PLANT FACT SHEET

# *Plantago major* L.

**GENUS** *Plantago* **FAMILY** Plantaginaceae

**COMMON NAMES** Common plantain, Broadleaf plantain, Greater plantain

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Seeds, Leaves - tea, Roots, Vegetable

Young leaves are lightly cooked. Older leaves become more bitter. The leaves are used in soups. The leaves can be dipped in batter and fried over low heat. They are also used in chutney. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The dried leaves are used for tea.
The seeds are used to give a jelly like effect in drinks. They can be ground into a meal for bread.
The seeds yield an edible oil.
The roots are eaten cooked.

## DESCRIPTION

A herb. It keeps growing from year to year. It has a short, stout rootstock. It has a ring of leaves near the ground. The leaves are ribbed. They are soft and oval shaped. The leaves narrow into the stalks. The leaf stalks are fairly long and have wings. The leaves can be 30 cm long by 15 cm wide. The leaves have 5-9 easy to see veins running along them. The flower stem is leafless and as long as or shorter than the leaves. The flowers are in a dense spike. This can be as long as or longer than its stem.

## HABITAT

It is a temperate plant. It grows in damp places. It grows in wetlands. It grows mostly in cool places. In Argentina it grows below 500 m above sea level. Tasmania Herbarium. In Yunnan. In Sichuan.

## PRODUCTION

### Cultivation

Plants can be grown by seeds.

## NOTES

Leaves reported to contain a small amount of Vitamin C. The plantains or Plantaginaceae are mostly in temperate regions. There are about 165 Plantago species.

## PICTURES



Credit: Food Plants International (Bruce French)



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