PLANT FACT SHEET

Plantago afra L.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Psyllium

EDIBLE PARTS AND USES

Edible parts: Leaves

The young ring of leaves are cooked and eaten.

DESCRIPTION

A short herb. It is an annual plant and has glandular-hairs that are sticky. The stems are much branched. The leaves are narrow and opposite or in rings. They are not fleshy and do not have teeth. The flowers are brownish-white and 4 mm long. They are in rounded clusters. The anthers are pale yellow.

HABITAT

It is a Mediterranean climate plant. It grows along roadsides and in waste places.

NOTES

The plantains or Plantaginaceae are mostly in temperate regions. There are about 250 Plantago species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/da0753a4-3703-4e08-876a-593d3e08dc6d