



SPITZWEGERICH

Ribwort Plantain



DISTRIBUTION

- native to Europe, Asia and North America
- prefers meadows, roadsides, and fields
- widespread in temperate climates worldwide
- common in Germany and Central Europe

GROWING & HARVESTING INFORMATION

- prefers sunny to semi-shady locations
- thrives in nutrient-rich, well-drained soils
- sow in spring or autumn
- harvest leaves from May to September
- flower spikes appear from June onward



KEY CHARACTERISTICS

- lance-shaped leaves in a rosette pattern
- leaves have prominent parallel veins
- flower spikes grow on long upright stems
- height: 20–50 cm
- perennial and cold-hardy
- has anti-inflammatory and soothing properties
- attracts bees and pollinators



NICE TO KNOW

- Used in folk medicine for coughs and insect bites
- Leaves are edible and can be eaten raw in salads



RIBWORT PLANTAIN TINCTURE



INGREDIENT LIST

ribwort plantain

apple vinegar

glass



PREPARATION STEPS

- first you need to cut ribwort plantain into small pieces
- then you need to put everything in a glass
- after that you need to put the apple cider vinegar in the glass until the plant is fully covered
- now you need to wait four weeks
- after that, you can separate the ribwort plantain from the vinegar



POSSIBLE APPLICATION

- A teaspoon to fight colds