PLANT FACT SHEET

Plantago lagopus L.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Hare's foot plantain

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves at the base are eaten boiled and seasoned with oil and salt.

DESCRIPTION

A small herb. It grows each year from seed. It does not have a stem but grows 50 cm tall. The leaves are in a ring. The leaves are flexible and broadly sword shaped. They are 12-15 cm long by 1-2 cm wide. They taper at both ends.

HABITAT

It is a Mediterranean climate plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a10adca4-4558-4326-8c16-0a4e3411355b