

Antennaria plantaginifolia

[Synonyms : *Antennaria caroliniana*, *Antennaria decipiens*, *Antennaria denikeana*, *Antennaria nemoralis*, *Antennaria petiolata*, *Antennaria pinetorum*, *Antennaria plantaginae*, *Antennaria plantaginifolia* var. *petiolata*, *Gnaphalium dioicum* var. *plantaginifolium*, *Gnaphalium plantagineum*, *Gnaphalium plantaginifolia*]

PLANTAIN-LEAVED EVERLASTING is a perennial. Native to North America it has small white flower heads framed by white papery leaf-like bracts that are pink-tinged beneath. It is also known as Cat's foot, Cat's paws, Cudweed, Dog's foot, Dog's toes, Dwarf everlasting, Early everlasting, Everlasting, Four-toes, Indian tobacco, Ladies' chewing tobacco, Ladies' tobacco, Love's test, Mouse-ear everlasting, Mouse-ear plantain, Mouse's ear, Pearly everlasting, Pincushions, Plantain-leaved mouse-ear, Plantain-leaved pussytoes, Plantain life everlasting, Poverty weed, Pussy's toes, Splinterweed, Spring everlasting, White plantain, and Woman's tobacco.

The flowers are pollinated by bees and flies.

Plantaginifolia is made up of the genus name *Plantago* and Latin *-folia* (leaved) components meaning 'with leaves like those of plantain (*Plantago major*)'.

A plant infusion was used by the North American Cherokee Indians to treat some bowel disorders and period problems. The Meskwaki used the leaves during childbirth, and the Iroquois prescribed a root infusion as a remedy for some venereal diseases.

Medicinally, local herbalists used flowers and leaves to treat fluid retention, diarrhoea, dysentery and respiratory problems and the flowers were an ingredient in a soothing throat syrup. The plant also acquired some reputation as an antidote for poisonous bites.