

Premium-Grade Ariake Nori

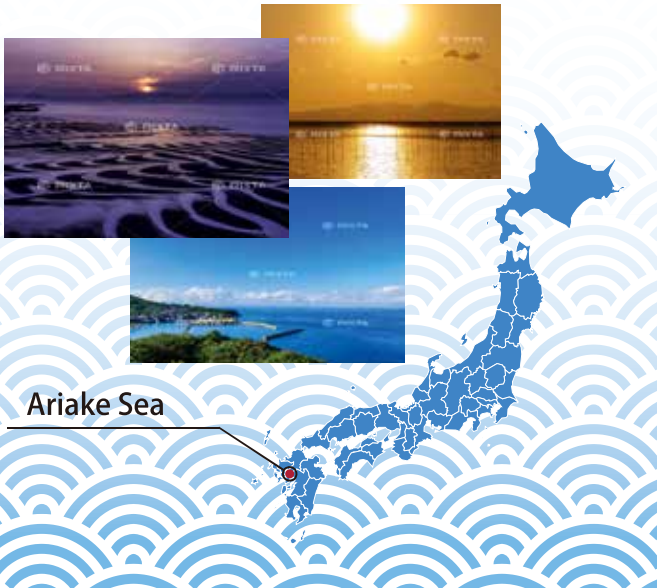
Production of Nori

Cultivation process of nori is fairly complex, however, well understood. Nori is cultivated in the sea by growing red algae attached to nets. The nets can be either floated on the sea surface or supported by poles. The floating system has an advantage of location flexibility. On the other hand, the pole system requires large tidal range, and limits the installation to certain locations, but the repeated dry and soaked periods result in enriched amino acids, and thus better taste.



World's Best

Nori cultivated in Ariake Sea, off the island of Kyushu employs the pole system as the sea offers a large tidal range of 20 feet and provides excellent quality. In fact, Ariake nori is considered as the top grade nori in the world.



Where to Find/Contact

Premium-Grade Ariake Nori

有明海苔

A Flavorful Superfood
for Your
Dietary Needs



Nori for Healthy Diet

Edible seaweed known as nori in Japan is a household staple there. Nori is gaining popularity all over the world thanks to the exploded number of sushi lovers. Nori surely tastes good, but that's not the whole story.



Rich Source of Vitamins, Nutrients and More

Nori is a superfood containing 12 kinds of vitamins and 40 nutrients. Even better, it has less than 6 calories per standard 8"X7" sheet. Iodine in nori, a mineral nutrient is essential for thyroid functioning and proper metabolism. Iodine is also known to promote skin and hair healthiness.

Nutrition facts

Serving size: 1 sheet (8"X7", 3g)

Calories	5.64 kcal	
Fat (g)	1.24	Vitamin A (µg) 69.00
Fiber (g)	1.08	Vitamin B1 (mg) 0.02
Zinc (mg)	0.11	Vitamin B2 (mg) 0.07
Calcium (mg)	8.40	Vitamin B6 (mg) 0.02
Iron (mg)	0.34	Vitamin B12 (µg) 1.73
Copper (mg)	0.02	Vitamin C (mg) 6.30
Magnesium (mg)	9.00	Vitamin E (mg) 0.14
Niacin (mg)	0.35	Folic Acid (µg) 57.00

Source : STANDARD TABLES OF FOOD COMPOSITION IN JAPAN
Fifth Revised and Enlarged Edition - 2005

History of Nori

The oldest known description of nori goes back to the early 8th century, however, the consumption is believed to have started long before that. Nori was consumed as the paste form until the mid 18th century when sheet form was created in Edo (now Tokyo).



▲ Gathering Seaweed at Omori in Shinagawa (Hiroshige Utagawa)
◀ Seaweed from Shinagawa (Kunisada Utagawa)

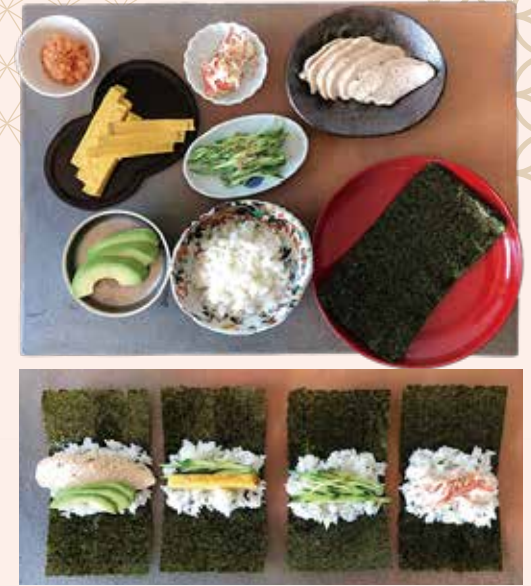
The stable supply of nori had to wait for the establishment of the cultivation method based on the discovery of the germination mechanism by the British phycologist Dr. Kathleen Drew-Baker in 1949.

Since then, nori is gaining global popularity as a part of healthy diet due to the macrobiotic movement and the increase of sushi bars and Japanese restaurants.



Using Nori in Your Diet

Most popular and obvious use of nori is in sushi rolls. Onigiri (rice ball wrapped in nori) is another favorite choice. Japanese people also sprinkle shredded/crumbled nori over various dishes including salad to enjoy enhanced flavor.



You can be more creative and original. Mexican and Japanese foods surprisingly mix well. Use nori sheets with tortillas or tacos to create new generation dishes. Likewise, use shreds / crumbles in your omelettes for a richer flavor.

