



FIFE · SCOTLAND

East Neuk Seaweed

Wild food from the Fife shore: tide-led foraging workshops, a five-course menu cooked over fire, seaweed for kitchens and makers, and the guide to the intertidal.

WILD · LOCAL · SEASONAL | SEASON 2027–28



A coast that only exists at low tide.

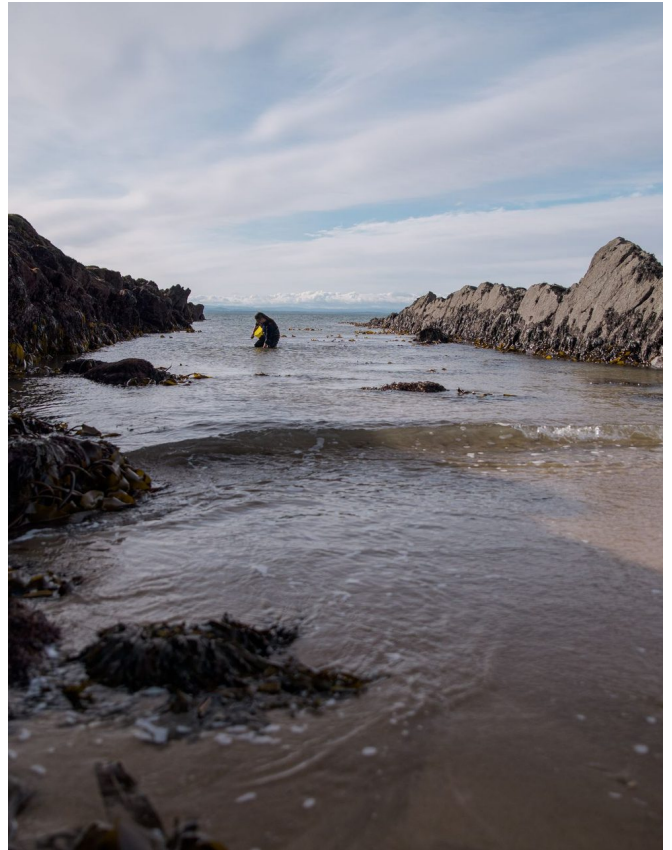
The East Neuk is the string of fishing villages on Scotland's east coast, just south of St Andrews. Twice a day the sea draws back and uncovers a garden: kelps, dulse, sea spaghetti, carrageen. We teach people to find it, cut it and cook it.

Sessions run from the ninety-minute Seaweed Taster, open to all ages, to the flagship On the Rocks: four hours of foraging the low shore followed by a five-course, seaweed-infused menu cooked over fire on the beach. Indoors, the Coastal Dram pairs wild seaweeds with Kingsbarns single malts. Beyond the workshops we cut seaweed to order for kitchens, producers and researchers, and Jayson's guide *Thriving in the Intertidal* comes free with every booking.

Because the lowest shore only uncovers on the biggest tides, dates follow the moon rather than the calendar. Every harvest follows one rule: cut, never pull.

"It completely changed my view of the seashore."

WORKSHOP GUEST



The East Neuk shore between tides

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Jayson Byles, between tides

THE FORAGER

Jayson Byles

Forager, trained chef and permaculturist, originally from New Zealand and of Māori Pacific heritage. Two decades immersed in Scotland's local food landscapes. Years in professional kitchens gave him the craft, commercial food production showed him how food really gets made, and managing seaweed harvesters on the Fife coast gave him the shore.

East Neuk Seaweed was born three years after that, to share the transformative simplicity of wild, local, seasonal food with everyone.

"Māori elders taught me all I know about the sea."

JAYSON BYLES

TIHEI MAURI ORA: THE BREATH OF LIFE

This traditional Māori greeting carries the ethos of the business: a commitment to protecting the *mauri*, the living life force, of our coastal waters. Regenerative practice means leaving a place better than we found it. We cut rather than pull, harvesting only what the ecosystem can abundantly restore, so the shoreline stays healthier and more abundant for our having been there.

AS SEEN IN

The workshops and the seaweed story have been told by The New York Times, National Geographic, the BBC, The Guardian, Süddeutsche Zeitung and the South China Morning Post, on BBC Scotland's *Landward*, and in two independent films: *The Seaweed Forager* and *A Forager's Summer*. Workshops hold a 5.0 rating on Tripadvisor.





THE SIGNATURE EXPERIENCE



On the Rocks

Four hours · forage, fire, feast

Walk out onto a shore that only exists at low tide, harvest it with your own hands, and eat it cooked over fire on the beach.

