PLANT FACT SHEET

Laminaria digitata (Hudson) Lamouroux

GENUS *Laminaria* **FAMILY** Laminariaceae

COMMON NAMES Kelp, Red-ware, Sea-girdles

EDIBLE PARTS AND USES

Edible parts: Seaweed, Frond, Algae

It is eaten sun dried or smoke dried.
It is a major source of algin used as an emulsifier in salad dressing, ice cream and as a gelling agent in foods.
The fresh or dried fronds are eaten as a cooked vegetable or for making soup.

DESCRIPTION

A brown seaweed. It has a thick oval stipe.

HABITAT

Temperate. It grows on rocky shores just below the low tide mark. It can be in rock pools.

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