PLANT FACT SHEET

Jania rubens (Linnaeus) J. V. Lamouroux

GENUS *Jania* **FAMILY** Solanaceae

EDIBLE PARTS AND USES

Edible parts: Seaweed, Algae

DESCRIPTION

A red seaweed.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/44b25b9b-cf08-441e-a4ac-527ebddbdfcf