



PLANT FACT SHEET

Plantago coronopus L.

GENUS *Plantago* FAMILY Plantaginaceae

COMMON NAMES Buck's-horn plantain, Crowfoot plantain, Star-of-the-earth

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Vegetable

The very young shoots are used in tossed salads. They are blanched for a few seconds in boiling water. They are also used in stews.

DESCRIPTION

A low hairy herb. It has a long tap root. It usually grows over 2 years. The leaves grow from the base and spread out. The leaves are highly divided. They are in a ring around the stem. The leaves are green but can turn red with age. The leaves vary in size and shape but are often 4-10 cm long. The flowers are small and occur in large numbers. They form a dense narrow spike. This is 1-8 cm long. It is in a long hairy stalk.

HABITAT

A temperate plant. A common seaside plant. It grows in salt marshes. It grows amongst rocks above the high water mark on shorelines. It also grows on inland salty soils. It suits hardiness zones 6-10. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants self seed if allowed. Young leaves are normally blanched for a few seconds in boiling water before using.

Harvesting and Seed Production

It needs to be picked while young when there is a ring of young leaves but no flower.

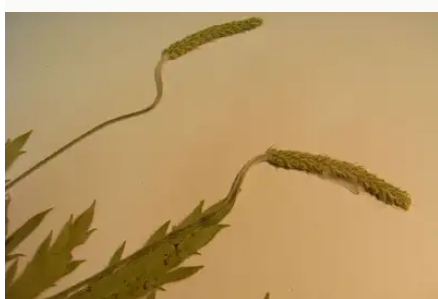
NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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