



PLANTAIN

(P. major, P. lanceolata)

- Tough, fibrous veins
- low growing
- medicinal use for skin ailments + surprisingly - nicotine cravings!
- grow most abundantly in heavily trafficked areas, compacted and/or damp soil
- can be hand pulled or smothered w/ newspaper + mulch mixture
- prefers full sun

Edible? Yes, though b/c of stringiness cooking is recommended.