PLANT FACT SHEET

Plantago asiatica subsp. erosa (Wall. ex Roxb.) Z. Yu Li

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Greater plantain, Englishman's foot

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves are cooked as a vegetable. They are usually stewed or made into soup.

DESCRIPTION

A herb which keeps growing from year to year. It has fibrous roots. The leaves are all at the base. The leaves have stalks. The leaves are 2-11 cm long by 0.8-5.5 cm wide. They are oval. The flowers are greenish and in slender spikes. The fruit is a capsule. It has 2 cells. There are 4-8 small black seeds.

HABITAT

A tropical and subtropical plant. In Nepal it grows between 2000-4600 m altitude. It grows on open, moist land. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

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

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