



BROADLEAF PLANTAIN

Plantago major (plan-TA-go MAY-jor)

PERENNIAL | PLANTAGINACEAE FAMILY

ZONES: 3-12

EXPOSURE: FULL SUN TO PART SHADE

MATURE HEIGHT: 3-4" | SPREAD 12"

BLOOM: GREEN/BROWN | SUMMER



Medicinal



Culinary



Container



HERB & VINE

— healing plants —

Broadleaf Plantain is the perfect plant for non-green thumb gardeners as it's amazingly drought tolerant and easy to grow. In fact, it's so much more than just a weed. Medicinally used to help insect bites, rashes, and poison ivy by soothing and healing to the skin topically. Also used as a poultice to get rid of splinters.

- Culinary: A highly nutritious wild edible high in calcium and vitamins A, C, and K. The young, tender leaves can be eaten raw; add older leaves to stews and soups.
- Therapeutic*: anti-inflammatory, anti-microbial, antioxidant, anti-tumor, astringent, wound healing. Use as a poultice, infused in oil for salve, or as a tea for digestion and cough.
- Its roots work to break up hardpan soil and can help stop erosion. Trim off seed sprouts to prevent spreading by wind.

Caution: MODERATE use only - consuming too much may cause blood pressure to drop.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*

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