PLANT FACT SHEET

Enteromorpha linza (L.) J. Agardh

GENUS *Enteromorpha* **FAMILY** Ulvaceae

COMMON NAMES Green algae

EDIBLE PARTS AND USES

Edible parts: Frond, Seaweed, Algae

It is used in soups and cooked with meat or fish. It is dried and powdered for later use. It is used to add a salty topping to bread.

DESCRIPTION

A seaweed. Where it tapers towards the base the plant is hollow.

HABITAT

It is a temperate plant.

NOTES

It is about 20% protein.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/63d7b03c-3560-42d5-b87d-deb5602e11bc