



Plantago major - broad leaf

Plantago lanceolata - narrow leaf

Family: *Plantaginaceae* - plantain

Parts Used: Leaves

Plantain has over 200 different species in its family, but the most common species found in North America are the two listed above. This is one of my favorite herbs because it can be used safely with babies, children, adults, pregnant and nursing mothers as well as animals. Everyone can benefit from this herb! Known as a common yard weed you can probably find it in your yard or neighborhood.

Energetics: cooling, moistening, soothing

Systems Affected: Skin, blood, lungs, urinary, digestive

Properties:

Alterative, analgesic, anodyne, antibacterial, anti-inflammatory, antiseptic, anthelmintic, antispasmodic, antivenomous, aperient, astringent, expectorant, decongestant, demulcent, deobstruent, diuretic, febrifuge, hemostatic, kidney tonic, ophthalmic, mucilaginous, nutritive, refrigerant, restorative, vulnerary, laxative, mucilaginous, styptic, tonic.

Medicinal Uses:

- Draws toxins from the body.
- Cools and soothes all types of inflammation both external and internal.
- Removes splinters and slivers. (soak in hot tea for 20-30 minutes)
- Sting and bites from bugs, creatures, and other plants. (poultice)
- First aid: cuts, abrasions, bruises, wounds, burns, bleeding, etc. (can be used on animals also)
- Skin eruptions: boils, goiters, acne, rashes, disorders, etc.
- Eczema, psoriasis, rashes – including poison ivy.
- Stimulates new cell growth.
- Respiratory: bronchitis, coughs, chest congestion, colds, asthma, anything lung related.
- Sore throat, dry itchy throat, laryngitis, coughs of all types, mouth sores, etc.
- Athletes foot, ringworm, or other skin fungus (soak in tea then apply poultice).
- Infections: skin, lung, intestine, urinary tract, mouth, eye, etc.
- Eye infection, inflammation, soreness and sties (poultice or compress over closed eyes).
- Toothache and sore, inflamed gums.
- Stops bleeding (poultice -*First Aid Powder p. 106*).
- Hemorrhaging, stomach ulcers, and internal sores.



Annie's Place

- Can be used to slow the flow of heavy menstrual cycles, venereal issues.
- Hemorrhoids (enema)
- Boosts immune system.
- Blood cleansing and detoxing, enriches blood, gangrene. (poultice external – tea internal)
- Kidney, liver, stomach, and bladder problems – cleanses intestinal tract.
- Bed wetting and urinary conditions.
- Digestive complaints: diarrhea, constipation, indigestion, etc.
- Gut balancing, including leaky gut, IBS, and other intestinal issues, (*Gut Soother Blend p. 15*).
- Parasites in both humans and animals.
- Seasonal allergies and allergic reactions.
- Nutrient dense-power food – great for emergencies.

Methods of Use:

For best results take internally as well as applying externally. Fresh is always best when possible.

- Poultice/Compress
- Tea
- Bath, foot bath, wash, gargle
- Juice (extracted with a juicer)
- Tincture, Liniment
- Honey, Syrup (respiratory issues)
- Herbal Oil
- Salve, Ointments, Balm
- Powder, Capsules, Pills, Sprinkle
- Food: add to smoothies, salads, juicing, and sprinkling away,

Wild Crafting/Harvesting:

A common “weed” found on pathways, lawns, gravel, fields, and disturbed areas. Can be easily identified by the parallel lines running up and down the broad leaf or lance leaf. When picked it has stretchy strands. Flowers are found on elongated spikes and bloom from April to September.

- Leaves can be harvested anytime by picking or cutting as needed. Cut the entire plant down before flowering to dry for future use or process in one of the methods above. It will continue to produce more leaves for continual harvesting.
- Dry as fast as possible to prevent leaves from turning black. Oven dry with the light on or warm setting (below 170), until crisp. Discard any black material, it has lost its viability.