THE SHAPE OF THE DAY

- 01 Meet at the confirmed shore: introductions, safety briefing, helmets and kit
- 02 Walk out with the falling tide, about 800 metres over mixed ground
- 03 Guided foraging on the low shore: identification, cut never pull, what to take and what to leave
- 04 A short break while the fire is lit
- 05 Five courses cooked over fire and eaten on the beach, built from the day's harvest
- 06 The tide turns; walk back with take-home notes to keep foraging and cooking

"Fresh air, humour, and food. All three very life-affirming"

ON THE ROCKS GUEST

DURATION

4 hours

GROUP

2–12 · exclusive bookings available

AGES

8+ · under-16s with a participating adult

SEASON

March–October, plus selected winter tides

INCLUDES

Guide, all safety and foraging kit, five-course wild menu, hot drinks, the e-book

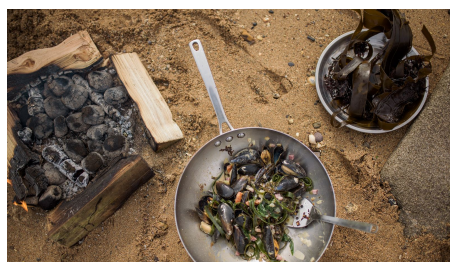
ADD-ONS

Seafood Tasting Course £40 pp · Premium Beverage Flight £25 pp · both £58 pp

PRICE

£85 adult · £25 child (8–16)

2027–28 season prices





THE EASY FIRST STEP

Seaweed Taster

Ninety minutes · all ages



A gentle shoreline introduction to Scotland's edible seaweeds: what grows here, what it tastes like, and how to cut it so it regrows.

The family workshop and the group product. The pace is gentle, the ground is chosen for it, and it finishes with a curated tasting of prepared seaweed snacks and dishes with a hot drink, looking out to sea. Many people do the Taster first and come back for the fire.

HOW IT RUNS

- 01 Meet at the confirmed shore: introductions and safety briefing
- 02 A short walk onto the shore as the tide allows
- 03 Identification: the main edible species, how to tell them apart, cut never pull
- 04 Seaweed's place in the coastal ecosystem, and what is in season now
- 05 Curated tasting with tea and coffee; take home a printable ID chart and a recipe

"We learned so much and the experience was really fun."

TASTER GUEST

DURATION

90 minutes

GROUP

4–40 · coach groups welcome

AGES

All ages · under-16s with a participating adult

SEASON

March–October

SETTING

The shoreline; can be clock-timed for groups

INCLUDES

Guide, curated seaweed snacks, tea and coffee, printable ID chart, the e-book

ADD-ONS

Seafood Tasting Course £40 pp · Premium Beverage Flight £25 pp · both £58 pp

PRICE

£45 adult · £10 child

2027–28 season prices





SEAWEED & WHISKY, INDOORS

The Coastal Dram

90 minutes · year-round

An indoor masterclass pairing wild Scottish seaweeds with Kingsbarns single malts: coastal terroir in two forms.

Weatherproof, evening-friendly and year-round.

With each pairing a new seaweed: touch it, smell it, learn where it grows, watch it plated, and taste it beside its matched dram. Then the house-made kombu saline droppers, which let you adjust the whisky at your table and taste the difference.

Five curated pairings showcasing seaweed and other local, wild ingredients matched with fine whiskies from Fife's own Kingsbarns Distillery.

DURATION

90 minutes

GROUP

2–12

SEASON

Year-round · evenings

SETTING

Indoors at the Bowhouse, St Monans, or a venue of your choosing

INCLUDES

All whisky tastings and seaweed pairings, sensory worksheet, a take-home dropper bottle

ALCOHOL-FREE

A full non-alcohol flight with 7 days' notice

ADD-ONS

Seafood Tasting Course £40 pp · Premium Beverage Flight £25 pp · both £58 pp

TICKETS

£120 · VIP £170

VIP includes a 70cl bottle of Doocot or Balcomie
2027–28 season prices





BESPOKE DAYS, BUILT TO YOUR BRIEF



Private Groups & Chefs

Priced per brief

Bespoke days built around your group, your menu and your tide: incentive groups on the shore, chef teams developing with wild ingredients, schools, festivals and filming.

CHEFS & KITCHENS

Species knowledge, supply conversations, and cooking with seaweed from rock to plate. Includes work with trainee chefs from Gleneagles, Skibo Castle and Sodexo.

TEAMS & PRIVATE GROUPS

A shared day out that ends with lunch you gathered yourselves. One point of contact throughout.

SCHOOLS, COMMUNITY & EVENTS

Hands-on coastal education with safety built in; walks, demos and talks sized to your programme.



DURATION

By design

GROUP

By arrangement

SETTING

Shore, kitchen or venue: yours or ours

FORMATS

Forage-and-feast, menu development, demos and talks, wild swim with a fireside cook-up

PRICE

Priced per brief

2027–28 season prices

HOW IT COMES TOGETHER

- 01 A conversation about what you want from the day
- 02 We match the shore and the tide to your group
- 03 On the day: safety briefing, then foraging and cooking sized to your programme
- 04 Follow-up: species notes and supply conversations for kitchens



The seaweeds we cut



Dulse

The classic. Smoky, savoury, dries beautifully; a chef's seaweed.

