PLANT FACT SHEET

Ulva fasciata Delile

GENUS *Ulva* **FAMILY** Ulvaceae

COMMON NAMES Sea lettuce

EDIBLE PARTS AND USES

Edible parts: Seaweed, Fronds

It is chopped in salads or boiled in soups.

DESCRIPTION

A seaweed. A green algae.

HABITAT

It is a tropical plant. It grows on inter-tidal rocks. It is often near streams with freshwater runoff.

REFERENCES

Cherry, P., et al, 2019, Risks and benefits of consuming edible seaweeds. Nutrition ReviewsVR Vol. 77(5):307–329
Marine Algae of Hawai'i. University of Hwaii Botany Department.

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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/6db08cb7-fb68-4112-95bb-9a1ba7b0478c