PLANT FACT SHEET

Palmaria palmata (Linnaeus) Weber & Mohr

GENUS *Palmaria* **FAMILY** Palmariaceae

COMMON NAMES Dulse, Red seaweed

EDIBLE PARTS AND USES

Edible parts: Seaweed, Algae

It is dried and eaten raw or cooked in soup.

DESCRIPTION

A seaweed. The fronds are dark reddish brown. They are thin and flat and divided into lobes.

HABITAT

It grows in temperate and tropical waters. It grows on rocky shores between the tides.

NOTES

It is rich in protein.

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