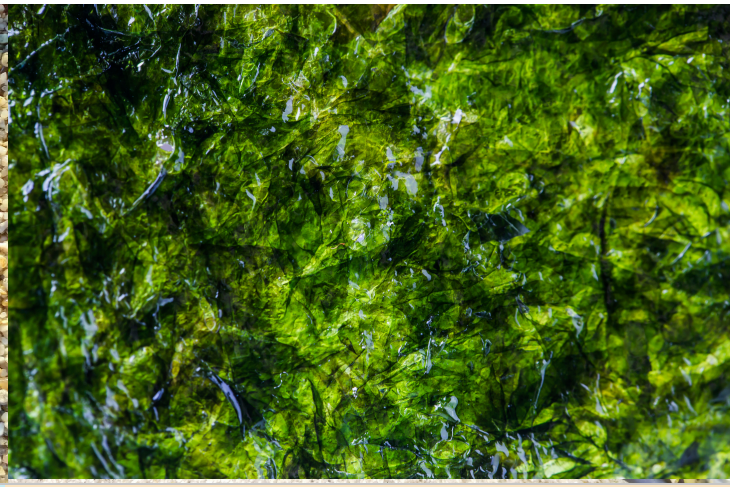
There are over 20 nonnative seaweeds in Wales and most have been transported here accidentally by people. Wireweed grows fast so it can out-compete other seaweeds. Look for this seaweed in rock pools during the spring and summer. It has long stringy branches with holly-like 'leaves' and small round air bladders.

Bushy Rainbow Wrack

There are other Bushy Wracks, but this is the only one to show a bright rainbow colour under water. Out of water it is an olive green. It grows in deep rock pools. In Wales, it is found in Anglesey and Pembrokeshire.

Channel Wrack

If you don't want to get your feet wet, this is the one to look for first as it grows high up on the shore. A green brown colour when wet and dark brown when dry. Look for the channel made by the branches curling in at the sides. This helps to keep it moist when the tide goes out.



Dulse

This edible seaweed can be made into crisps or used as seasoning. It is common on rocky shores and also grows on other large seaweeds, such as Kelp. Older parts of the seaweed can have patches of Sea Mats on them. Sea Mats are colonies of small animals (bryozoans) living on the surface and look like a fine white mesh.

Laver

Laver are flat red seaweeds just one cell thick but strong enough to survive storms on rocky shores. They are long and narrow or almost round in shape, coloured from red to green-black. Out of the 5 species in Wales, the common Tough Laver is the main one used to make Laverbread. People also eat Porphyra in Ireland and Japan, where it is known as Slake and Nori.

Sea Lettuce

Known as Poor Man's Laver, it is thin and flat like Laver but is a brighter green colour. Look for this common seaweed across the whole shore. Think twice before eating this common seaweed as it often grows in places of high nutrients caused by pollution. There are around 15 related sea lettuces and Ulva species that are hard to tell apart.

Siphoned Feather Weed

One of the many small, highly branched seaweeds you can find on rocky shores. A close look can reveal their beautiful intricate branching.

Coral Weed

These rock-hard red seaweeds contain calcium carbonate. This gives them a toughness that stops animals from eating them. They are common around the edges of rock pools. Their pink branches are divided into small sections, ending in white tips. Seas becoming more acidic because of climate change may have a bad effect on these seaweeds.

Seaweed in Play

- You could arrange a beach trip after high tide and beach comb
- You can add Seaweed into your own water tray and create a unique rockpool with your beach finds.
- When you find your seaweed you could take it home to dip it into paint to make a free painting
- Chopping or ripping up seaweed and creating “Laver Cawl” in the Muddy Kitchen Area. This is a great opportunity to talk about other cuisines and cultures, for example, how seaweed is used to create Sushi rolls.
- We can imagine that we are sea creatures using dried seaweed and camo nettings.





Early Years Wales Blynyddoedd Cynnar Cymru

For more resources please visit:

<https://www.earlyyears.wales/en/welsh-language-support>

Am fwy o adnoddau ewch i:

<https://www.earlyyears.wales/cy/hwb-adnoddau>