PLANT FACT SHEET

# *Phyllospadix torreyi* S. Watson

**GENUS** *Phyllospadix* **FAMILY** Zosteraceae

**COMMON NAMES** Sea grass, Torrey's Surf-grass

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Root, Seeds

The leaves with herring eggs of them are dried and used as food.
The rhizomes are chewed or eaten raw.

## DESCRIPTION

A grass like plant that has leaves 60 cm long.

## HABITAT

It is mostly in temperate waters. It is occasionally in the subtropics. It grows in the intertidal zone.

## REFERENCES


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