

## GREEN ALGAE



### SEA LETTUCE

*Ulva australis*

**Harvest:** Cut off and leave base.

**When:** All year round.

**Uses:** Blanch to clean. Blend into dips, pesto, relish, soups, tea, meat balls, dried flakes.

**Preserve:** Wash in fresh water, Sun dry or keep in fridge.



### GUTWEED

*Ulva intestinalis*

**Harvest:** Cut off and leave base.

**When:** All year round.

**Uses:** Wash in fresh water or blanch. Grows in nutrient rich areas. Eat raw in salad.

**Preserve:** Fresh in a bowl of water or deep fry and dry.



### SEA GRAPES

*Caulerpa sp.*

**Harvest:** Pinch off upright branches and leave runners.

**When:** Autumn

**Uses:** Raw with vinegar. Snack or salad (tomatoes and shallots).

**Preserve:** Fresh, wash and keep in water in shade.



### VELVET HORNS

*Codium sp.*

**Harvest:** Pinch off tops, leave base to regrow.

**When:** Winter - Spring.

**Uses:** Eat fresh, wash & cut up in lemon dressed salad with fish.

**Preserve:** Fresh, keeps in 1-2 days in fridge.



### SEA RIMU

*Caulerpa brownii*

**Harvest:** Spring

**When:** Winter - early Spring

**Uses:** Raw, wash well for sand.

**Preserve:** Best fresh, but will keep in sealed container with water in fridge. Will dry.

## COASTAL PLANTS



### BEADED GLASSWORT

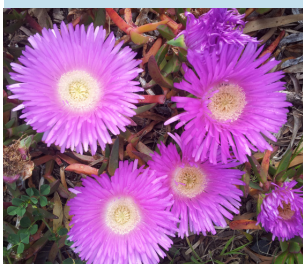
*Sarcocornia quinqueflora*

**Harvest:** Young shoots.

**When:** All year.

**Uses:** Salad served with fish. Pickled, steamed or blanched.

**Preserve:** Fresh.



### KARKALLA

*Carpobrotus rossii*

**Harvest:** Fresh leaves, flowers and ripe red fruit.

**When:** All year.

**Uses:** Leaves - salt substitute. Gel used on minor burns. Ripe fruit and flower both edible.

**Preserve:** Leaves stored in fridge.



### SEA ROCKET

*Cakile maritima*

**Harvest:** Leaves - strong taste.

**When:** Early spring.

**Uses:** Eat young leaves raw or cooked. High in Vit C. Root, stem, flower and buds all edible.

**Preserve:** Young shoots. Ground root.



### SALT BUSH

*Atriplex nummulari*

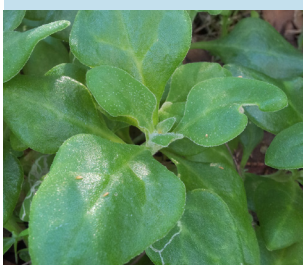
**Harvest:** Eat leaves raw.

Fruit also edible.

