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Laminaria saccharina

SWEET TANGLE is a seaweed. Found in the North Sea, the English Channel and the North Atlantic, it has lance-shaped and waisted, yellowish-olive blades.

It is also known as Broadleaf kelp, *Galpar-ka-patta* (Hindi), Poor man's weatherglass, Sea belt, *Skräppetare* (Swedish), Sugar kelp, and Sweet oar-weed.

The young blade and stalk have to be cut with a sickle.

Saccharina is derived from Latin *saccharum* or *saccaharon* (sugar) meaning 'sugary'.

Medicinally, in India sweet tangle has been used to treat some venereal disease and tuberculosis, and in Chinese medicine it has been used in the treatment of thyroid disorders.