PLANT FACT SHEET

Postelsia palmaeformis Ruprecht

GENUS *Postelsia* **FAMILY** Laminariaceae

COMMON NAMES Sea palm, Palm seaweed

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

The stipes are cut into lengths then pickled, candied, preserved, stir-fried, boiled, steamed or added to soups.
Sun dried fronds are eaten as snacks.
The young fronds are marinated or lightly cooked and served with various dressings.

DESCRIPTION

A seaweed. The tall thick stipes resemble the trunk of a palm tree.

HABITAT

It is a temperate plant.

NOTES

It is high in iodine.
Also put in the family Lessoniaceae.

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