PLANT FACT SHEET

Plantago asiatica L.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Chinese plantain

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Leaves - tea

The young leaves are cooked and eaten. They are boiled and also used in stir fries. They are used in soup. They are also fermented in Kimchi, a Korean dish.

DESCRIPTION

A herb. It keeps growing from year to year. It has a large root. The plant is 20-60 cm tall. The leaves are near the base. Leaves are oval and 11-12 cm long by 4-9 cm wide. The leaves are entire but curled along the edges. The leaf stalk is as long as the leaf blade. The flowers are in erect spikes 20-45 cm tall. The flowers are white and do not have hairs.

HABITAT

It grows in tropical and temperate places. It grows in open humid areas. It grows in wetlands. In XTBG Yunnan. In Sichuan.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)

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