PLANT FACT SHEET

Cystoseira osmundacea (Turner) C. Agardh

GENUS *Cystoseira* **FAMILY** Sargassaceae

COMMON NAMES Sea fern, Chain bladder, Sister Sarah

EDIBLE PARTS AND USES

Edible parts: Algae, Seaweed

Tender portions of the blades and branche are toasted until crisp, crumbled and sprinkled on salads, rice or soups.
The fresh air bladders are used in stir-fries and tempura.

DESCRIPTION

A seaweed.

HABITAT

It is a tropical plant.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 260
www.algaebase.org

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