PLANT FACT SHEET

Sargassum aquifolium (Turner) C. Argadh

GENUS *Sargassum* **FAMILY** Sargassaceae

COMMON NAMES Binders sargassum weed, Double-edge sargassum

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

It is used as a food ingredient. The young leaves are picked and soaked in fresh water then chopped and cooked.

DESCRIPTION

A brown seaweed. It can be 30 cm tall. The leaves are wide and spiny.

HABITAT

A tropical plant.

NOTES

There are about 345 Sargassum species.

REFERENCES

http://www.seavegetables.com (Also as Sargassum crassifolium)

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 236

McDermid, K. J., et al, 2019, Seaweed resources of the Hawaiian Islands. Botanica Marina 62 (5):443-462

Wang, Wei-Lung and Chiang, Young-Meng, 1994, Potential Economic Seaweeds of Hengchun Peninsula, Taiwan, Economic Botany, Vol. 48, No. 2, pp. 182-189 (As Sargassum crassifolium)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zaneveld, J.S., 1955, Economic marine algae of tropical South and East Asia and their utilization. Indo-Pacific Special Publications, No 3 Bangkok.

Zemke-White, W. L. & Ohno, M., 1999, World seaweed utilisation: An end-of-century summary. Journal of Applied Phycology 11: 369-376 (Also as Sargassum crassifolium)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cf84a5eb-eb36-4d91-8a64-0d14c5a58b79