

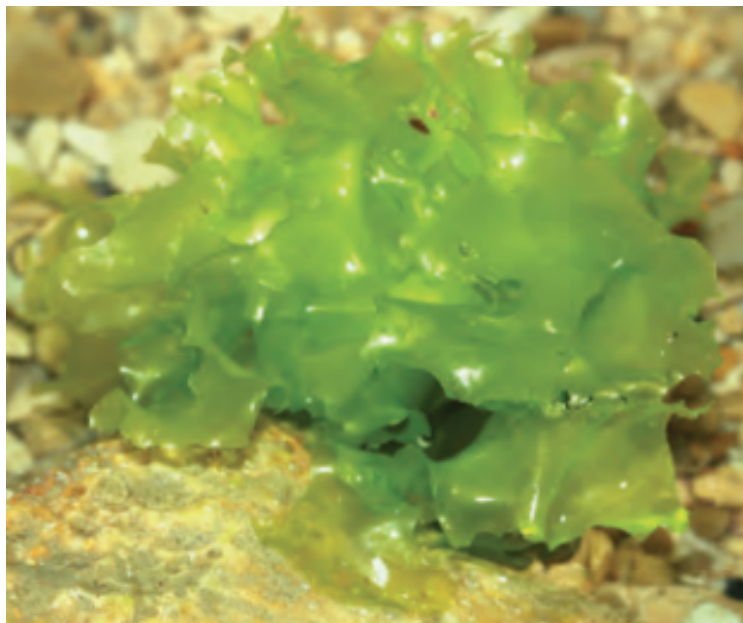
Ulva lactuca

Green sea lettuce

Ulva lactuca, or green sea lettuce, is a type of green algae that can be found all over the globe. It can be found attached to rocks by its holdfast, or it can be found floating freely. It thrives in nutrient rich waters. Sea lettuce can accumulate in these waters in huge blooms. If the bloom is large enough, it can create a dead zone as the algae dies and uses up all the oxygen in the water. With no oxygen in the water, the other organisms living nearby die off as well. Sea lettuce can grow up to 60cm in length, but it is typically about half that size. It is only two cells thick, making it extremely flat! Sea lettuce has many human uses. It is edible and can be used as an ingredient in salads, soups and more. It can also be found in cosmetic and skincare products!

[Click here](#) to watch a video about green sea lettuce.

[Click here](#) to see how much green sea lettuce washed up on Monterey State Beach.



References

Sea lettuce • *ulva lactuca*. Biodiversity of the Central Coast. (n.d.). Retrieved October 24, 2022, from <https://www.centralcoastbiodiversity.org/sea-lettuce-bull-ulva-lactuca.html>

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