PLANT FACT SHEET

Ecklonia maxima (Osbeck) Papenfuss

GENUS *Ecklonia* **FAMILY** Lessoniaceae

COMMON NAMES Paddle weed

EDIBLE PARTS AND USES

Edible parts: Algae, Seaweed

DESCRIPTION

A seaweed. It grows 7 m long and has flat pinnae (leaves). The stem is hollow and the end floats.

HABITAT

It is used as a food ingredient. It occurs in areas where the sea water is below 15°C.

NOTES

It is rich in iodine.

REFERENCES

http://www.seavegetables.com

Teas, J. et al, 2004, Variability of Iodine Content in Common Commercially Available Edible Seaweeds. Thyroid. Vol. 14, No. 10

Van Damme, P., et al, 1922, Plants used by the Topnaar of the Kuisen Valley Namib Desert. Afrika Focus 8(3-4): 223-252

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cc6d076f-55d9-4d07-83eb-98962451f2d7