PLANT FACT SHEET

Ulva intestinalis (L.) Link

GENUS *Ulva* **FAMILY** Ulvaceae

COMMON NAMES Green algae, Green guts, Green nori, Gutweed

EDIBLE PARTS AND USES

Edible parts: Seaweed, Frond, Algae

It can be eaten raw, cooked or dried. It is steamed with meat, used in stir-fried dishes, mixed with sesame oil or made into fillings for spring rolls.
The dried, toasted and powdered seaweed is used as a condiment on rice, meat, fish, soups and vegetables. It is mixed with cornmeal and made into bread.

DESCRIPTION

It is a green seaweed. It has long filaments. It has fronds that are unbranched tubes. These are irregularly constricted. They can be 25 cm long and 2 cm wide. They can be much smaller.

HABITAT

It is distributed almost worldwide. It grows in temperate waters. It can grow in sea water, brackish water and even fresh water. It attaches to rocks and shells and can be floating.

NOTES

This seaweed is used as bait for certain fish.

REFERENCES

Breidahl H., 1997, Australian Southern Shores. Lothian. p 56 (As Enteromorpha intestinalis)

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew. (As Enteromorpha intestinalis)

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 943 (As Enteromorpha intestinalis)

Campbell, R., 2023, The SEAWEED SUPPLEMENT. p 16

Cherry, P., et al, 2019, Risks and benefits of consuming edible seaweeds. Nutrition ReviewsVR Vol. 77(5):307–329

Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 146 (As Enteromorpha intestinalis)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 261 (As Enteromorpha intestinalis)

Fuhrer, B.A. et al, 1981, Seaweeds of Australia. Reed. p 89 (As Enteromorpha intestinalis)

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 135

http://www.seavegetables.com (As Enteromorpha intestinalis)

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 368 (As Enteromorpha intestinalis)

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 234

Lee, B., 2008, Seaweed Potential as a marine vegetable. RIRDC Publication No. 08/009

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 119 (As Enteromorpha intestinalis)

Poster ISHS Madurai (As Enteromorpha intestinalis)

Surey-Gent, S. & Morris G., 1987, Seaweed. A User's Guide. Whirret Books. London. p 24 (As Enteromorpha intestinalis)

Wang, Wei-Lung and Chiang, Young-Meng, 1994, Potential Economic Seaweeds of Hengchun Peninsula, Taiwan, Economic Botany, Vol. 48, No. 2, pp. 182-189 (As Enteromorpha intestinalis)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

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

Zaneveld, J.S., 1950, The economic marine algae of Malaysia and their applications. Proceedings of the Indo-Pacific Fisheries Council, 107-14 (As Enteromorpha intestinalis)

Zaneveld, J.S., 1955, Economic marine algae of tropical South and East Asia and their utilization. Indo-Pacific Special Publications, No 3 Bangkok.

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f6cab71f-b439-4463-8e07-e07779f6d104