PLANT FACT SHEET

Fucus distichus L.

GENUS *Fucus* **FAMILY** Fucaceae

COMMON NAMES Rockweed

EDIBLE PARTS AND USES

Edible parts: Seaweed, Algae

DESCRIPTION

A seaweed.

HABITAT

It is a temperate plant. It grows in the intertidal zones along sea shores in the northern Hemisphere.

REFERENCES

Colombo, M. J. et al, 2006, Marine Macroalgae as Sources of Polyunsaturated fatty acids. Plant Foods for Human Nutrition. 61: 67-72

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2d5cc16e-eee8-40ce-9b55-fd891345fd16