

**Classification**

family - PLANTAGINACEAE  
Latin - Plantago major 'Planta' - sole of the foot.  
common - Plantain  
F.N. name - white man's foot print  
Musqueam - frogs leaf

**Did you know...**

There are 45 species of plantain. All edible + medicinal.

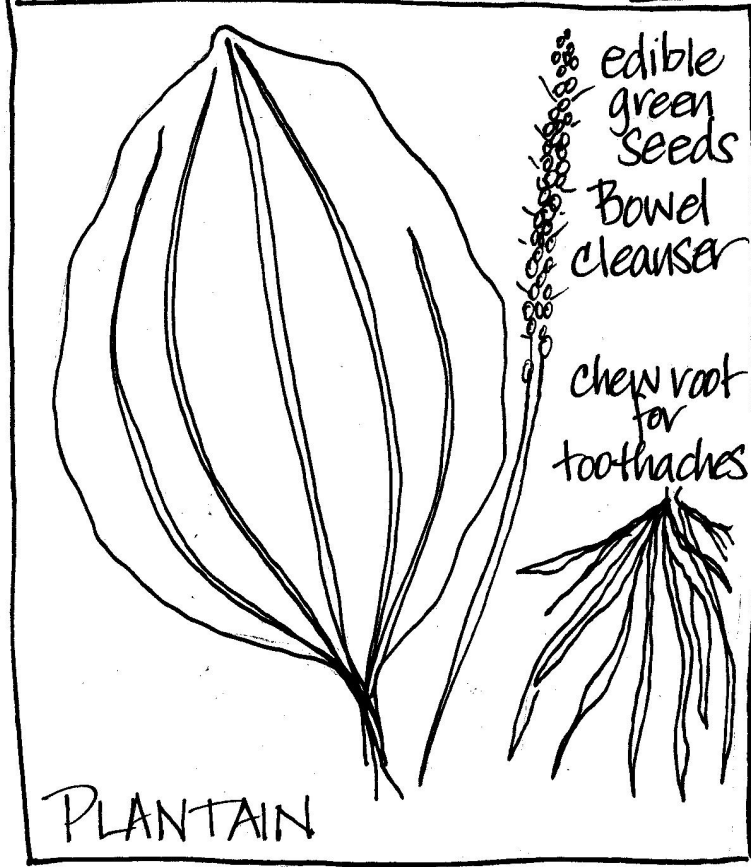
Best medicine for insect bites. To make a spit poultice, chew leaf to break cell walls to release its enzymes, which neutralizes poisons in the insect bite.

The Indigenous people across North America referred to it as a "life medicine" when it first appeared here around the 1500's.

Algonquin - poultice leaf - burns, wounds, contusions.  
Cherokee (U.S.) - pain relief - headaches, gastro-intestinal  
Chippewa - Anti-rheumatism

**growing conditions**  
Can handle abuse of being trampled.  
Grows in cracks  
Prolific in lawns + school fields  
Survival strategy... grows flat.  
It is a master growing in compact soil.  
**Propagation - SEED.**

**HARVESTING**  
LEAF - spring -> fall  
SEED - late summer  
ROOT - anytime



edible green seeds  
Bowel cleanser  
chew root for toothaches

**identification features**  
deep ribbed veins  
strong stringy fibres when ripped  
Used for twine + weaving  
late summer  
long slim stalk with seeds  
**Note**  
There is a narrow leaf plantain same properties

**~ Nutrients ~**

↑ level of protein (seed) note drink lots of H2O  
Calcium  
Iron  
Micro-nutrients  
Vitamin A, C, K  
Potassium

**Benefits**  
regenerates the strength + resiliency of bones, teeth, muscles + organs.

**Food uses**

LEAF - tea, salads, smoothies  
SEEDS - cereal, smoothies.  
**TEA** gentle expectorant for soothing inflammed lungs, chronic bronchitis/coughs.