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Plantago maritima

[Synonyms : *Plantago decipiens*]

SEA PLANTAIN is a perennial. Native to Europe and Russia it has brownish-green flowers with pale yellow stamens.

It is also known as Alkali plantain, *Ancelée d'falaise* (Channel Islander-Jersey Norman-French), Buck horn, Gibbals, Goose tongue, *Gulkämpar* (Swedish), *Jitrocel přímořský* (Czech), *Llwynhidydd Arfor* (Welsh), Maritime plantain, Sea kemp, Sea plantago, Seaside plantain, Sheep's herb, *Skorocel* (Slovak), *Strand-Wegerich* (German), and *Sutt* (Swedish).

Maritima is Latin (of the sea) meaning 'coastal, or of the sea or seaside'.

As one of its common names implies the plant (like ribwort plantain, *Plantago lanceolata*) is enjoyed by sheep.

Locally the leaves have been used in salads, cooked as a vegetable and even pickled like rock samphire (*Crithmum maritimum*).