PLANT FACT SHEET

Asparagopsis taxiformis (Delile) Coll. et Herv.

GENUS *Asparagopsis* **FAMILY** Bonnemaisoniaceae

COMMON NAMES A red algae, Iodine weed

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed, Vegetable

Plants are soaked for several hours in fresh water, then drained, pounded and salted. It is then rolled into small balls. It is eaten as a relish with meat.
It is eaten as a salad or as a vegetable with fish and soybean sauce.

DESCRIPTION

A seaweed. It is a red algae. It has creeping stems. These have soft pale pink feather like fronds. It grows 10-20 cm high.

HABITAT

It grows in tropical places. It grows below the tidal zone on sheltered shores.

PRODUCTION

Harvesting and Seed Production

The upright pieces should be pinched off allowing the base to re-grow.

NOTES

It is rich in iodine.
It can reduce methane production 50%-70% by cows when added to their diet.

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