PLANT FACT SHEET

Codium fragile (Suringar) Hariot

GENUS *Codium* **FAMILY** Codiaceae

COMMON NAMES Seaweed sponge weed

EDIBLE PARTS AND USES

Edible parts: Tea, Algae, Seaweed, Frond

It is used in soups and sauces.

DESCRIPTION

A green seaweed. It has a soft velvet-like surface. The fronds are round and branch. It is dark green in colour. The fronds can be 30 cm long.

HABITAT

It is a temperate plant. It occurs on rough coasts below the tide level or in inter-tidal pools.

REFERENCES

Bonney, N., 2012, Edible Wild Native Plants for Southern Australia. p 96

Breidahl H., 1997, Australian Southern Shores. Lothian. p 57

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 196

Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 141

Fuhrer, B.A. et al, 1981, Seaweeds of Australia. Reed. p 102

Fujiwara-Arasaki, T. et al, 1984, The protein value in human nutrition of edible marine algae in Japan. Hydrobiologia 116/117, 513-516

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 367

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 232, 234

Low, T., 1992, Bush Tucker. Australia's Wild Food Harvest. Angus & Robertson. p 35

Pereira, L., 2011, A Review of the Nutrient Composition of Selected Edible Seaweeds. In Seaweed. Pomin V. H., (Ed.) Nova Science Publishers, Inc

Song, M., et al, 2013, Traditional knowledge of wild edible plants in Jeju Island, Korea. Indian Journal of Traditional Knowledge. 12(2) pp 177-194

Surey-Gent, S. & Morris G., 1987, Seaweed. A User's Guide. Whirret Books. London. p 22

Tseng, C.K., 1983, Common seaweeds of China. Beijing.

Xia, B., and Abbott, I.A., 1987, Edible seaweeds of China and their place in the Chinese diet. Economic Botany 41:341-53

Zemke-White, W. L. & Ohno, M., 1999, World seaweed utilisation: An end-of-century summary. Journal of Applied Phycology 11: 369-376

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2f38391a-a403-4255-b129-615b00cb3fe9