PLANT FACT SHEET

Cetraria islandica (Linn.) Acharius

GENUS *Cetraria* **FAMILY** Parmeliaceae

COMMON NAMES Consumption moss, Iceland Moss, Lichen

EDIBLE PARTS AND USES

Edible parts: Leaves, Lichen

The thallus lobes are boiled and dried and ground into powder and used in baking a kind of bread. They need to be boiled to remove the bitter principle. The jelly like material is used for puddings and soups.
They are mixed with cereals and mashed potatoes.
They are also used for tea like drinks.

DESCRIPTION

A lichen. It grows 2-6 cm high and spreads widely. The thallus lobes are brown and erect. The branches are leathery and crinkled. There are an very small projections along the edges of the branches.

HABITAT

It is a cold temperate plant. It grows on heather moors in northern regions. It is hardy to frosts. It suits stony barren cool areas. It can tolerate droughts.

PRODUCTION

Cultivation

Plants can be grown by spores.

NOTES

There are about 40 Cetraria species. The plant is becoming rare.

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