PLANT FACT SHEET

Spirogyra spp.

GENUS *Spirogyra* **FAMILY** Zygnemataceae

COMMON NAMES Spirogyra, Pond scum

EDIBLE PARTS AND USES

Edible parts: Algae

It is eaten raw with chili sauce. It is added to omelettes and made into a kind of sauce.
It is also dried and pressed into sheets along with finely sliced vegetables then sprinkled with sesame seeds. The dried product can be grilled or briefly deep fried.

DESCRIPTION

A freshwater algae.

HABITAT

A tropical plant.

NOTES

It is very rich in calcium and Vitamin A

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