PLANT FACT SHEET

Plantago media L.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Hoary plantain

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Seeds

The leaves and stems are eaten fresh and raw or cooked. They are used as a potherb.

DESCRIPTION

A low herb. It keeps growing from year to year. It has leaves in a ring. The leaves are narrowly oval and have 7-9 veins. They are covered with dense crisped hairs. The flower spikes are much longer than the leaves. The flowers have pink stamens. They have a scent.

HABITAT

It is a temperate plant. It grows in dry grassy places. In north China it grows on wet banks and mountain slopes between 1,400-2,000 m above sea level.

NOTES

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

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

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