

CRESS & PLANT SPECIALITIES

Sea lettuce

A fresh green seaweed, fine and tender, with an iodised taste.

Sea lettuce (ulva) is a green seaweed with thin, translucent leaves. Fresh, it has an iodised, slightly vegetal taste, with a tender texture. It is rinsed before use and eaten raw or briefly cooked. It is delivered in 250 g punnets or loose.

FLAVOUR
iodised, vegetal

ORIGIN
France

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
France									○	○	○	

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Punnet 250 g × 12**
- **Bulk 1 kg** — France

In the kitchen

- Raw in a salad or a seafood tartare
- In seaweed butter
- To wrap steamed fish

Orders and prices

Moorea — 69 rue de Perpignan, Bâtiment D3, marché international de Rungis, 94150 Rungis
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