

ABOUT DULSE

Dulse is a leafy sea vegetable which grows on the shores of Grand Manan Island in the Bay of Fundy. Hand picked and sun dried, it adds a light salty taste to soups, salads, eggs, fish dishes, etc. Several tons of dulse are produced annually in Dark Harbour, Grand Manan, most of which is destined for markets in Canada and the United States.

Harvesting of dulse in the region began with the aboriginal people. The earliest record of dulse stems from the tale of a harsh winter in the 1600s when natives of the Port Royal area fed European settlers a tea concocted from birch bark and seaweed broth to prevent scurvy. Prior to drinking the tea the white settlers had lost half of their company to this dreaded ailment. The broth as a supplement to the diet was a significant factor in the survival of the remaining members of the company.

For many years, people in the Bay of Fundy area have harvested and kept dulse in the homes to eat as a supplement to other staples and a treat during the long, cold winter. Today it is most often eaten as a snack food like potato chips or popcorn.

Contains per 1 tsp serving: Sodium 22 mg, Potassium 101 mg, Calories 3.4 (14 KJ). Percentage of recommended daily intake, Iodine 44%.