



AP Photo, File

There are a wide variety of museums, monuments and landmarks in Washington, D.C. And if visitors to the nation's capital venture a little farther, the region offers even more attractions to explore.

## Explore Washington, D.C., in the summer

Associated Press

WASHINGTON — With an abundance of museums, monuments and landmarks, it's always a great time to visit Washington, D.C. And if you venture a little farther, the region offers even more attractions.

The Smithsonian Institution's museums are a terrific source of fascinating and wide-ranging exhibits. With free admission, visiting at least one is a must-see on any vacation in our nation's capital.

Shows on display through the summer include "Superheroes," at the National Museum of American History, featuring comic books, memorabilia, costumes and props, including George Reeves' Superman costume from the 1950s television series. At the National Museum of African American History and Culture, you can see books that were part of singer Ella Fitzgerald's personal library. At the Natural History Museum, you can check out an exhibit of stunning nature photography.

The Smithsonian Folklife Festival, established in 1967, is a cultural highlight of the summer in Washington, covering a different location or topic every year.

This year's festival, which takes place June 29-30 on the National Mall, focuses



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on the power of music to entertain, educate, inspire and build community. Performances will take place both days, including a June 30 concert honoring the legacy of folksinger Pete Seeger.

Washington's International Spy Museum reopened in May in a new and larger location, with videos, arti-

facts, interactive games and gadgets that portray the history — and tricks — of espionage.

This is your last chance to visit the Newseum, which is closing at the end of 2019. Test your skills in the NBC News Interactive Newsroom, see how newspapers covered historic events, learn about

the challenges journalists face around the world and check out exhibits like "First Dogs: American Presidents and Their Pets."

Georgetown is known for its restaurants, boutiques and nightlife. But this neighborhood of cobblestone streets and historic homes is also one of the most beautiful parts of Washington.

You can get a glimpse of its rich history by touring the Tudor Place mansion and gardens. Built by a granddaughter of Martha Washington and completed in 1816, Tudor Place is one of the nation's few historic urban estates that still features most of its original landscape.

For a break from the city, rent a car and take a day trip to National Harbor, Maryland. It's about a 20-minute drive south of Washington. The resort along the Potomac River offers more than 160 shops and 40 restaurants, in addition to entertainment like the MGM National Harbor casino.

This summer's special events include the Universoul Circus, which performs daily from June 20 to July 28. To get out on the water, rent a kayak or paddle board. Take a spin on the Capital Wheel, whose gondola cars lift passengers 180 feet in the air for stunning views. National Harbor's location on the east side of the Potomac also makes it a great place to catch the sunset.

## Kelp has been touted as the new kale, but it has been slow to catch on

Kelp grows in large underwater forests, looks like green lasagna noodles

By ALAN YU

Oregon Public Broadcasting

PORTLAND — A few years ago, many news stories announced that "kelp is the new kale." That the global seaweed harvest is worth more than lemons and limes. That it's the "next great food craze," and that it will be "everywhere by the next decade."

Where are we now?

Kelp is a type of seaweed that grows in large underwater forests, and looks a little like green lasagna noodles with curly edges.

Seaweed farming has a lot going for it: It doesn't require any fertilizer, can actually be used as fertilizer, helps fight climate change, and cleans up ocean water by taking in nitrogen compounds. It's also a nutritious sea vegetable — rich in vitamins C and K, and minerals like iron and calcium.

But now, the growing industry in the U.S. needs to build infrastructure, and to change people's tastes on a larger scale.

Bren Smith is a leading advocate for what he calls restorative ocean farming — growing seaweed alongside shellfish like mussels and oysters, which absorb carbon dioxide and nitrogen compounds, protect shorelines from storm surges, and rebuild marine ecosystems. He co-founded a nonprofit called GreenWave to promote the movement and train aspiring farmers.

"The momentum's been unbelievable ... we have requests to start farms in every coastal state in North America, 20 countries around the world," Smith says.

Smith's farm is just off the coast of Connecticut, on the Long Island Sound. There are now farms up and down the New England coast, with more getting started in California and the Pacific Northwest.

"We're growing, and people are eating it," Smith says. "This isn't like a cute little Brooklyn bee farm project creating nice little bottles of honey at the farmers market ... there are hundreds of thousands of pounds being produced and sold at this point."

