PLANT FACT SHEET

Saccharina japonica Aresch.

GENUS *Saccharina* **FAMILY** Laminariaceae

COMMON NAMES Kombu, Haidai

EDIBLE PARTS AND USES

Edible parts: Seaweed

It is used in salads, soups, sauces and for tea drinks.

DESCRIPTION

A brown seaweed.

HABITAT

It is a temperate plant.

NOTES

It is rich in iodine.

REFERENCES

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 40 (As Laminaria japonica)

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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/862f581a-94f6-4291-a9da-4832c29fbc28