PLANT FACT SHEET

Hedophyllum sessile (C. Agardh) Sechell

GENUS *Hedophyllum* **FAMILY** Laminariaceae

COMMON NAMES Sea cabbage, Sweet kombu

EDIBLE PARTS AND USES

Edible parts: Algae, Seaweed

The blades are used as a vegetable. They are also eaten with herring spawn.

DESCRIPTION

A seaweed.

HABITAT

It is a temperate plant.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 259 (As Hedophyllum sessile)

Kuhnlein, H. V. and Turner, N. J., 1991, Traditional Plant Foods of Canadian Indigenous Peoples. Food and Nutrition in History and Anthropology Volume 8. Gordon and Breach. p 18

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 255 (As Hedophyllum sessile)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c69924b8-27cd-473a-b67f-e27cd9e1f514