

# Oceanography Seminar

## Plankton metabolism in the oligotrophic ocean

*Subantarctic mode waters (SAMW) form from deep winter Southern Ocean mixed layers and transport large amounts of carbon, nutrients, and oxygen to lower latitudes where they fuel primary productivity. Thanks to Argo floats, we now have much more information on the biogeochemical properties of these wintertime mixed layers and find substantial variability in nitrate, carbon, and oxygen concentrations in the different*