PLANT FACT SHEET

Hydroclathrus clathratus (C.Agardh) Howe

GENUS *Hydroclathrus* **FAMILY** Scytosiphonaceae

COMMON NAMES Monkey feathers

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

It is used in salads.
It can be covered in batter and made into fritters.

DESCRIPTION

A seaweed. It has a netlike structure. The meshes of the net vary in size. Plants can be 50 cm across in quiet water. It can form small firm cushions on exposed shores.

HABITAT

It grows in lower tidal zones on sheltered shores. It is mainly in tropical and warm temperate regions.

NOTES

There are 4 Hydroclathrus species. It is rich in calcium, iron and iodine. It also contains folic acid and other chemicals good for our health.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2d707085-2507-4649-b419-5630b28d873a