PLANT FACT SHEET

Saccharina japonica (Areschoug) C. E. Lane, C. Mayes, Druehl & G. W. Saunders

GENUS *Saccharina* **FAMILY** Laminariaceae

COMMON NAMES Hosome-kombu

EDIBLE PARTS AND USES

Edible parts: Seaweed, Algae, Frond

It is boiled to make stock for dashi soup.
The dried blades are shredded or powdered and sprinkled over rice. It is used as a seasoning for meats, sauces and other foods.
Dried sheets are fried in oil and coated with sugar and eaten as a snack.
They can be pickled or wrapped around fish.

DESCRIPTION

A seaweed. It is large, olive-brown and rough. It is 2-6 m long and 20-40 cm wide.

HABITAT

It is a temperate plant. It grows on rocks below the tide level.

NOTES

It is sold pickled in packets. It is available dried in Chinese stores in Australia.
Plants are rich in iodine.

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