PLANT FACT SHEET

Ulva clathrata (Roth) C. Agardh.

GENUS *Ulva* **FAMILY** Ulvaceae

COMMON NAMES Green guts, Stone hair

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

The plant is washed in fresh water then dried slowly in an oven and ground. It is then added to flour or sprinkled on dough. It can be made into snacks and cakes.
The hair like fronds are also eaten fresh in salads, boiled in salt water, or steamed with meat.

DESCRIPTION

A seaweed. It is a branched tube with a wall one cell thick. This can collapse to look ribbon like. Branches are mainly near the base of the plant.

HABITAT

It grows in tropical and temperate places. It grows in cooler seasons and on rocks close to sandy shores. It can form a green sheet over the rocks. It grows in the lower inertidal zone. It is on sheltered and exposed shores.

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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/7ab06764-30d4-400b-9720-de06e705973e