PLANT FACT SHEET

Plantago maritima var. juncoides (Lam.) Hulten

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Seaside plantain

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It grows 45 cm tall. The leaves at the base are in a ring. The leaves are 3-15 cm long. There are several flowers in a dense spike 3-10 cm long. The flowers are yellow.

HABITAT

It is a temperate plant. It can tolerate sea spray.

NOTES

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

REFERENCES

Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 79 (As Plantago juncoides)

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

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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/72702014-89cd-42b0-9811-c74c32ad4354