PLANT FACT SHEET

Plantago brasiliensis Sims

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Brazilian plantain

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are edible. Young leaves can be eaten raw in salad and older leaves are cooked.
The seeds can be crushed into flour.

DESCRIPTION

A herb. The leaves are narrow.

HABITAT

It is a temperate plant.

REFERENCES

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 219

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b69f4f48-bda8-482e-9780-ff1165107073