

SEAWEED SAFARI on the MENDOCINO COAST



August 12-14, 2011 Friday - 4:00 pm through Sunday morning

“Super Foods From the Ocean- Seaweed Exploration on the Mendocino Coast”

This exciting class which introduces you to seaweeds from the Northern California Coast is presented by Terry d’Selkie, owner of Ocean Harvest Sea Vegetable Company.

Terry is a raw food enthusiast and seaweed wildcrafter, who offers a wealth of knowledge about seaweeds and their nutritional value. Terry is a member of the Seaweed Stewardship Alliance, and works with Mendocino County Schools, educating students about nutrition and gardening.

In this seaweed safari weekend retreat, you will:

- Walk along the shore at low tide where you will be introduced to several varieties of seaweeds growing wild in the Pacific Ocean (bring water booties, wetsuit if you have one, and wear warm clothing).
- Learn about and practice seaweed harvesting and drying techniques, as you harvest and dry your own seaweed to take home with you.
- Come away from the class with reasons why seaweeds are the ultimate wild, raw, green superfoods from the ocean, providing trace minerals, enzymes and vitamins in a condensed form, for both eating and the bath!
- Taste several seaweeds and dishes made with seaweeds as part of our retreat meals.
- Experience “thalassotherapy” (a seaweed spa experience)
- Meet others interested in wild natural foods.
- Enjoy a vegan meal on Friday night, as well as a vegan breakfast and lunch on Saturday

Cost for this retreat is \$250 per person or \$450 per couple (10% discount if you register and pay before June 1st) and includes:

- 3 organic vegan meals
- 2 nights- JugHandle Farm Retreat Center with beds and bedding
- seaweed harvesting and drying instruction,
- thalassotherapy
- recipes and information on health benefits of seaweeds.

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