PLANT FACT SHEET

Plantago ciliata Desf.

GENUS *Plantago* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are mixed with barley grains and processed into flour for flat bread or porridge.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant. It grows in the Sahara.

REFERENCES

Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. Academic Journal of Plant Sciences 6 (4): 134-145

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

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/84e4ab12-2680-4abc-b5ac-583702290953