PLANT FACT SHEET

Plantago tomentosa Lam.

GENUS *Plantago* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves can be eaten in salads, soups, stews and sauces.

DESCRIPTION

A herb. It is hairy. It keeps growing from year to year. It does not have a stem but is erect and hairy. The flowering shoots are brown and 20-40 cm long.

HABITAT

It is a tropical plant.

NOTES

It is used as medicine.

REFERENCES

Alimenticias - FloraSBS

Gomes, L.C.A., et al, 2023, Patterns of use of wild food plants by Brazilian local communities: systematic review and meta-analysis. Journal of Ethnobiology and Ethnomedicine. 19:47 p 10

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b08903c6-43c9-42cd-b71d-464847d2c3b8