

Plantain

Plantago major

Plantaginaceae

PLANT PART USED: leaves most commonly used and that's what this plant profile will focus on; seeds are called "Psyllium seeds"; roots are the lesser known part of the plant used

IDENTIFICATION

Broad leaves, prominent veins, "strings" after pulled apart



HELPFUL FOR

Skin irritations such as bug bites, bee/wasp stings, itchy skin

Hemorrhoids

Sore throat

Helps heal injured skin

APPLICATIONS/PRODUCTS

Fresh leaves used as a poultice for skin irritations and hemorrhoids

Fresh leaves infused in oil – use oil on skin irritations or use infused oil to make a salve

Dried and powdered to add to food

Fresh juice of leaves used as a wash on wounds

Leaves are used in salads, very nutritious

FOLKLORE/FUN FACTS

Well known across north America

Metamucil® is made with the seeds of a species of plantain

Some people consider this an annoying weed. Oh my! It has so many benefits ★

Plant Profiles

WITH ERIN LAFAYE

