

PLANTAIN *Plantago major, P. lanceolata*

SEASON: *spring to fall*

FORAGING TIPS

- Grows as a rosette from the ground.
- 5 to 7 long parallel lines running down the leaves.
- Long stems with flower and seed heads.
- The flower stalks are leafless.
- Plantain is naturalized all over North America & easy to find in disturbed soils, lawns & gardens.
- Air dry leaves on paper towels or screens, store in brown paper bags or jars out of sunlight.



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BENEFITS

- Cooling, healing; helpful for inflammation and hot conditions
- Antimicrobial, excellent for 1st aid
- Useful for all ages and can also be used on pets and livestock
- Plantain tea can be used as a mouth rinse for sore teeth/gums.
- Plantain soothes digestive tract when taken internally.



USES FOR THE LEAVES

Plantain Leaf Poultice: Crush, mash, or chew the leaves and apply directly on bug bites, scrapes, cuts, thorns, bee stings, etc.

Plantain Infused Oil: Fill a jar half-way with dried, crumbled plantain leaves. (Optional: stir in a small splash of high proof vodka to extract more components & for a greener oil). Fill jar with oil of your choice. Cap and infuse for 4+ weeks before straining.

Plantain Lip Repair Balm: Melt together 2 oz plantain infused oil, 0.5 oz castor oil, 0.5 oz beeswax, 0.5 oz shea butter. Pour into small tins.

Plantain Lotion Bars: Melt together 1/4 cup plantain infused oil, 1/4 cup shea/mango/other butter, 1/4 cup beeswax. Pour into small silicone candy molds. Cool. Store in small tins & rub over rough, dry hands & feet.

Plantain Infused Vinegar: Fill a jar about 1/2 to 3/4 with fresh leaves, or 1/3 to 1/2 with dried leaves. Add apple cider vinegar almost to the top. Cover with a non-metal lid and infuse for 1 to 2 weeks. Apply directly to chigger and bug bites, or dilute with equal amounts of water and use as a hair rinse for dry or itchy scalp, or to remove buildup.