PLANT FACT SHEET

Pyropia columbina (Montagne) W. A. Nelson

GENUS *Pyropia* **FAMILY** Bangiaceae

COMMON NAMES Southern laver

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

The fronds are soft and tender and chewable. They are used raw or roasted. It is used in salads, stews, pastas and with grains, mushrooms or vegetables.
It is also prepared as a relish and eaten with fish.

DESCRIPTION

A seaweed. It is a red algae.

HABITAT

It is a temperate plant. It grows well in the high inter-tidal rocky zone.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3b7d3b16-2b71-4e5e-b9f3-c8803dfae4fb