PLANT FACT SHEET

Plantago akkensis Coss. & Murb.

GENUS *Plantago* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are mixed with barley grains and processed into flour.

DESCRIPTION

A herb.

HABITAT

It is a temperate to Mediterranean climate plant.

REFERENCES

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

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/62def60e-90b3-4c42-a710-0190bcb735b4