PLANT FACT SHEET

Ascophyllum nodosum (L.) Le Jolis

GENUS *Ascophyllum* **FAMILY** Fucaceae

COMMON NAMES Bladder wrack, Knotted wrack

EDIBLE PARTS AND USES

Edible parts: Frond, Algae, Seaweed

It is ground into meal and eaten.
It is a major source of algin used commercially for thickening soups, emulsifying ice cream and salad dressings and as a gelling agent for puddings, jellies and other foods.
It is also made into thin films for sausage casings.

DESCRIPTION

A seaweed. It is a brown algae which keeps growing from year to year.

HABITAT

A cold climate plant. It grows attached to rocks in sheltered areas and temperate oceans.

NOTES

It has medicinal benefits.

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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/2f17c0cb-2f9f-46e8-a997-3505cc4d325e