PLANT FACT SHEET

Himanthalia elongata (Linnaeus) S. F. Gray

GENUS *Himanthalia* **FAMILY** Himanthaliaceae

COMMON NAMES Thongweed, Sea spaghetti

EDIBLE PARTS AND USES

Edible parts: Algae, Fronds, Seaweed

The strands are added to steamed or sauteed dishes. They are also used in cold salads, sauces and puddings. It can be made into a paste and used in place of pork fat in making pate.
They are also pickled.

DESCRIPTION

A seaweed. It is a brown algae. The fronds are like hollowed mushrooms on strap like fronds. They can be 5-15 cm long. They branch.

HABITAT

It grows in temperate to tropical waters. It grows on rocky shores near the low tide mark.

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