PLANT FACT SHEET

Sargassum vulgare Cong.

GENUS *Sargassum* **FAMILY** Sargassaceae

COMMON NAMES Gulf weed

EDIBLE PARTS AND USES

Edible parts: Fronds - flavouring, Seaweed

DESCRIPTION

A brown seaweed. It floats by means of gas bladders. It has a main axis about 40 cm long.

HABITAT

It grows on coral reefs and on rocks and stones in tropical and subtropical shores. It grows from high tide level.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.

Cherry, P., et al, 2019, Risks and benefits of consuming edible seaweeds. Nutrition ReviewsVR Vol. 77(5):307–329

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c2cde20f-e7d5-45eb-ba3d-6b985e5dd5b2