

## English Plantain

<b>Genus/species</b>	<i>Plantago lanceolata</i>	
<b>Family</b>	Plantaginaceae	
<b>Distribution</b>	<b>Most of United States</b>	Possibly lacking from some areas of the southcentral US, including S Texas; introduced from Eurasia

**Comments** This is a common weed of lawns and roadsides. The flowers are borne on heads (well-known to children as natural “bullets”!) whose supporting stalks protrude from the mass of swordlike leaves having distinct longitudinal veins. Blooming takes place throughout the growing season. The rather conspicuous stamens that ring the seed heads produce allergenic pollen that is sometimes collected by bumble bees that bounce from one seed head to another. However, this pollen becomes sufficiently airborne to result in allergy.

