

Plantain, White Mans Foot Print, Greater

Plantain

Family	Plantaginaceae
Botanical	Plantago species
Parts Used	Leaves or aerial parts
USDA Hardiness	3A - 9B
Light	Sun to Light Shade
Soil	Any
Duration	Perennial



Propagation	Soil pH requirements: 6.6 (neutral) to 9.0 (strongly alkaline).
Water	As needed
Growing	Grows in any soil and will thrive in sun or shade. Over 200 varieties.

Medicinal Uses Diuretic, antiseptic, astrigent, aperient, alterative, anti-inflammatory and mucilaginous.

Benefits Taken internally, its demulcent action helps to heal urinary tract and respiratory infections, hepatitis and dysentery.

Preparation Infusion, tincture with leaves. Poultice with fresh masticated leaves for stings, bites, cuts and scrapes. It will also draw out splinters and bee stings.

Violet and Plantain Infused Oil:

Step 1: Gather approximately 2 cups violet leaves and flowers and plantain leaves (either the narrow or wide leafed varieties).

Step 2: Try to clean off the leaves as much as possible without washing them. If they must be washed, do so, but be sure that the leaves are thoroughly wilted and absent of all moisture before adding the oil. Wetness will make mold. Putting the oven on the lowest possible heat, arrange the herbs on a tray, preferably with the oven door open, and allow the leaves to wilt until you are sure no moisture remains. You are not diminishing the healing power of the herbs but rather, just removing more of the water content.

Step 3: Put the wilted leaves into a clean, very dry glass mason jar, or similar container, and fill to the top if possible. Then add the oil of choice (olive, grape seed, sweet almond, sunflower and safflower all work well) until you have filled the jar. Stir with a long spoon or chopstick until all bubbles have risen to the surface. Add a bit of Rosemary Essential Oil to prevent oil rancidity and further protect the oils. Just remember that water causes mold, so the drier your herbs and containers are, the more protected your oil is. Place some wax paper over the top of the container and then cap with a canning lid. Be aware that the oils may 'weep' while it steeps, so you may want to put a saucer under the jar.

Step 4: Place jar in a cool, dark place. Occasionally turn the jar upside down and then right side up to move the oil through the herbs and to try to keep all parts of the herbs covered with oil. Feel free to open it up and check on the herbs. If you see leaves poking through where there is some mold growth, remove the leaves and discard. If mold grows throughout the oil, you'll have to toss the whole batch, as there is no saving the oil, even if it is heated. Steep 2-6 weeks.

Step 5: After 2-6 weeks, strain out the herbs using a cheesecloth and pour the infused oil into a clean,

Fines Herbes

dry jar for storage. A dark glass container is best. You can keep this in the refrigerator for better storage or just store in a cool, dark place.

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Culinary Uses Very tasty in salads in early spring, and cooked or in stews later in the season and throughout summer. Makes a great pot herb as well, high in nutrients.

Plantain Herb, Egg and Bacon Frittata

Ingredients:

12 Plantain leaves

3 large eggs

1/2 onion (diced)

1/4 red/yellow pepper/capsicum (diced)

1/2 tomato (diced)

salt and pepper

4 bacon (slices, chopped.)

Directions:

Stack plantain leaves and roll into a cigar. Using a sharp knife at one end, slice into ribbons about 1/8 inch wide.

In a cast iron pan on medium heat, add the bacon and allow to become crispy.

Add the plantain leaves, onions and peppers and stir fry about 3-4 minutes. Break the eggs into a bowl, add the salt and pepper and tomatoes.

Pour into the frying pan and cook on medium heat until the edges of the egg has started to cook. Then transfer to the oven and cook for 15-20 minutes on 400 degrees or until the egg is a nice golden brown.



Historical Facts

The Ancient Persians and the Ancient Arabians used this herb for dysentery. They also favored it for use with all stomach and intestinal problems.

Alexander the Great (356 B.C.-323 B.C.) used plantain to cure his headaches. Pedanius Dioscorides, (40 BC-90BC), was a Greek born in what is today Turkey but at his time it was part of the Roman Empire. He studied medicine in Egypt and was a physician in the Roman Army. He used plantain for its soothing, cooling, healing and softening properties.

To save someone bitten by a mad dog, Pliny the Roman (23 A.D.-79 A.D.) would use plantain.

In ancient India when the mongoose fought against a cobra, it was noticed that if bitten, the mongoose would use plantain to neutralize the venom.

Additional Tips

Nutrition Facts

Plantain is very high in beta carotene (A) and calcium. It also provides ascorbic acid (C), and vitamin K. Rich in vitamin B1 and riboflavin.