**When:** Leaves all year. Fruits in summer.

**Uses:** Fruit used as a dye.

**Preserve:** Fresh.



### WARRIGAL GREENS

*Tetragonia tetragonioides*

**Harvest:** Leaves, blanch for 10-15 sec to remove oxalates then plunge in cold water.

**When:** All year round.

**Uses:** Use as a green leafy veg. Great in quiche.

**Preserve:** Fresh, could blanch and freeze.

# FORAGERS QUICK GUIDE

Edible Seaweeds & Coastal Plants  
South eastern Victoria





## BROWN ALGAE



### NEPTUNES NECKLACE

*Hormosira banksii*

**Harvest:** Fresh new growth.

**When:** All year round.

**Uses:** Raw. Cut up and use as salt substitute.

**Preserve:** Fresh or sun dried.



### WAKAME & MEKABU

*Undaria pinnatifida*

**Harvest:** Fronds or sporophyll.

**When:** Winter - early Spring

**Uses:** Fresh - blanch and cut up or reconstitute to add to soup.

**Preserve:** Wash in salt water & sun dry.



### NETTED WING WEED

*Dictyopteris polypodioides*

**Harvest:** Cut and leave holdfast or if detached before turning blue.

**When:** Summer

**Uses:** Use in stews and light soups. Full of dictyopterenes.

**Preserve:** Fresh, will stay fresh in a plastic container in water.



### COMMON KELP

*Ecklonia radiata*

**Harvest:** Young tender fronds.

**When:** Summer - Autumn.

**Uses:** Fresh - blanch and cut up or reconstitute to add to soup.

High in calcium & other vitamins.

**Preserve:** Wash in salt water & sun dry.



### SARGASSUM

*Sargassum sp*

**Harvest:** Young tender fronds.

**When:** Autumn.

**Uses:** Fresh with soy sauce or cooked in soups, stuff fish or dried flakes.

**Preserve:** Wash in salt water and sun dry, crisp & crumb into flakes.



### TUBULAR STRINGWEED

*Scytosiphon lomentaria*

**Harvest:** Cut fresh tubes

**When:** Late Autumn

**Uses:** Cut up and add to soups or use as a condiment.

**Preserve:** Wash in salt water and sun dry.



### CYSTOPHORA

*Cystophora sp.*

**Harvest:** Young tender fronds.

**When:** All year.

**Uses:** Wash & use sparingly in salad or dry and use in soups.

**Preserve:** Fresh or wash in salt water and sun dry.



### BLADDER WEED

*Colpomenia sinuosa*

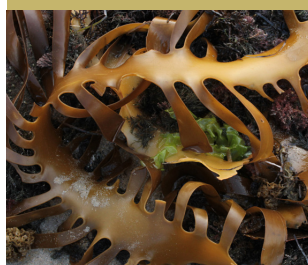
**Harvest:** Clean, pale young algae.

**When:** Winter.

**Uses:** Salad, stir fry, soups or stew.

**Preserve:** Fresh or sun dried.

Ground into flakes.



### BULL KELP

*Durvillaea potatorum*

**Harvest:** Young tender fronds.

**When:** All year.

**Uses:** Chop up and to soups or use as a meat substitute.

**Preserve:** Wash in salt water and sun dry.



### CRAYWEED

*Phyllospora comosa*

**Harvest:** Young tender fronds.

**When:** All year.

**Uses:** Chop up and add to soups or dry to make a condiment.

**Preserve:** Wash in salt water and sun dry.

## RED ALGAE



### SEA MOSS

*Gracilaria sp.*

**Harvest:** Pinch off clean tops and leave the holdfast.

**When:** All year.

**Uses:** Salads, fried in batter, candied or pickled.

**Preserve:** Frozen or sun dried. Contains agar a mild laxative.



### SOUTHERN LAVER

*Porphyra sp.*

**Harvest:** Cut and wash.

**When:** Winter

**Uses:** Smoked, laver rolls, soups, stews and added to bread or pasta etc

**Preserve:** Wash in salt water and sun dry flat.



### PEPPER DULSE

*Laurencia filiformis*

**Harvest:** Cut and wash.

**When:** Autumn - Winter

**Uses:** Wash & use raw sparingly in salad. Gelatinous & slightly crunchy, peppery taste.

**Preserve:** Fresh.



### RED HOOK WEED

*Hypnea sp.*

**Harvest:** Pinch off clean tops.

**When:** Winter

**Uses:** Fresh in salad. Jellies, sweet puddings or batter & fry, or use as a thickener in gravy. High in Carrageenan.

**Preserve:** Keep in salt water in shade or sun dry.



### RED LETTUCE

*Grateloupia turuturu*

**Harvest:** Directly from sand in low tide.

**When:** Autumn.

**Uses:** Stirfry or omelette.

**Preserve:** Use fresh or dried.