Pepper dulse

The truffle of the sea. Small quantities, big flavour.

Dabberlocks

Tender kelp with a sweet midrib; cut to leave the plant growing.

Sea spaghetti

Straps that cook like pasta; at its best in late spring and early summer.

Sugar kelp

Sweet, umami-rich kelp for stocks, crisps and drying.

Oarweed

The big kelp: stocks, salts, garden and bath.

Sea lettuce & gutweed

Bright greens for salads, wraps and drying to flakes.

Carrageen

The shore's own gelatine for puddings and setting.

The wracks

Bladderwrack and the mid-shore family: stocks, salts, garden and skincare.

CUT, NEVER PULL

Every frond is cut above the growing point, on a rotation that leaves the beds to recover. It is the rule we teach on the shore and the rule every commercial order follows. Amounts and flavour vary with the season and the part of the frond, so a tested sample beats a table.

Fresh and dried Scottish seaweed, hand-cut to order.

If you cook, brew, make or research with seaweed, we can supply it: fresh from a low tide and chilled the same day, or dried in small bespoke batches.

It is for restaurant kitchens and chefs, food and drink producers, skincare and product makers, and researchers who need clean, identified Scottish seaweed with a name and a shore attached. Everything we harvest for the workshops is available, except laver.

FRESH

Cut on the tide and chilled straight away, in 5 kg lots. Minimums depend on the species and the season. Dispatched the same or next day.

DRIED

Small bespoke quantities: whole leaf, pieces or flakes, dried low and slow to keep colour and flavour. From a few hundred grams. Keeps for a year.

HOW IT WORKS

- 01 Tell us what you need: species, fresh or dried, quantity, when and where
- 02 We check the season and the tides and confirm what will be at its best
- 03 Cut to order, chilled or dried, and dispatched

One species or a mixed order, one-off or a standing supply through the season. Request form at eastneukseaweed.com/commercial-supply.





THE E-BOOK

Thriving in the Intertidal

Jayson's 52-page guide to the most dynamic terrain on the planet. £11, or free with any workshop.

Being in the intertidal zone can be an enjoyable, enriching experience. It can also be treacherous without some knowledge and planning. This guide is packed with accessible information and pictures to help you work with the dynamism of the tides: the essential tools and best approaches to survive and thrive when seeking wild seaweed harvests.

"A gem. Wit, humour and interesting anecdotes blended with tried, tested and practical advice."

DR A. L. ROOT, LONDON

Instant download at eastneukseaweed.com/ebook; included with every workshop booking.

GIFT VOUCHERS

Give someone a morning on the rocks.

A voucher for an East Neuk Seaweed workshop is a present that turns into a day: salt air, rock pools, wild food cooked on the beach. Vouchers are bought online with a value of your choosing and can be put towards any workshop that suits the recipient. They arrive instantly by email, ready to forward on or print at home.

eastneukseaweed.com/gift-vouchers



Dates follow the tides, not the calendar.

The lowest shore only uncovers on the biggest tides, so workshops are scheduled around each month's spring tides. Dates are on the website, and the free tide planner shows the best low-water days months ahead. No date showing? Get in touch and we will arrange one around the tides.

GETTING THERE

The exact meeting point is emailed a few days before your workshop, once weather and tides have settled the best shore for the day: always along the East Neuk, within easy reach of St Andrews and an hour from Edinburgh. Transport is not included.

WHAT TO BRING

Wellies or footwear with good grip, and layered clothing for changeable coastal weather. Helmets and safety kit are provided.

FITNESS

A moderate level of fitness and sure-footedness is recommended for the shore workshops: uneven, slippery ground and sustained standing. Tell us in advance about mobility limitations.

DIETARY NEEDS

Vegetarian, vegan and gluten-free menus with 7 days' notice; shellfish is always avoidable. Every menu is built on wild seaweed, so traces can be present in any dish. Tell us about severe allergies when you book.

SAFETY FIRST: A.L.L.W.E.T.

Every workshop runs to our framework: an **A**lly on dry land, the right **L**ocation, **L**unch and moderation, **W**eather checked, proper **E**quipment, and the **T**ides read before we step out. Safety calls the day: if conditions are unsuitable the workshop is postponed or refunded in full.



The East Neuk of Fife: workshops roam the shore between Elie and St Andrews



PRICES

All prices in this brochure are for the 2027–28 season and include VAT where applicable

BOOKING

Live dates and instant confirmation at eastneukseaweed.com

CANCELLATION

7 days' notice for a refund minus a 10% admin fee; under 7 days non-refundable

BASE

Bowhouse, St Monans, Fife KY10 2DB



Come and see the shore for yourself.

Dates, the tide planner, the seaweed library, recipes and the journal are all at eastneukseaweed.com.

JAYSON BYLES

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Scan for dates & booking

AS FEATURED BY

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