



Plantain

Flavor & Common Uses

MILD • EARTHY • SOOTHING



Plantain is a mild, earthy herb with a gentle green flavor and a soft, slightly grassy finish. It is valued less for bold taste and more for its traditional soothing uses in herbal wellness and skin-care preparations.

FLAVOR PROFILE



Plantain has a very mild flavor with subtle earthy, leafy, and slightly grassy notes. It blends easily with other herbs in teas and infusions and is gentle enough for simple homemade preparations.

SIMPLE USES

- Use dried leaves in tea blends
- Infuse in oil for homemade salves
- Add to compresses or poultices
- Blend into skin-care recipes
- Pair with gentle soothing herbs



Plantain is a humble herb with gentle flavor and a long tradition of soothing everyday herbal care.

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COMMON USES



1. HERBAL TEA —

Steep dried or fresh leaves for a mild, soothing infusion.



2. INFUSED OIL —

Commonly infused in carrier oils for salves and body-care products.



3. SALVES & BALMS —

Often used in skin-soothing herbal preparations.



4. POULTICES —

Fresh leaves are traditionally crushed and applied externally.



5. BATH & BODY CARE —

Added to herbal soaks, lotions, and natural body products.



6. WELLNESS BLENDS —

Paired with herbs like calendula, chamomile, or comfrey in herbal blends.



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