PLANT FACT SHEET

Plantago ovata Forsskal

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Blond psyllium, Indian plantago seed, Psyllium

EDIBLE PARTS AND USES

Edible parts: Seeds

The husks are used in drinks.
The mucilage in the seed coat is used as a stabiliser in ice cream and chocolate manufacture.
Sprouted seeds can be eaten in salads, soups and stews.
The seeds are mixed with barley grains and processed into flour for flat bread or porridge.

DESCRIPTION

An annual herb. It grows 5 m high. It has soft hairs. The leaves are in rings. They are narrow and 2-10 cm long by 1-2 mm wide. The fruit capsule is 8 mm long. It contains 2 seeds. These are yellowish brown.

HABITAT

It is a warm temperate and Mediterranean climate plant. It cannot tolerate frost. It grows in areas with an annual rainfall between 80-500 mm. It grows below 1,800 m above sea level. It can grow in arid places.

NOTES

It is used as a natural dietary fibre supplement. The plantains or Plantaginaceae are mostly in temperate regions. There are about 165 Plantago species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 467

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 203

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 173

Felger, R.S., Ancient Crops for the Twenty first century, in Rickie, G.A., (ed), 1979, New Agricultural Crops, AAAS Selected Symposium 38. Westview Press, Colarado. p 9 (As Plantago insularis)

Fl. aegypt.-arab. 31. 1775

Flora of Pakistan. www.eFloras.org

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

https://www.fireflyforest.com/flowers/category/edible-plants/ Edible Plants – Southeastern Arizona Wildflowers and Plants

Khalid, N., et al, 2023, Wild food plants gathered by four cultural groups in North Waziristan, Pakistan. Genet Resour Crop Evol. 70:1243–1276

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

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

Proc. Calif. Acad. Sci. ser. 3, 1:112. 1898 (As Plantago insularis)

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 6th May 2011]

Smith, N., Mori, S.A., et al, 2004, Flowering Plants of the Neotropics. Princeton. p 298

Solomon, C., 2001, Encyclopedia of Asian Food. New Holland. p 283, 300

Tanaka,

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 539

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 78

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7231d350-0dd3-42d0-b0a4-e16ece2aaa6e