PLANT FACT SHEET

Laminaria saccharina Lam.

GENUS *Laminaria* **FAMILY** Laminariaceae

COMMON NAMES Sugar kelp, Sweet wrack

EDIBLE PARTS AND USES

Edible parts: Blades, Fronds

It is used in soups and stews. It can be eaten as a vegetable, raw or cooked.

DESCRIPTION

A seaweed.

HABITAT

It grows in temperate waters. It grows on rocky shores below low tide mark.

REFERENCES

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Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 108

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a8656aeb-4031-4f50-8a8c-b05057e5a62a