

PLANTAIN

Nature's Bandage

Plantago major & Plantago lanceolata

A common roadside plant with extraordinary healing powers. Plantain soothes, protects, and supports the body inside and out.



AT A GLANCE

-  **Family:**
Plantaginaceae
-  **Parts Used:**
Leaves, Seeds,
Seed Husks
-  **Energetics:**
Cooling, Moistening,
Mildly Drying (Astringent)
-  **Taste:**
Mildly bitter,
Slightly salty, Grassy
-  **Actions:**
Demulcent, Vulnerary,
Astringent, Anti-inflammatory,
Antimicrobial, Drawing,
Tissue Tonic

BROADLEAF PLANTAIN (*Plantago major*)

- Broad, oval leaves
- Prominent parallel veins
- Low-growing rosette
- Tall flower stalks with dense seed spikes



NARROWLEAF PLANTAIN (*Plantago lanceolata*)

- Long, narrow, lance-shaped leaves
- Distinct parallel veins
- Similar flower spikes
- Often found in meadows and along roadsides








TRADITIONAL USES

TOPICAL

-  Insect bites
-  Bee stings
-  Minor cuts & scrapes
-  Splinters & thorns
-  Poison ivy irritation
-  Mild sunburn
-  Skin irritation

INTERNAL

-  Dry coughs
-  Scratchy throats
-  Digestive irritation
-  Sensitive digestive tissues
-  Urinary tract support



QUICK FIRST AID POULTICE

-  1. Harvest a clean fresh leaf.
-  2. Crush, chew, or bruise thoroughly.
-  3. Apply directly to affected area.
-  4. Replace as needed.

Traditionally used for bites, stings, splinters, and minor skin irritation.


SOOTHING PLANTAIN TEA

A gentle tea for irritated tissues and dry mucous membranes.

INGREDIENTS



DIRECTIONS

 Steep in 2 cups hot water for 15–20 minutes. Strain and sip warm.

TRADITIONALLY USED FOR

- Throat comfort
- Dry coughs
- Digestive soothing
- General tissue support



KEY CONSTITUENTS

- Mucilage
- Allantoin
- Tannins
- Flavonoids
- Aucubin
- Catalpol
- Iridoid Glycosides




HARVESTING TIPS

-  Harvest from clean locations.
-  Avoid treated lawns and roadsides.
-  Gather young, healthy leaves.
-  Dry promptly for long-term storage.



GROWING & HABITAT

 Thrives in disturbed soils, lawns, gardens, paths, fields, and roadsides.

 Perennial
Hardy
Low-growing

Blooms: Spring – Fall

HARVEST CALENDAR (Leaves)

J F M A M J J A S O N D




Best time to harvest leaves is spring through early fall before flowering.



PREPARATIONS

-  • Infusions
- Decoctions
- Tinctures
- Poultices
- Salves
- Capsules

SAFETY

 Plantain is generally considered safe for most individuals when properly identified and used appropriately.

Consult a qualified healthcare professional for serious medical conditions, infections, allergic reactions, or concerns regarding herbal use.



One of the most overlooked medicinal plants in North America. Often dismissed as a weed, yet treasured for centuries as a versatile first-aid herb and soothing ally for irritated tissues throughout the body.



Observe. Respect. Harvest sustainably.