

English Plantain

(Plantago lanceolata)

There are over 30 different types of Plantain in the US, with English Plantain being the most common and found in every state in the US. It also produces more pollen per plant than the other Plantains. English Plantain is found in disturbed areas such as vacant lots, cracked pavement, grassy paths and along roadsides. It is also a common weed found in lawns and resists mowing and foot traffic.

The English Plantain flower consists of a very dense stalk free of any leaves. The small white flowers bloom from the tip and then down to the bottom of the flower stalk. English Plantain re-seeds itself and spreads readily. The pollinating occurs over a period of several months, from late Spring into the Fall.

English Plantain has been a documented cause of allergic rhinitis, allergic conjunctivitis and asthma.

