

English Plantain, Broad Leaf Plantain

Family: Plantaginaceae
Genus: Plantago
Species: lanceolata, major

Common Names: English Plantain
 Ribwort Plantain
 Narrow-leaf Plantain
 Buckhorn Plantain
 Buck Plantain

Common Plantain
 Great Plantain
 Broad-leaf Plantain
 Round-leaf Plantain
 Birdseed Plantain

Pollen Grains: Spheroidal, 25 to 40 microns in diameter.
 7 to 14 circular germ pores with a thickened rim. No furrows. Exine rough granular.

Spheroidal, 10 to 21 microns in diameter.
 4 to 6 irregularly shaped germ pores with no thickened rim. Exine coarsely granular and mottled.

Pollenating Period: From April on through the summer.

From April throughout most of the summer.

Distribution: Throughout the United States.

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Allergic Importance: **Important cause of hay fever but does not compare with the grasses with which it is seasonally associated.**

Produces little pollen, so is generally considered a very minor hay fever factor.

English Plantain is a perennial herb 12 to 28 inches tall. The leaves, 3 to 8 inches long are oblong-lanceolate narrowing at the base into a slender petiole, strongly 3 to 5 ribbed. Leaves are erect or spreading from a dense basal cluster. The flowers are crowded on a short spike 3/4 to 3 inches long. The naked flower stem is slender, grooved and angular. English Plantain is a common lawn weed. It is found in moist agricultural land and waste places.

Common Plantain is a perennial herb 6 to 18 inches tall. The leaves form a basal rosette, are usually round-ovate 5 to 8 inches long with broad petioles of about equal length. The inflorescence is an elongated cylindrical spike of small perfect flowers borne on a narrow, naked stem. This species is commonly found in moist fields and waste places.