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.