PLANT FACT SHEET

Plantago maritima L.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Sea plantain

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are boiled in soup.
They are also eaten in salads.
They are also pickled.
The seeds can be eaten raw or cooked and can be ground into flour.

DESCRIPTION

A low herb. It keeps growing from year to year. It has several rings of leaves. The leaves are thick and fleshy. They are narrow and rigid and do not have teeth. There are 3-5 veins. The flowers are brownish and 3 mm long. They are in long greenish spikes. These can be 3-7 cm long. The stalks do not have ridges.

HABITAT

It is a temperate plant. It grows in coastal habitats on salt marshes and sandy places. In Argentina it grows below 500 m above sea level.

NOTES

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

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