PLANT FACT SHEET

Undaria pinnatifida (Harvey) Suringar

GENUS *Undaria* **FAMILY** Alariaceae

COMMON NAMES Wakame, Apron-ribbon vegetable, Japanese kelp

EDIBLE PARTS AND USES

Edible parts: Frond, Algae, Seaweed, Blades

The blades can be eaten fresh or dried. They are often used in miso soups. They are also eaten in salads, tofu preparations or cooked with rice vinegar. It is cooked with bamboo shoots to soften their tough fibres. It is also dried and ground to a powder and added to soups and cereal dishes.
The midribs are salted or preserved in vinegar.
The sporophylls are added to root vegetable stews.

DESCRIPTION

A brown seaweed. It is 1-1.5 m long and 50-100 cm wide. It is sword shaped with lobes along the side.

HABITAT

It is a temperate plant. It grows rapidly and can crowd out native seaweeds.

PRODUCTION

Harvesting and Seed Production

It grows very rapidly.

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