PLANT FACT SHEET

# *Rhodymenia palmata* (L.) Greville

**GENUS** *Rhodymenia* **FAMILY** Rhodymeniaceae

**COMMON NAMES** Dulse, Grey Dulse, Red kale

## EDIBLE PARTS AND USES

**Edible parts:** Seaweed, Frond, Algae

It is a red seaweed eaten raw or cooked. The dried or roasted fronds are eaten as a vegetable, added to soups and breads, or used as a relish or condiment.
It is a carragheenan source. It is made into food and alcohol. Caution: Alcohol is a cause of cancer.
It is dried in the sun then used in salads.

## DESCRIPTION

A red seaweed. The fronds are lobed and purple-red. They vary from a few cm to 25 cm long.

## HABITAT

It grows in temperate places. It grows on rocks near low tide mark.

## NOTES

It has a high protein and iron content.

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