PLANT FACT SHEET

Colpomenia sinuosa (Mertens ex Roth) Derbes & Solier

GENUS *Colpomenia* **FAMILY** Scytosiphonaceae

COMMON NAMES Honey algae

EDIBLE PARTS AND USES

Edible parts: Seaweed, Fronds

It can be chopped and added to stir fried dishes. It can also be used in soups and stews.

DESCRIPTION

A seaweed. It is golden brown and round and hollow. It has a smooth to irregular surface. It can be 10 cm wide.

HABITAT

It grows in tidal pools. It grows largest in sheltered areas.

NOTES

There are about 11 Colpomenia species.

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