PLANT FACT SHEET

Sargassum ilicifolium (Turner) C. Agardh

GENUS *Sargassum* **FAMILY** Sargassaceae

EDIBLE PARTS AND USES

Edible parts: Seaweed, Fronds, Algae

DESCRIPTION

A brown seaweed.

HABITAT

It grows in tropical places.

REFERENCES

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

http://www.seavegetables.com

Wang, Wei-Lung and Chiang, Young-Meng, 1994, Potential Economic Seaweeds of Hengchun Peninsula, Taiwan, Economic Botany, Vol. 48, No. 2, pp. 182-189

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a6bbc30b-2aa1-448e-a76c-7791c557b50b