



Seaweed festival - Régine Quéva

Rob And I'm er speaking to Régine Quéva who's er happy to talk tous about the. Festive Algues, hello Régine.

Régine Hello

Rob Tell me why are you here at the festival?

Régine I am here because I am very interested by algues, seaweed, I have discovered algues...

Rob. Algae, yeh

Régine During cooking and er on the beach and er I was very surprised and er amazing by the possibility of algaeas about healths and food.

Rob So how long have you been interested in algae?

Régine Er for five years

Rob And you've written a **lot** of books

Régine Two or three about this uh subject and now I mmm want to show them how to do with cosmetics and how to do, er cooking with algues seaweed and baking soda, and the clay and vineger and magnesium something like that only natural products.

Rob And so you are giving workshops here at the festival

Régine No, no, ateliers

Rob Yes workshops

Régine Yes er workshops erm

Rob To make er cosmetics

Régine Yes

Rob So what kind of cosmetics can you make from algae?

Régine Oh everything er dentifrice

Rob Toothpaste

Régine Toothspaste because brown algues contains something special
inside er against tartre

Rob Oh right

Régine Only brown, les brunes, algaes brunes

Rob Oh okay

Régine Combu

Rob Combu I've seen that here

Régine Yes there is something special inside against that, yes.

Rob So you show people how to make.....

Régine To make

Rob toothpaste

Régine Yes with that with clay and baking soda it's very good for tooths

Rob Yes for cleaning

Régine It was for cleaning

Rob Ahh and what other things can you show people?

Régine Cream for the visage

Rob For the face

Régine For the face

Rob Yes

Régine Yes face cream and er hand cream and er body cream and
shampoo and er

Rob Shampoo as well?

Régine Yes very good because algues brunes

Rob Brown seaweed

Régine Brown seaweed they are special sugar they can gonfler the sugar

Rob Err

Régine Voilà (laughs)

Rob Er I don't know the word in English

Régine (laughing) you will have to check to

Rob I'll check that one later, ok

Régine Yes (laughs) voilà

Rob So it has an effect on the hair

Régine Yes

Rob To make a good shampoo

Régine Yes

Rob: Ah and er are these things

Régine J'ai douche aussi er

Rob Shower gel

Régine Voilà shower gel exactly

Rob Oh okay

Régine Yes with algae

Rob And is it possible to buy these thing at the er festival here

Régine I am not er a seller, I am not a seller, I am a teacher I am a writer and a teacher I explain to everybody how they can do themself

Rob Fine that's, that's the best way

Régine Yes er I, I show how to cut algae, seaweed and er on the beach, how to buy clay, good clay and how to buy good baking soda and so and

Rob Great great ok erm you have a friend who has a restaurant I understand, what's the plan for the restaurant?

Régine Er together we are working together er we, we prepared some plates er with sugar and or with salt with algae with something like er profiterole or tatin, very good cooking erm with algae it's a mix between algae and French Brittany cook profiterole de blé noir with algues fraiche aux échallottes confits its very nice very delicious

Rob And er where is this restaurant?

Régine Plestin-les-Grèves

Rob On the sea

Régine On the sea er near the algues vertes it's very amazing because we, we can eat algues vertes not when they are dead but when they are accrocher?

Rob: Attached

Régine Attached er to er to stone for example yes it's very good for the health calcium, vitamin, protein everything is very..... for us

Rob Thank you Régine it's really interesting to talk to you thanks very much for your time.

Régine:(laughing)

