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Ulva lactuca

SEA LETTUCE is a seaweed. Found in the North Sea, the Atlantic, the Baltic, the English Channel, the Asian Seas and around New Zealand and Chile it has irregularly shaped, yellowish-green to dark green fronds.

It is also known as Green laver, *Havssallat* (Swedish), *Laitue de mer* (French), Lettuce laver, *Meerlattich* (German), *Meersalat* (German), and Seaweed.

Warning – large quantities have a laxative effect.

Lactuca is derived from Latin *lactis* (milky plant sap).

Sea lettuce has been eaten as a vegetable in many parts of the world from Japan and some regions of China, to the West Indies, and to Iceland, western Europe and Scotland. In the East it has tended to be used as a garnish and added to salads, while in the West it has also been eaten raw in salads and has been added to soups. Some of the North American Pomo Indians used it with other seaweeds as a flavouring. The Maoris in New Zealand included it in stews, while the local inhabitants in Chile added it to soups. Dried and powdered sea lettuce has offered a food flavouring too.