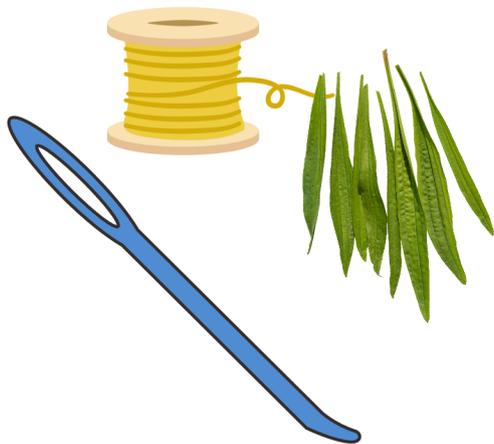




Herby Lab: Processing Plantain for drying

1. Forage for plantain

Forage for plantain. Watch the plantain video if you are unsure or use the Plantain Plant page. Ribwort or narrow leaf plantain works best for this! Remember Rorrin's Foraging Code! Pick a good sized bunch



2. Sew the leaves!

Use a plastic needle and some jewellery string or thread. Thread the needle and carefully push it through each leaf so the leaves are on the string. Keep going until you have sewn all the leaves you foraged.

3. Hang it up to dry

Once you have enough plantain leaves on your string, tie the two ends of string together to make a loop and hang your leaves up somewhere dry and dark so they get nice and crispy. We will use them to make wound powder and for plantain tea soon..

