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*Enteromorpha intestinalis*

**LUMOT** is a seaweed. Found in the North Sea, the English Channel, the Atlantic and the Baltic seas, around the Philippines Islands and New Zealand, and in the Asiatic seas, it has waisted tubular, hollow transparent, pale green strands.

It is also known as *Enkel tarmtång* (Swedish), Enteromorpha, Sea grass, Seaweed, and Tubular green alga.

*Intestinalis* is derived from Latin *intestinum* (gut) meaning ‘intestine-like’.

This seaweed is a common fish food.

Off the shores of British Columbia some species of geese can be found nibbling at the plants they find floating upright on the high tide.

Lumot is eaten in China and is said to have a pleasant taste, raw. In Japan it is cultivated not only for use in salads, and as a dried vegetable with boiled rice, but also as a condiment (for which the seaweed is dried over charcoal and powdered). It is also eaten in Hawaii and the Philippines.