

Ashmores

TASMANIAN SEAFOOD SPECIALISTS

Wakame & Mekabu *Fresh Organic Tasmanian Wakame*



Wakame or *Undaria pinnatifida* is a brown seaweed originally native to the shores of Korea, Japan and China. In 2004, world production of Wakame, most of which comes from Korea, Japan and China was listed as 2.5 million tonnes wet weight.

Japanese have very low rates of cancer and some believe their diet, which includes many seaweeds, may be the reason. When plants of Wakame are cut, a gel is released. This consists of polysaccharides including alginates and fucoidan. Alginates are known for their use as a stabiliser in beer and ice-cream. Fucoidan has various medicinal properties. Wakame also contains a wide range of amino acids, high levels of minerals and iodine, vitamins B-1, B-2, B-6, niacin and beta-carotene.

In Tasmania, *Undaria pinnatifida* was first identified in 1988. It is thought to have been introduced via ships ballast. In 2011 Ashmore Foods started making Wakame available for the edible market. Products include; the frond, marketed by Ashmores as 'Wakame' and the sporophyll or 'Mekabu'.

In order to keep the Wakame product as pure as possible, Ashmore Foods has blanched the Wakame very briefly, so that the product keeps well and gives a good colour, it is then frozen and packed in re-sealable 500g packs.

Wakame traditionally, and now more widely, is being used in soups such as miso soup and in salads. Mekabu is used in soups, salads, traditional Japanese pickles and as a garnish.

Undaria pinnatifida

Frond or Wakame



Sporophyll or Mekabu

Another Sanderson-Ashmore product.

www.ashmorefoods.com.au

32 McIntyre Street, Mornington Tasmania 7018. Telephone: 0362 443188 Email: sales@ashmorefoods.com.au