

Plantain

Latin name:

Plantago lanceolata, *P. media*, *P. major*, *P. indica*, *P. coronopus*, *P. alpina*, *P. maritima* ...

Description:

The leaves of this small herb are in most species arranged in a rosette directly on the soil. The inflorescences are placed on a long stalk without leaves, revealing long stamina. Pollen counts are usually not very high.

Start of the season:

The season lasts from May to September without prominent peak season. In the Mediterranean the season can be considered lasting throughout the year.

Allergenicity:

low to ?? moderate

Crossreactions:

There are no noticeable crossreactions known.