PLANT FACT SHEET

Plantago rugelii Decne.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Blackseed plantain, Rugel's plantain

EDIBLE PARTS AND USES

Edible parts: Leaves

Young leaves can be chopped and added to salads.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 7-30 cm tall. It has a taproot and produces a ring of leaves at the base. They are broadly oval with veins along them. The base of the leaf stalk is reddish. Leaves can be 35 cm long and 12-18 cm wide. The leaf stalk can be 2 cm across. The flowers are in a narrow green pike. They have 4 triangle shaped petals. They are white and folded back at the tip. The seed capsules are elongated.

HABITAT

It is a temperate plant. It grows in moist soil and can tolerate some shade.

NOTES

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

REFERENCES

A. L. P. P. de Candolle, Prodr. 13(1):700. 1852

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

www.wildediblefood.com

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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/ec78932e-7ef4-4c5b-83d7-390357a7f4d6