PLANT FACT SHEET

Plantago debilis R. Br.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Shade plantain, Forest plantain

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are cooked as a vegetable.

DESCRIPTION

A herb which can grow each year from seed or keep growing from year to year. The leaves are hairy. The leaves are 3-15 cm long by 0.8-4 cm wide. They can have teeth along the edge. The flower heads are 4-10 cm long. They can become 30 cm long when fruiting.

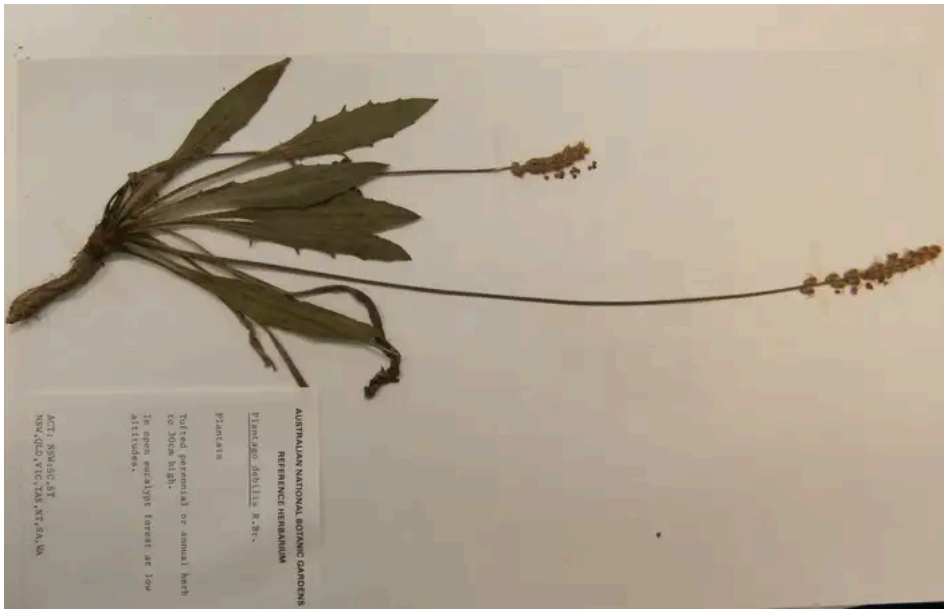
HABITAT

It is a temperate plant. It grows in coastal and inland regions.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Caton, J.M. & Hardwick, R. J., 2016, Field Guide to Useful Native Plants from Temperate Australia. Harbour Publishing House. p 146

Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 560

Elliot, W.R., & Jones, D.L., 1997, Encyclopedia of Australian Plants suitable for cultivation. Vol 7. Lothian. p 362

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 327

Hunter, J. T. & Sheringham, P., 2006, Vegetation and Floristics of Melville Range Nature Reserve. A Report to the New South Wales Parks and Wildlife Service. p 178

Low, T., 1991, Wild Food Plants of Australia. Australian Nature FieldGuide, Angus & Robertson. p 97

Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 50

Low, T., 1992, Bush Tucker. Australia's Wild Food Harvest. Angus & Robertson. p 133

Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 457

Paget, A., 2010, Indigenous Plants of Greater Taree. Greater Taree City Council's Strategic Planning Department. p 78

Prodr. 425. 1810

Tasmanian Herbarium Vascular Plants list p 44

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/8b7f6b66-faee-469e-aa06-3e5304ec1d91