PLANT FACT SHEET

Plantago oliganthus Roem. & Schult.

GENUS *Plantago* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

Young leaves are eaten raw or cooked.

DESCRIPTION

A herb. It grows 20 cm tall.

HABITAT

It is a temperate plant. It grows in salty soils.

NOTES

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

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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/5a37a8a2-ac40-457c-bbd7-a9a7aaae600e