PLANT FACT SHEET

Plantago depressa Willd.

GENUS *Plantago* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw or cooked as a vegetable. They are usually soaked in water then stir fried. They are also used for soup.

DESCRIPTION

An annual herb. It grows 12 cm tall. It has a long fleshy taproot. The leaves are in rings. The leaf blade is 5-10 cm long and 2-5 cm wide. They are narrowly sword shaped. The flower spike is a narrow cylinder shape. It grows 6-12 cm tall.

HABITAT

It is a temperate plant. It grows in wet mountain meadows and along river banks from near sea level to 4,500 m above sea level. In Sichuan and Yunnan.

NOTES

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

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