Kelp can be used as a pasta substitute, as noodles, sautéed with butter and mushrooms, or ground into

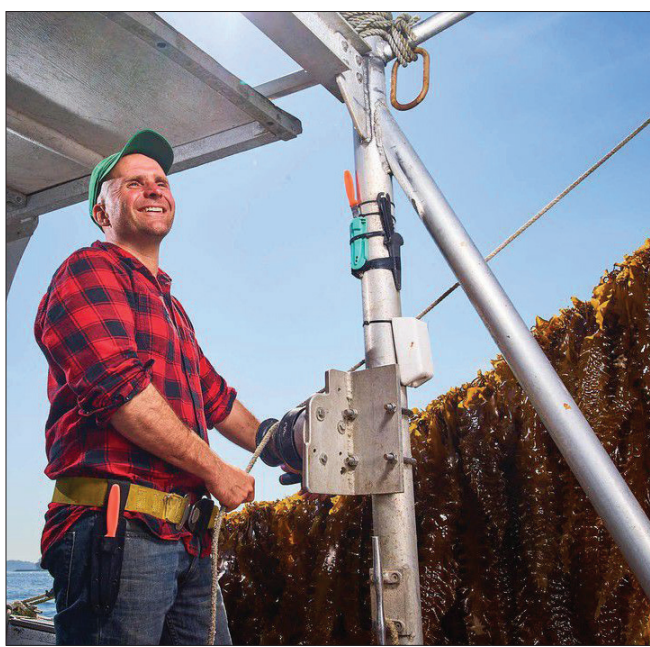


Photo courtesy of GreenWave

**Bren Smith is a seaweed farmer and co-founder of GreenWave, a nonprofit that supports and trains ocean farmers.**

powder to use as seasoning. High-end restaurants have also used seaweed as a side vegetable and on cookies.

However, some industry specialists say growing seaweed has become perhaps too popular. Anoushka Concepcion is an assistant education educator with the Connecticut Sea Grant; she works with seafood producers and researchers and answers questions about the latest technology and trends.

"The idea sort of took off before all the practical chal-

lenges could be addressed," Concepcion says. "Farmers are finding it difficult now just to get rid of their seaweed."

She explains that the seafood business usually works like this: Oysters and clams are sold right off a boat to a dealer, who sells them to restaurants.

"Dealers are not buying seaweed yet, because there's no established market on their end," Concepcion says.

On the other side of the country in Alaska, farm-

ers also have no problem growing seaweed, the problem is what to do with it once it's harvested, says Gary Freitag, a marine advisory agent at the Alaska Sea Grant who works closely with the state's marine resources industries.

He says Alaska has about five seaweed farms, and he gets around 20 calls a month from people interested in starting their own. But now the industry needs to address questions like: Does the market want frozen seaweed, dried seaweed, or other products? Can they process seaweed using existing facilities for salmon and other fish? Do they have enough trucks and transport hardware if the industry takes off?

"I think in 10 years it will be a fairly substantial industry up here, but now it's just going to be very small and experimental," Freitag says. "We just don't know how to solve all these ... bottle-necks (that inhibit further growth)."

Smith of GreenWave says that "expectations for how quickly seaweed would take off] have been set way too high. This is an exciting, scalable, replicable thing that can be a true climate solution, but it's going to be really hard work."

Smith says the seaweed business is past the startup phase. But aside from infrastructure, there's another big challenge: How do they get more people to eat it?

That could take some time, says Jet Tila, a celebrity chef who specializes in pan-Asian cuisine. He has used seaweed in many Japanese and Chinese dishes in his restaurants, but when asked to make it the star of a plate in a challenge on the show *Iron Chef*, he found it difficult.

"Seaweed is not a center-of-the-plate ingredient traditionally," Tila says. "It lacks fat. It has savoriness, [but] it lacks the protein feeling from meat, so it was really difficult to pair it into something to try and make it the star of the show."

He explains that kelp has a distinct, strong ocean flavor; and an unfamiliar, slippery, dense texture — features that can take time for Americans to get used to. He works in large-scale corporate food service, and says seaweed will be mainstream if it becomes the center of the plate in those settings.

"You're still in the early-adopting phase, I don't think we're even close to the middle," Tila says. "It's going to be, in my opinion, quite a few years."