species. In fact, our lab was involved in those studies. By 2010, switchgrass had been removed from the state noxious weed list. In support of this, our research results showed that it has a very low potential to become invasive in the state.

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Seaweed as a source of omega-3 fatty acids

Regarding “Food as Medicine” (July-September 2011): The authors must be aware of the sources of omega-3 fatty acids. Seaweed salad from Korea solves the problem without using fish. I consume some with my nori-palitos for breakfast every morning. The public should be aware of this source of omega-3 fats.

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Angela Zivkovic, author of “Dietary omega-3 fatty acids aid in the modulation of inflammation and metabolic health” (July-September 2011), responds: While seaweed (wakame) is a source of omega-3 fatty acids, it contains modest amounts. According to the U.S. Department of Agriculture nutrient database, there are 186 milligrams of eicosapentaenoic acid (EPA) per 100 grams of raw seaweed. This is one-third of the amount in an equivalent portion of raw pink (wild) salmon. There is even less in dried seaweed: 87 milligrams EPA per 100 grams. An entire package of dried seaweed usually contains 100 grams of seaweed, which is typically not consumed by one person in 1 day.