

GREEN ALGAE



SEA LETTUCE (*Ulva sp.*)

Harvest: Cut tops, leave holdfast.
When: Summer. Grows in nutrient rich areas.
Uses: Blend into dips, pesto, relish, soups, tea, dried flakes and wraps.
Preserve: Wash well in water, vinegar or blanch. Keeps in fridge in a container.



GUTWEED (*Ulva intestinalis*)

Harvest: Cut tops, leave holdfast.
When: Summer. Grows in nutrient rich areas.
Uses: Eat raw in salad or deep fry. Used as fish bait.
Preserve: Wash well in water, vinegar or blanch. Fresh or sun dry. Keeps in fridge in a container.



SEA GRAPES (*Caulerpa sp.*)

Harvest: Pinch off upright branches and leave runners.
When: Autumn - Winter
Uses: Raw with vinegar. Snack or salad (tomatoes and shallots).
Preserve: Fresh, wash and keep in water in fridge.



VELVET HORNS (*Codium sp.*)

Harvest: Pinch or cut off bright green tops, leave base to regrow.
When: Winter - Spring.
Uses: Eat fresh or wash & cut up in lemon dressed salad.
Preserve: Fresh, wash and keep in water in fridge.



SEA RIMU (*Caulerpa brownii*)

Harvest: Pinch off upright branches and leave runners.
When: Winter - Spring
Uses: Raw, wash out sand.
Preserve: Fresh, wash and keep in water in fridge.

COASTAL PLANTS



BEADED GLASSWORT (*Sarcocornia quinqueflora*)

Harvest: Young shoots.
When: Autumn - Spring.
Uses: Salad served with fish. Pickled, steamed or blanched.
Preserve: Fresh, wash and keep in water in fridge.



KARKALLA (*Carpobrotus rossii*)

Harvest: Leaves, flowers and ripe red fruit.
When: Leaves all year. Flowers in Spring. Fruits in Summer.
Uses: Leaves - salt substitute and gel used on minor burns. Fruit in jams and flowers in salad.
Preserve: Fresh, wash and keep in water 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 fresh shoots. Ground down dried root.



SALT BUSH (*Atriplex nummulari*)

Harvest: Leaves and fruit.
When: Leaves all year. Fruits in summer.
Uses: Oven dry leaves and eat like crisps or wrap around meat. Fruit used as fabric dye.
Preserve: Dry in oven.



WARRIGAL GREENS (*Tetragonia tetragonioides*)

Harvest: Leaves.
When: All year round.
Uses: Use as a green leafy vege. Great in quiche.
Preserve: Blanch for 10-15 sec to remove oxalates then plunge in cold water, dry or freeze.

FORAGERS QUICK GUIDE

Edible Seaweeds & Coastal Plants
of South Eastern Victoria



BROWN ALGAE



NEPTUNES NECKLACE

(*Hormosira banksii*)

Harvest: Fresh yellow growth.
When: Summer, Winter, Spring.
Uses: Raw or pickled. Cut up and use as salt substitute.
Preserve: Fresh, sun dried or pickled.



WAKAME & MEKABU

(*Undaria pinnatifida*)

Harvest: Fronds and sporophyll.
When: Winter - Spring.
Uses: Dried in soups, blanched in salad.
Preserve: Wash in salty water and sun dry.



NETTED WING WEED

(*Dictyopteris polypodioides*)

Harvest: Cut and leave holdfast or if detached, before weed turns blue.
When: Summer.
Uses: Use in stews and light soups. Full of dictyopterenes.
Preserve: Fresh, will keep better 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 dried to add to soup. High in calcium & other vitamins.
Preserve: Wash in salty water and blanch then sun dry.



SARGASSUM (*Sargassum sp.*)

Harvest: Young tender fronds.
When: Summer - 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.

BROWN ALGAE



TUBULAR STRINGWEED

(*Cytosiphon lomentaria*)

Harvest: Cut fresh tubes, leave holdfast.
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, blanch & use in salads or dry and use in soups. Similar to Hijiki.
Preserve: Wash in salty 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 tips and leave the holdfast.
When: All year.
Uses: Salads, fried in batter, candied, jellies or pickled.
Preserve: Frozen or sun dried. Contains agar a mild laxative.



SOUTHERN LAVER

(*Porphyra sp.*)

Harvest: Cut frond, leave holdfast.
When: Winter.
Uses: Smoked, laver rolls, soups, stews and added to bread or pasta.
Preserve: Wash in salt water and sun dry flat.



PEPPER DULSE

(*Laurencia filiformis*)

Harvest: Cut red tips, leave holdfast. Leave if white.
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 tips.
When: Winter.
Uses: Fresh in salad. Makes jellies, sweet puddings or batter & fry, or use as a thickener in gravy. High in Carrageenan.
Preserve: Sun dry or keep in salty water in fridge.



RED LETTUCE

(*Grateloupia turuturu*)

Harvest: Cut off fronds and leave holdfast.
When: Autumn.
Uses: Stirfry or omelette.
Preserve: Blanch and use fresh or dried.