

Broad-Leaved Plantain, Frog Leaves

Plantain leaves of the are excellent for healing cuts, sores and boils. Applied directly to the wound, they will draw the infection out. It is one of the most abundant and widely distributed medicinal crops in the world. A poultice of the leaves can be applied to wounds, stings, and sores in order to facilitate healing and prevent infection. The active chemical constituents are aucubin (an anti-microbial agent), allantoin (which stimulates cellular growth and tissue regeneration), and mucilage (which reduces pain and discomfort). Plantain has astringent properties, and a tea made from the leaves can be ingested to treat diarrhea and soothe raw internal membranes.



Plantain has a nutritional profile similar to dandelion — that is, loaded with iron and other important vitamins and minerals. The leaves are tastiest when small and tender, usually in the spring. Bigger leaves are edible but bitter and fibrous.

The shoots of the broadleaf plantain, when green and tender and no longer than about four inches, can be described as a poor-man's fiddlehead, with a nutty, asparagus-like taste. Pan-fry in olive oil for just a few seconds to bring out this taste.



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