PLANT FACT SHEET

Plantago albicans L.

GENUS *Plantago* **FAMILY** Plantaginaceae

COMMON NAMES Downy plantain

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The seeds are mixed with barley grains and processed into flour for flat bread or porridge.
The basal leaves are used in stews.

DESCRIPTION

A herb. It can grow 30 cm tall. The leaves are simple and broad.

HABITAT

It is a subtropical to Mediterranean climate plant.

REFERENCES

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54
Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f2b3f265-b42c-4656-bf0b-e5cd6ef3e45c