PLANT FACT SHEET

Monostroma nitidum Wittrock

GENUS *Monostroma* **FAMILY** Monostromataceae

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

It is fried and eaten with flat bread.
It is also dried and crushed and added to other vegetable dishes.
It is eaten as a vegetable and as a flavouring or condiment.

DESCRIPTION

A seaweed. It is green.

HABITAT

It is a temperate to tropical plant.

NOTES

Also put in the family Monostromataceae.

REFERENCES

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Lee, B., 2008, Seaweed Potential as a marine vegetable. RIRDC Publication No. 08/009 (Also as Porphyra crispata)

Xia, B., and Abbott, I. A., 1987, Edible seaweeds of China and their place in the Chinese diet. Economic Botany 41:341-53 (Also as Porphyra crispata)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d4082953-fbe5-4921-ae53-1ef2cd375643