

Phylum: Phaeophyta (Brown Algae)

Scytosiphon lomentaria

Description: Plants olive-green, 8 to 20 inches tall. Hollow, narrow cordlike body, unbranched, narrow at base, slightly wider at tip. Obvious ringed constrictions along body at varying intervals, like a chain of link sausages.

Habitat: Found growing in groups or clumps on rocks in shallow rock pools near the high tide mark in the Temperate Zones of coastal waters all over the world.

Foraging: Plants can be cut or pulled from rocks at low tide.

Preparation: Japan—washed and sun dried or prepared as sheets like *Porphyra tenera*.

Use: Japan—young “bud” used as a substitute for *Undaria*, mixed into miso soup or made into dried sheets.

Nutrients: Very high iron. Also contains sugar, starch, and trace elements.

Taste: Beanlike taste. Must be dried before use (drying serves to tenderize fronds and improve taste).

Commercial Source: Japan—produced in all coastal areas.

Recipes: Wakame Soup (p. 182).

Sugara

FOLK NAMES

Japan:

kayamonori,
sugara,
mugiwara-nori