PLANT FACT SHEET

Egregia menziesii (Turner) J. E. Areschoug

GENUS *Egregia* **FAMILY** Alariaceae

COMMON NAMES Feather boa, Boa kelp

EDIBLE PARTS AND USES

Edible parts: Algae, Seaweed, Fronds

The young parts can be harvested and used as a vegetable. They become tender with brief cooking. The small oblong floats or bladders are added to soups, stews and stir-fried dishes.

DESCRIPTION

A seaweed.

HABITAT

It is a temperate plant. It needs a temperature below 15°C. It needs high salinity.

NOTES

There are 3 Egregia species.

REFERENCES

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Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 207

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/344c590e-96a5-4519-9106-a2eacafaa2bb