PLANT FACT SHEET

Saccharina longicruris (Bachelot de la Pylaie) Kuntze

GENUS *Saccharina* **FAMILY** Laminariaceae

COMMON NAMES Oarweed, Kelp

EDIBLE PARTS AND USES

Edible parts: Frond, Algae, Seaweed

It is dried or smoked over oak clippings and eaten.
They can be cooked as a vegetable or added to soups and stews.

DESCRIPTION

A seaweed. The blades are broad and elongated.

HABITAT

It is a temperate plant.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 260 (As Laminaria longicruris)

http://www.seavegetables.com (As Laminaria longicruris)

Surey-Gent, S. & Morris G., 1987, Seaweed. A User's Guide. Whirret Books. London. p 46, 129 (As Laminaria longicruris)

Zemke-White, W. L. & Ohno, M., 1999, World seaweed utilisation: An end-of-century summary. Journal of Applied Phycology 11: 369-376 (As Laminaria longicruris)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/925dc672-7687-4ef0-8008-5bef0af6d077