



KELP

Botanical Name: *Ascophyllum nodosum*

Common Name: Barilla, carbonate of soda (impure), sea-weed (from which barilla is made)

Medicinal part: Seaweed

Description: Kelp grows in "underwater forests" (kelp forests) in shallow oceans, and is thought to have appeared in the Miocene, 23 to 5 million years ago. The organisms require nutrient-rich water with temperatures between 6 and 14 °C (43 and 57 °F). They are known for their high growth rate—the genera *Macrocystis* and *Nereocystis* can grow as fast as half a metre a day, ultimately reaching 30 to 80 metres (100 to 260 ft).



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