PLANT FACT SHEET

# *Porphyra yezoensis* Ueda

**GENUS** *Porphyra* **FAMILY** Bangiaceae

**COMMON NAMES** Susabi-nori

## EDIBLE PARTS AND USES

**Edible parts:** Algae, Fronds, Seaweed

The ruffled fronds are used for making dried nori sheets. These are used to wrap rice and other snack foods.

## DESCRIPTION

A seaweed. It is like a thin membrane and purple or red. It is 20-30 cm long and 10-18 cm wide. The edges are wavy.

## HABITAT

It is a temperate plant. It grows on inter-tidal rocks.

## NOTES

It is an important source of Vitamin B12.

## REFERENCES


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