

## Ribwort Plantain



**Ribwort Plantain (*Plantago lanceolata*) is a short rosette forming herb with ribbed leaves. Stubby brown flower heads with white anthers are borne on plain, unbranched and leafless stalks. Flower stalks are produced throughout the summer.**

**Ribwort Plantain is widespread on natural and semi-natural grassland in Britain. It is found in pastures, lawns, sea cliffs and sand dunes. Ribwort has highly palatable leaves and seeds provide valuable food for grazing stock and wildlife.**

**Sowing Time: Autumn**

