PLANT FACT SHEET

Fucus vesiculosus L.

GENUS *Fucus* **FAMILY** Fucaceae

COMMON NAMES Bladder Wrack, Dyer's wrack, Popweed, Red wrack, Rock weed

EDIBLE PARTS AND USES

Edible parts: Seaweed, Algae

THE PLANT IS NOT EATEN.
The dried plants are used as a herbal tea.
The plant is placed in a linen cloth and suspended in the pot to impart flavour to fish, meat or vegetables then the wrack removed.
Caution: Using the plant too much could over stimulate the thyroid gland.
The plant is a source of iodine.

DESCRIPTION

A brown seaweed. It is 15-100 cm long. It has air bladders. These are arranged in groups of 2 or 3 along the fronds. The fronds are leathery and olive-brown. The fronds are branched and strap-like.

HABITAT

It is a temperate and Mediterranean plant. It grows in the Atlantic and English channel as well as the North Sea and Baltic countries.

NOTES

There are 6 Fucus species. They are seaweeds found in shallow water in the northern hemisphere.
It is rich in iodine.

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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