

## Ethno-Botanical of Seaweeds and Sea Grass in Eastern Indonesia

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**Abstract :** In Indonesia, macro-alga is known as seaweeds or rumput laut and sea grass or lamun, and have been used as vegetables and medicine since long time ago. This studies have been done, to collect data about utilization of seaweed and sea grass as food or medicine in Eastern Indonesia. Six regencies in two provinces have been chosen as sampling areas i.e. South-East Maluku, West-East Maluku, and Aru in province of Maluku; and Sangihe, Sitaro, and Minahasa in province of North Sulawesi. The results shown that in the pass, seaweeds and sea grass have been widely used as food and medicine, and there are similarity between one area and other areas in species and in the way to prepare or to cook the food. Ten species of alga and 2 species of sea grass were consumed as vegetables and desert, and one species of sea grass was used for traditional medicine. Nowadays, because of easier to get terrestrial vegetables, the people in the coastal area rarely consumed marine vegetables, and if there are no attempt to promote and to socialize the custom, the habits trend to disappear. Environmental degradation was another caused has been identified. Seaweed contained high content of Iodine and dietary fiber, therefore, this food can overcomes the problem of iodine deficiency, and to supply an exotic high-fiber foods. In addition, by consuming seaweeds, marine culture industry will be developed, especially in the number of species seaweeds to be cultivated.

**Keywords :** ethno-botany, seaweed, sea grass, exotic food

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