PLANT FACT SHEET

Plantago amplexicaulis Cav.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Ispaghul

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

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

DESCRIPTION

A low herb. It is an annual plant and green. It has few hairs. The leaves are narrowly oval and broadest above the middle. There are 3-5 faint veins.

HABITAT

It is a Mediterranean climate plant. It grows in rocky places and on waste ground. It grows in the Sahara.

NOTES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a75016ce-ef3a-4000-b9d5-9fc5a1bab1ed