PLANT FACT SHEET

Ulva rigida Agardh

GENUS *Ulva* **FAMILY** Ulvaceae

COMMON NAMES Green laver

EDIBLE PARTS AND USES

Edible parts: Algae, Seaweed

DESCRIPTION

A green seaweed.

HABITAT

It occurs worldwide in temperate waters.

REFERENCES

Cherry, P., et al, 2019, Risks and benefits of consuming edible seaweeds. Nutrition ReviewsVR Vol. 77(5):307–329

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

Pereira, L., Edible Seaweeds of the World. CRC Press.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/362a8637-ffce-4af0-8346-9f303c740126