PLANT FACT SHEET

Fucus spiralis L.

GENUS *Fucus* **FAMILY** Fucaceae

COMMON NAMES Spiral wrack

EDIBLE PARTS AND USES

Edible parts: Seaweed, Algae

DESCRIPTION

A seaweed. A brown algae. It has a holdfast attached to rocks. The blade is flattened with a distinct mid-rib and itis twisted in a spiral.

HABITAT

It is a temperate plant.

REFERENCES

Cherry, P., et al, 2019, Risks and benefits of consuming edible seaweeds. Nutrition ReviewsVR Vol. 77(5):307–329

Pereira, L., 2011, A Review of the Nutrient Composition of Selected Edible Seaweeds. In Seaweed. Pomin V. H., (Ed.) Nova Science Publishers, Inc

Wikipedia

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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/8a57b5f0-b585-470f-b1f9-0dc4ed7be8f7