PLANT FACT SHEET

Zostera marina L.

GENUS *Zostera* **FAMILY** Zosteraceae

COMMON NAMES Water Nut, Eel grass

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Seeds, Rhizome

The roots have a sweet sugar taste. The rhizomes, stems and leaf bases can be eaten raw. They are also used to flavour meat dishes.
The young leaves or shoots are eaten.

DESCRIPTION

A grass like plant that grows in sea water. The leaves are bright green and ribbon like. There are extensive white rhizomes or underground stems. These develop short stems that carry the leaves. The flowers are small and white. They are enclosed in the sheaths of the leaf bracts.

HABITAT

It is a plant of temperate coasts. It grows in subtropical places. It grows in sand and forms beds just below the low tide mark. It is salt tolerant.

NOTES

There are 12 Zostera species. They grow in temperate regions.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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