PLANT FACT SHEET

Lessoniopsis littoralis (Farlow & Setchell) Renke

GENUS *Lessoniopsis* **FAMILY** Lessoniaceae

COMMON NAMES Ocean ribbons, Short kelp

EDIBLE PARTS AND USES

Edible parts: Algae, Seaweed

The blades are used as a vegetable. They can be used fresh or dried. They can be served with rice and shredded Japanese radish of pickled with lime juice and tamari.

DESCRIPTION

A seaweed.

HABITAT

It grows in temeperate waters.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 260

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Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 302

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7dc8a29d-d4c1-4c1c-8dd1-bd235198f82e