PLANT FACT SHEET

Monostroma latissimum Wittrock

GENUS *Monostroma* **FAMILY** Monostromataceae

COMMON NAMES Sea vegetable, Awo-nori, Hiroha-no-hitoe

EDIBLE PARTS AND USES

Edible parts: Frond, Algae, Seaweed

The fresh young fronds are cooked with meat or fish.. They are added to soups or prepared as a condiment with soy sauce, sugar and mushrooms.
It is a source of green nori as powder or flakes that are sprinkled on various foods, salads, soups and vegetables.
It is available as dried sheets.

DESCRIPTION

A seaweed. It is green.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

It is cultivated by spores.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 260

Wang, Wei-Lung and Chiang, Young-Meng, 1994, Potential Economic Seaweeds of Hengchun Peninsula, Taiwan, Economic Botany, Vol. 48, No. 2, pp. 182-189

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/51fdfa6f-7f78-46ca-b9c9-d4f6ef4168ff