PLANT FACT SHEET

Porphyra laciniata (Lightfoot) Agardh.

GENUS *Porphyra* **FAMILY** Bangiaceae

COMMON NAMES Laver

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

It is eaten baked and raw. It is used in fish stews and soups.
It is stewed and served with lemon juice.
The leaves are dried chopped, dried and eaten. It is also stored.

DESCRIPTION

A seaweed. It is a long narrow frond. It is about 25 cm long and 3-5 cm wide. It has wavy edges.

Probably now Erythroglossum laciniatum (LIghtfoot) Maggs & Hommersand;

HABITAT

It is a cold temperate plant. It grows on rocks along the coastline.

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