

Ulva lactuca L.

Identifiants : 39947/ulvlac

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 10/05/2024

• Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Chlorophyta ;
- Classe : Ulvophyceae ;
- Ordre : Ulvales ;
- Famille : Ulvaceae ;
- Genre : Ulva ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Sea Lettuce, Green algae, Green laver, Green nori, , Hai ts'ai, Luche verte, Sea grass, Sosa ;



- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Parties comestibles : algues, fronde, algues^{{{0(+x)}} (traduction automatique)} | Original : Seaweed, Frond, Algae^{{{0(+x)}}} Il peut être consommé cru, cuit ou séché. Il est utilisé dans les soupes, les salades, les ragoûts et comme légume. Il est transformé en thé. La poudre séchée est utilisée comme assaisonnement

Partie testée : fronde^{{{0(+x)}} (traduction automatique)}

Original : Frond^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
16.9	544	130	22.1	0	10	5.3	1.2



néant, inconnus ou indéterminés.

- Liens, sources et/ou références :

dont classification :

dont livres et bases de données : ⁰"Food Plants International" (en anglais) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 660 (Also as Ulva fasciata) ; Brooker, 1986, ; Brooker, S.G., Combie, R.C., and Cooper, R.C., 1989, Economic Native Plants of New Zealand. Economic Botany 43:79-106 ; Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew. ; Cherry, P., et al, 2019, Risks and benefits of consuming edible seaweeds. Nutrition ReviewsVR Vol. 77(5):307â€³329 ; Crowe, A., 1997, A Field Guide to the Native Edible Plants of New Zealand. Penguin. p 152 ; Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 196 ; Cribb, A.B., 1996, Seaweeds of Queensland A Naturalist's Guide. The Queensland Naturalists' Club Handbook No. 2. p 35 ; Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 261 (Also as Ulva fasciata) ; Food Composition Tables for use in East Asia FAO <http://www.fao.org/infoods/directory> No. 726 ; Goodrich, J., Lawson, C., and Lawson, V.P., 1980, Kasharya pomo

plants. Los Angeles. ; Gunther, E., 1945, *Ethnobotany of western Washington*. Seattle. ; <http://www.seavegetables.com> ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 258 ; Irving, M., 2009, *The Forager Handbook, A Guide to the Edible Plants of Britain*. Ebury Press p 368 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 232, 1850, p 232, 235 (As *Ulva fasciata*) ; Lee, B., 2008, *Seaweed Potential as a marine vegetable*. RIRDC Publication No. 08/009 ; Low, T., 1992, *Bush Tucker. Australia's Wild Food Harvest*. Angus & Robertson. p 161 ; Ohni, H., 1968, *Edible seaweeds in Chile*. *Japanese Society of Physiology Bulletin* 16:52-4 ; Mabey, R., 1973, *Food for Free. A Guide to the edible wild plants of Britain*, Collins. p 118 ; Marsham, S., et al, 2007, *Comparison of nutritive chemistry of a range of temperate seaweeds*. *Food Chemistry* 100: 1331-1336 ; Masuda, S., 1981, *Cochayuyo. Macha camaron y higos cargueados*. In *Estudios etnograficos del Peru meridional* ed S Masuda 173-92. Tokyo. ; Masuda, S., 1981, *Cochayuyo. Macha camaron y higos cargueados*. In *Estudios etnograficos del Peru meridional* ed S Masuda 173-92. Tokyo. (As *Ulva fasciata*) ; Michael, P., 2007, *Edible Wild Plants and Herbs*. Grub Street. London. p 208 ; Pereira, L., 2011, *A Review of the Nutrient Composition of Selected Edible Seaweeds*. In *Seaweed*. Pomin V. H., (Ed.) Nova Science Publishers, Inc ; Schonfeld-Leber, B., 1979, *Marine algae as human food in Hawaii, with notes on other Polynesian islands*. *Ecology of Food and Nutrition* 8:47-59 (As *Ulva fasciata*) ; Surey-Gent, S. & Morris G., 1987, *Seaweed. A User's Guide*. Whirret Books. London. p 26, 122. ; Svanberg, I., et al, 2012, *Edible wild plant use in the Faroe Islands and Iceland*. *Acta Societatis Botanicorum Poloniae* 81(4): 233-238 ; Tseng, C.K., 1933, *Gloiopeltis and other economic seaweeds of Amoy, China*. *Lingnan Science Journal* 12:43-63. ; Turner, 1974, ; Uphof, (As *Ulva fasciata*) ; Van Ginneken, V. JT., et al, 2011, *Polyunsaturated fatty acids in various macroalgal species from north Atlantic and tropical seas*. *Lipids in Health and Disease* 10:104 ; Velasquez, G.T., 1972, *Studies and utilization of the Philippine marine algae*. In *Proceedings of the Seventh International Seaweed Symposium*, ed. K Nisizawa, 62-5. New York. ; Wang, Wei-Lung and Chiang, Young-Meng, 1994, *Potential Economic Seaweeds of Hengchun Peninsula, Taiwan*, *Economic Botany*, Vol. 48, No. 2, pp. 182-189 (Also as *Ulva fasciata*) ; Xia, B., and Abbott, I.A., 1987, *Edible seaweeds of China and their place in the Chinese diet*. *Economic Botany* 41:341-53 (Also as *Ulva fasciata*) ; Yangthong, M. et al, 2009, *Antioxidant Activities of Four Edible Seaweeds from the Southern Coast of Thailand*. *Plant Foods for Human Nutrition* 64:218-223 ; Zaneveld, J.S., 1955, *Economic marine algae of tropical South and East Asia and their utilization*. *Indo-Pacific Special Publications*, No 3 Bangkok. ; Zemke-White, W. L. & Ohno, M., 1999, *World seaweed utilisation: An end-of-century summary*. *Journal of Applied Phycology* 11: 369-376