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Plantago alpina

ALPINE PLANTAIN is a perennial. Native to the European Alps it has many small yellowish-brown flowers.

It is also known as *Adelgras* (German), *Alpenwegerich* (German), *Jitrocel alpínský* (Czech), *Plantain des Alpes* (French), and *Skorocel* (Slovak).

Alpina means 'alpine' ie. found above the tree line.

Locally alpine plantain has been used as a fodder plant but today some authorities suggest that it is primarily used for medicinal purposes.