PLANT FACT SHEET

Arthrospira platensis (Gomont) Geitler

GENUS *Arthrospira*

COMMON NAMES Spirulina

EDIBLE PARTS AND USES

Edible parts: Algae, Bacteria

It is made into flat greenish cakes or made into a mourishing soup or thick gravy.
The powdered form is used as a food supplement in drinks, protein powders, and noodles.

DESCRIPTION

A blue-green algae. It grows in saline and often alkaline waters. The filaments are twisted into narrow spirals. A very small algae or bacteria. It is a free-floating filament forming cyanobacteria.

HABITAT

A tropical plant. It grows in tropical and subtropical lakes and marshy areas. It is common in Lake Chad. It can be cultivated in inland lake areas.

NOTES

It has a high protein content. It can be 72%. It is high in Vitamins and minerals, including vitamins A, B2, B12, E, H and K, calcium, iron and niacin.

Also put in the families Microcoleaceae and Cyanophyceae and Phormidiaceae.

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