

# ENGLISH PLANTAIN

*Plantago lanceolata*

- FAMILY:** Plantaginaceae
- GENUS:** Plantago
- SPECIES:** lanceolata
- COMMON NAMES:** English Plantain, Ribwort Plantain, Narrow-leaved Plantain, Buckhorn Plantain, Buck 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.
- POLLINATING PERIOD:** From April on through the summer. Heaviest in May and June.
- DISTRIBUTION:** Throughout the United States.
- ALLERGIC IMPORTANCE:** Important cause of hayfever but does not compare with the grasses with which it is seasonally associated.

*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  $\frac{3}{4}$  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.*



*Plantago lanceolata*  
(English Plantain)