PLANT FACT SHEET

Plantago himalaica Pilg.

GENUS *Plantago* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten raw or cooked.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

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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/8f6cba82-72bd-4e52-bafd-b0e266c796bc