PLANT FACT SHEET

Enteromorpha compressa (L.) Grev.

GENUS *Enteromorpha* **FAMILY** Ulvaceae

COMMON NAMES Green algae, Green nori, Stone hair

EDIBLE PARTS AND USES

Edible parts: Frond, Seaweed, Algae

It can be eaten raw, dried or cooked. The dried algae is powdered and sprinkled on rice, savoury cakes and rice crackers.

DESCRIPTION

A green seaweed.

HABITAT

A tropical plant. It grows in shallow water in quiet seaside areas.

NOTES

It is rich in protein and minerals.

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