PLANT FACT SHEET

Plantago ovata var. fastigiata (Morris) S. C. Meyers & A. Listo

GENUS *Plantago* **FAMILY** Plantaginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It has been recorded at 1,400 m above sea level.

REFERENCES

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 149

PROVIDED BY **Food Plants International**

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/f5c2519e-1cbf-40f0-b5b4-08c64886c8dd