

"Dissemination of Education for Knowledge, Science and Culture."

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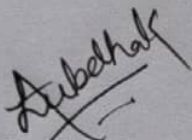
Department of Botany

Project Name- Some recipes of seaweed: *Ulva*

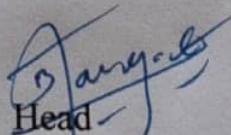
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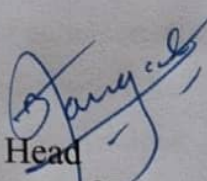


  
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## CERTIFICATE

This is certify that, the project work entitled **Some recipes of seaweed: *Ulva*** is being submitted by Mr. Prasad Kadam and Mr. Kedar Kharade under the guidance of Dr. Lubdha A. Kagale, Assistant Professor, Department of Botany, Vivekanand College, Kolhapur (Empowered Autonomous).



  
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## Some recipes of seaweed: *Ulva*

### Introduction

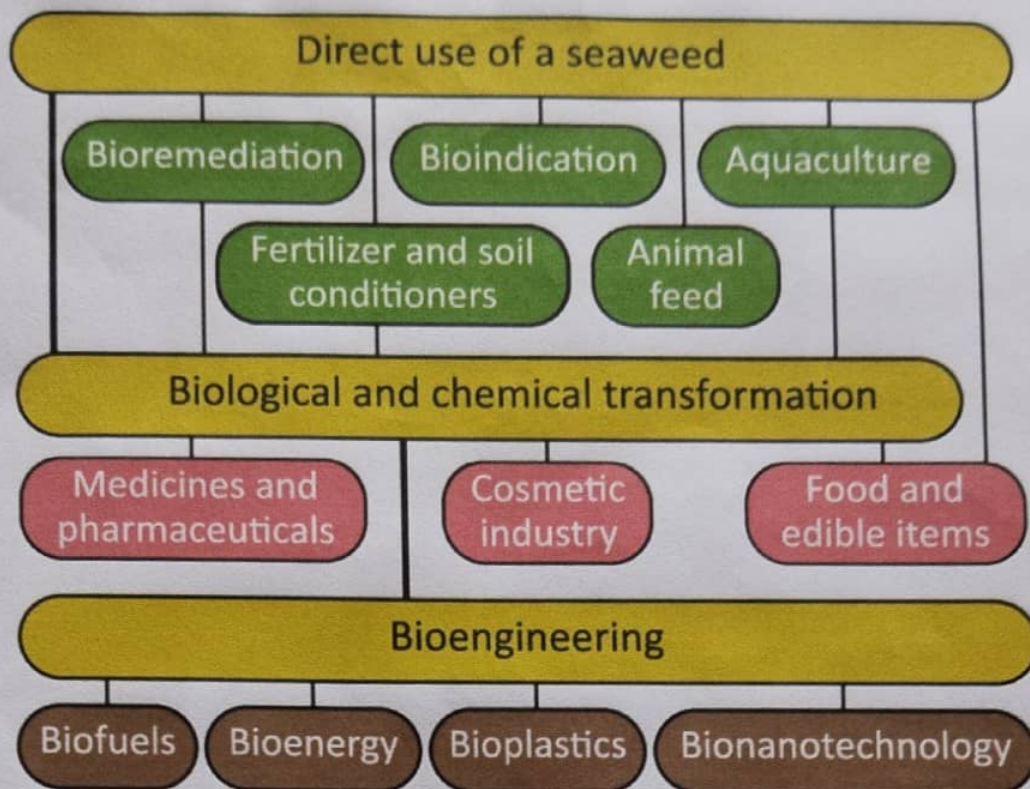
Green seaweed, as the most abundant species of macroseaweeds, is an important marine biological resource. It is a rich source of several amino acids, fatty acids, and dietary fibers, as well as polysaccharides, polyphenols, pigments, and other active substances, which have crucial roles in various biological processes such as antioxidant activity, immunoregulation, and anti-inflammatory response. In recent years, attention to marine resources has accelerated the exploration and utilization of green seaweeds for greater economic value. This paper elaborates on the main nutrients and active substances present in different green seaweeds and provides a review of their biological activities and their applications for high-value utilization.

Severe ecological damage causing the desertification of arable land has led to increasing food shortage widely. In the past few years, returning to nature and enjoying green food is becoming an inevitable trend. About two-third of the Earth's surface is covered with ocean, and the "arable land" area of ocean is about 15 times that of land. The ocean can provide a thousand times more food than all the arable land. Reasonable development and utilization of marine resources will greatly alleviate the problems of food shortage and food security worldwide.

Seaweed is a macroalgae widely found in the ocean, and an important marine biological resource. At present, more than 168,971 seaweed species have been discovered (<http://www.algaebase.org>), which are taxonomically classified as red seaweed (Rhodophyta), brown seaweed (Phaeophyta), and green seaweed (Chlorophyta), depending on the nature of their pigment abundance (Bleakley & Hayes 2017). Seaweeds have high protein, whereas low-fat content. They are also rich in dietary fiber, vitamins, and minerals (Chan & Matanjun 2017; Rodrigues et al. 2015), which makes them an ideal natural food for consumption. Seaweeds also have high edible and medicinal properties.







## Methodology

### 1. *Ulva* soup

Place seaweed into a bowl and cover with water. Soak until soft, 5 to 10 minutes. Drain and cut into 2-inch pieces. Heat oil in a pan over medium heat. Add 1/2 tablespoon soy sauce, and salt; cook and stir for 1 minute. Stir in drained seaweed and remaining 1 tablespoon soy sauce; cook, stirring frequently, for 1 minute. Pour in 2 cups water and bring to a boil. Stir in garlic and remaining 4 cups water. Bring to a boil again, then cover and reduce the heat. Simmer for 20 minutes. Season with salt before serving.

### 2. *Ulva* Rice

Firstly, in wide pan, take a tsp of ghee or oil Add chopped onions and green chilli, fry till they turn translucent then add finely chopped *Ulva* and fry for a minute till they shrink and change its colour. once it cooked, add peas and fry till the peas are cooked. finally, add cooked rice and salt to taste.





*Ulva sp.*



*Ulva Soup*



*Ulva Rice*

