PLANT FACT SHEET

Ulva lactuca L.

GENUS *Ulva* **FAMILY** Ulvaceae

COMMON NAMES Sea Lettuce, Green algae, Green laver, Green nori

EDIBLE PARTS AND USES

Edible parts: Seaweed, Frond, Algae

It can be eaten raw, cooked or dried.
It is used in soups, salads, stews and as a vegetable.
It is made into a tea.
Dried powder is used as a seasoning.

DESCRIPTION

A seaweed. It is bright green. The blades are leaf like. The fronds are broad and ribbon like.

HABITAT

It grows in tropical and temperate places. They are gathered from rocks along the seacoast. It grows in rock pools and muddy beaches and enters estuaries. It grows well in areas with reduced salinity and thrives where there is not pollution.

NOTES

The species in Australia may be Ulva australis.

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