PLANT FACT SHEET

Plantago psyllium L.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Fleawort, Fleaseed, Psyllium seed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Sprouted Seeds

The sprouted seeds are eaten raw in salads. They are grown on porous material to reduce the mucilage.
The seeds are the source of an oil.
The seed husk mucilage is used as a stabiliser in froxen dairy desserts.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

The plantains or Plantaginaceae are mostly in temperate regions. There are about 165 Plantago species. The seeds are high in linoleic and alpha-linoleic acids.

REFERENCES

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Sp. pl. 1:115. 1753 - non P. psyllium L. (1759, nec L. 1762)\; this name needs to be formally rejected to preserve usage of P. arenaria, but a proposal to accomplish this has not yet been submitted

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c4e272af-8815-4483-b8e1-e166ed701c96