PLANT FACT SHEET

Alaria marginata Postels & Ruprecht

GENUS *Alaria* **FAMILY** Alariaceae

COMMON NAMES Winged kelp, California wakame

EDIBLE PARTS AND USES

Edible parts: Algae, Seaweed, Fronds, Midrib, Sporophyll, Vegetable

The blades, fresh or dried, are cooked and eaten as a vegetable. They can be added to soups.
The chopped fresh midrib is added to salads.
The sporophylls are fried and eaten.
It is a source of kelp meal used as a food supplement.

DESCRIPTION

A seaweed.

HABITAT

It is a temperate plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7b949d9e-532b-42ef-b45e-d347b6f7fb33