

Islander Kelp: The Best of Rathlin Island

BALLYCASTLE, IRELAND, September 9, 2014 /EINPresswire.com/ -- Islander Kelp is a unique selection of sea vegetable products. Kate Burns and Benji McFaul have formed Islander Kelp with their vast expertise and product knowledge in order to deliver a [healthy and organic food](#) to the marketplace. Islander Kelp comes from Rathlin Island which is a tiny island off of the northern coast of Ireland. The surrounding area has been deemed a marine protected spot due to its many species of indigenous fish and aquatic life. This sparsely populated island of 120 people, which is teeming with marine life, is also the optimal location in which to grow kelp. Tides mix the Atlantic and Irish Seas along with the Gulf Stream to produce an opportunity for year round kelp sea growth.

Kelp is a very environmentally friendly food which is growing in popularity globally. Kelp does not require the use of fertilizer in order to grow and it also grows in a sustainable way. This is the perfect food for the environmentally conscious. Kelp contains more iron and calcium than any other vegetable. Kelp has six times more calcium than milk, more fiber than a serving of brown rice and more iron than a serving of spinach. It is also high in protein and contains only 0.2 mg of salt in a one hundred gram product. Kelp is also a safe source of iodine. As such it would be beneficial on a medical level to those who have low iodine levels or thyroid problems. As for the taste, kelp has a wide range of different flavors due to its many different variations. Digitata, or fingered kelp, is sweet and delicious because it contains mannitol which is a natural sugar.

Laminaria saccharina on the other hand has a slightly nutty taste. Its versatility as a food allows to be used with many other things such as wraps, beans or vegetables and of course salads. There are



many kelp recipes available on the Islander Kelp website at www.islanderkelp.com.

Islander kelp is an important part of the Rathlin Island community due to the industry it creates. The kelp is harvested, sorted and blanched on Rathlin Island and it is sold ready to use. The McFaul family is a fourth generation fishing family. It is this family tradition that gives Islander Kelp both a powerful motivation to succeed as well as a very broad knowledge base when it comes to kelp. These factors are directly related to Islander Kelp's ability to create a high-quality product.

Funders can try reaping the health benefits of kelp and enjoying its many flavors for themselves at the Islander Kelp [Kickstarter crowdfunding page](#). There are several different pledge levels so that funders can reap the rewards which suit them the best:

- £5 – Islander Kelp will record your name in their roll of wonderful people that will make their business grow, help demonstrate how marine resources can be used sustainably as an important food source – and support the future of Rathlin Island
- £10 – A 100gm tub of fresh kelp pesto or a tub of fresh kelp noodles
- £50 – A 200gm pack of tagliatelle cut, and a 200gm pack noodle cut with recipe card
- £100 – 2x200gm packet tagliatelle cut, 2x200gm packet noodle cut with recipe card and 100gm tub of kelp pesto
- £250 – 2 deliveries of a mixed parcel of islander kelp products – (2kgs, at least each time) and a recipe card. First delivery November, second one March 2015 (from the new harvest)
- £500 – 2kgs of kelp products and recipe card (tagliatelle, noodle cut, wraps and kelp pesto – will be sent November 2014) plus one night free accommodation on the island for 2, an evening meal and trip to the kelp ropes in spring 2015
- £1000 3kgs of kelp products and recipe card (tagliatelle, noodle cut, wraps, salad cut and kelp pesto – will be sent November 2015 plus collection from Ballycastle by private boat, 2 night accommodation for two, evening meal, trip to the kelp ropes and tour of the lab etc in summer 2015

It is quite worth it to take a look at the Kickstarter [crowdfunding campaign](#) page even if you are not sure whether to purchase kelp. Rathlin Island is a scenic treasure and both the video and the photos reflect that fact. After being immersed in the beauty of Rathlin Island, you may find yourself giving kelp a try and being glad that you did.

About:

Islander Kelp (www.islanderkelp.com) is a kelp harvesting business located on tiny Rathlin Island off of the northern coast of Ireland. Islander Kelp is run by the McFaul family who have generations of fishing experience. Kelp is a healthy and environmentally sustainable food with a number of different exciting flavor variations and an endless supply of food combinations.

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