PLANT FACT SHEET

Plantago palmata Hook.f.

GENUS *Plantago* **FAMILY** Plantaginaceae

DESCRIPTION

A herb. It is short and has underground roots or rhizomes. It grows 40 cm tall. The leaves are in rings. The leaves have lobes like fingers on a hand. The leaves are 5-12 cm long by 3-13 cm wide. The flowers are in spikes 1-11 cm long.

HABITAT

It is a tropical plant. It grows in mountain grassland.

REFERENCES

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/084fb0cc-030a-4b2f-963a-2cbcdf3c8298