

# PLANTAIN



## NUTRIENTS

**FIBRE, VITAMINS A, C, AND  
B-6, AND THE MINERALS  
MAGNESIUM AND POTASSIUM**

**SCIENTIFIC NAME  
PLANTAGO LANCEOLATA  
PLANTAGO MAJOR  
NICKNAMES**

**WAYBREAD, SNAKEWEED, SOLDIERS, KEMPS,  
FIRELEAVES, WHITE MAN'S FOOT**

## WHERE YOU FIND IT

**YOU CAN FIND PLANTAIN IN  
FIELDS, AT THE SIDES OF THE  
ROAD AND IN MOST GREEN AREAS**

## MEDICINE

Plantain is good at helping cuts, infections, stings and splinters. You can chew it up and put the chewed up leaf on your cut or splinter or make a plantain salve

Plantain can also help when you have a cough or bad chest or an upset tummy. You can make a tea with the leaves  
The seeds keep your arteries healthy as well

## MAGIC

Plantain is used to keep snakes away, for protecting children and your home and to make magic stronger. People used to put plantain leaves in their shoes when they travelled for protection