PLANT FACT SHEET

Plantago lanceolata L.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Narrow-leaf plantain, Buckhorn plantain

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Spice, Vegetable

The tender leaves are cooked as a vegetable. They are cut into pieces. They are also eaten in salads. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The seeds are used like sago.
The leaves are also used for drinks.

DESCRIPTION

A herb which keeps growing from year to year. It has a well developed taproot. The leaves have stalks. The leaves are 2.5-30 cm long. They are sword shaped and taper to the tip. They can have teeth along the edge. The leaves have 3-7 easy to see veins running along them. The leaves have soft slender hairs. The flower stalks do not have leaves. The flower stalk is usually longer than the leaves. The flower stalk is usually deeply furrowed. The flowers are yellowish.

HABITAT

It is a temperate plant. In Nepal it grows up to 1700 m altitude. in Argentina it grows from sea level to 1,000 m above sea level. It grows on open, sandy soil. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

The plantains or Plantaginaceae are mostly in temperate regions. There are about 165 Plantago species. This plant causes hay-fever due to its pollen.

PICTURES



Credit: Food Plants International (Bruce French)



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