PLANT FACT SHEET

Plantago australis Lam.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Mexican plantain

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The young leaves are cooked and eaten. They are also eaten raw in salads.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 20 cm tall and spreads 20 cm wide.

HABITAT

It is a temperate plant. In Argentina it grows from sea level to 3,500 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

The plantains or Plantaginaceae are mostly in temperate regions. There are about 165 Plantago species.

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