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Laminaria digitata

TANGLE is a seaweed. Found in the North Sea, the English Channel, the North Atlantic and the Baltic, it has a candelabra-like shape with strap-like brown blades.

It is also known as Cuvy, Dead-man's-toes, Deep sea kelp, Driftwood kelp, *Fingertare* (Swedish), Horsetail kelp, Kelp, Oarweed, Sea girdles, Seastaff, Seawand, and Seaweed.

Digitata is derived from Latin *digiti* (finger) meaning 'lobed like an open hand or finger-like'.

Locally several centuries ago the young leaves and stalks were boiled for food. The stem has also provided tool handles. A metal blade was stuck into a fresh piece of it and as the stem dried it contracted and hardened to give a serviceable handle. Perhaps though its greatest value in days gone by was in making glass and soap.

Authorities note that tangle contains ten times the amount of iodine found in kelp (*Fucus vesiculosus*).