



Image Credit: Sydney Ned & Leilani Diablo

Plantain- Nature's Bandaid

During Temqw'iles or springtime, humans like to get outside and enjoy nature. When we are outside, sometimes we get a reminder that we are not the only ones who make our homes on the land. We might get a mosquito bite, or a scrape on our knee, or even poked by the Stinging Nettle. When this happens, we need a bandaid or something to make us feel better. Plantain does just that! Plantain leaves are edible and when they are bruised or crushed they can be put over bug bites or scrapes to help us feel better. That is how Plantain got the nickname of Nature's Bandaid. Plantain can be found all over Stó:lō Territory. Practice saying Plantain in Halq'eméylem [here](#). Check out this [video](#) from Carol Peters on harvesting and making a salve.



PLANTAIN

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BROAD LEAF ALSO CALLED FROG LEAF



Frog Leaf Plantain

Sometimes Plantain is called frog leaf because its big broad leaves look like a frog's back. Can you see it?

NARROW LEAF ALSO CALLED GOOSE TONGUE



Narrow Leaf Plantain

Another variety of Plantain is Narrow Leaf Plantain. This Plantain has been nicknamed Nature's Bandaid. Can you see it? Narrow leaf can be used in the same way as Frog Leaf.

SEEDS THAT STICK



Your feet can plant!

Plantain can produce up to 20,000 seeds! The seeds contain a sticky residue called mucilage. This residue makes the seeds stick to our shoes, so humans and animals plant and transport them when we step on them.

ISN'T PLANTAIN A KIND OF BANANA?



Same spelling different plant

Plantains (like the picture above) come from the Musaceae family and their scientific name is *Musa paradisiaca*. Frog Leaf Plantain's scientific name is *Plantago Major*. This name comes from the Latin word *planta* which means "sole of the foot."

ISN'T PLANTAIN A WEED?



What gives a plant value?

A weed is a plant that is not valued where it's growing. Plantain is dependable and reliable for healing. Coast Salish Elder Delores Louie said, "The plantain grows everywhere. You just go outside your house and it's there. When you put it on cuts, it's like the cut gets sewn up." Do Plantain's characteristics and healing properties give it value? What do you think?

REMEMBER TO HARVEST WITH CARE



Remember the words of our Elders

Harvesting is a communal activity, make sure you harvest with a friend. And even though Plantain is all around, it is important to only harvest what we need and leave the rest for the birds and other animals that rely on plants.

PLANTAIN

TEMQW'ILES: SPRING TIME

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