PLANT FACT SHEET

Dictyota dichotoma (Hudson) J. V. Lamouroux

GENUS *Dictyota* **FAMILY** Dictyotaceae

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

It has a bitter flavour but can be eaten raw with vinegar or lemon juice.
It can be cooked in stir fries, soups or stews.

DESCRIPTION

A brown seaweed.

HABITAT

It is a temperate to tropical plant.

NOTES

It is rich in iodine.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/21210dd5-1b18-4438-b2d8-08d5071f32a1