PLANT FACT SHEET

Gymnogongrus durvillei (J. Agardh) P. C. Silva & DeCew

GENUS *Gymnogongrus* **FAMILY** Phyllophoraceae

COMMON NAMES Red alga, Tufted seaweed

EDIBLE PARTS AND USES

Edible parts: Algae, Frond, Seaweed

It is eaten in salads and also baked.
In Hawaii it is cooked in underground ovens along with other foods.

DESCRIPTION

A seaweed. It forms thick dense patches often on basalt rocks in the zone where tides occur along the sea coast.

HABITAT

It is a tropical plant. It grows on rocks in the mid tide zone.

NOTES

There are 42 Ahnfeltia species.

REFERENCES

http://www.seavegetables.com (As Ahnfeltiopsis concinna)

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

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

Schoenfeld-Leber, B., 1979, Marine algae as human food in Hawaii, with notes on other Polynesian islands. Ecology of Food and Nutrition. 8:47-59 (As Ahnfeltiopsis concinna)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e24cc925-468d-408c-a739-569ccb4cc6c3