PLANT FACT SHEET

# *Chondrus crispus* (L.) Stackhouse

**GENUS** *Chondrus* **FAMILY** Gigartinaceae

**COMMON NAMES** Carragheen, Irish Moss, Jelly moss, Sea moss

## EDIBLE PARTS AND USES

**Edible parts:** Seaweed, Frond, Algae

It is a major source of carrageenan, a gum used for gelling and thickening and emulsifying foods.
It is bleached and dried before use.
It is used as a food and as an emulsifying and jelling agent for ice cream, cream cheese, yogurt, salad dressing, and gravies.
It is used for thickening in soups and chowders.

## DESCRIPTION

A red seaweed. It is 7-15 cm long and spreads 7-15 cm wide. It is red-purple to green. It has a disk shaped holdfast. It is narrow at the base and expands into branched fronds. These are often crimped along the edge.

## HABITAT

It is a temperate plant. It grows most commonly around Atlantic shores.

## PRODUCTION

### Cultivation

Plants are left intact along shores after harvesting to allow them to regrow.

## NOTES

There are about 15 Chondrus species.

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