



## Boston PLANTAIN

*Plantago lanceolata*

### Purpose & Fit

Boston Plantain is high in vitamins, trace minerals, antioxidants, and anti-inflammatories giving it an edge over many other traditionally planted forage species. Boston Plantain contains high amounts of calcium, magnesium, sodium, phosphorus, zinc, copper, selenium, potassium, calcium, sulfur, and cobalt. Retention of these minerals by grazing animals is more elevated than retention rates of animals grazing other species. Both the taproot and a fibrous root system of Boston Plantain will allow it to compete in many different environments, including those with heavy clay soils. Via chemical secretion, Boston Plantain, is both a slug and snail deterrent. Once established, the Boston plantain will provide a consistent source of forage high in protein throughout the year.

### Growth Pattern

Boston plantain is a stemless plant with a thick rhizome and fibrous roots.

### Climate & Soil

Drought and heat tolerant, Boston Plantain will grow in soils suited to ryegrass and white clover. Plantain is common under low fertility conditions, especially on grounds low in phosphorus or potassium. Boston Plantain will not withstand saline or swampy soils.

### Planting

Broadcast seeding, no-tilling, or conventional drilling are all options for sowing Boston Plantain.

### Grazing

Plantain as a monoculture is palatable to cattle but is more appealing when mixed with grasses and legumes. Grazing can begin when the leaf tears before the plants pull out of the ground. Highly palatable, Boston Plantain risks selective grazing ahead of most legumes and grasses.

### Quick Data

Seeds/LB:  
249,000

Optimum Growth Range:  
50°F - 80°F

Seeding Depth:  
0.50" Depth

Min Time To Emergence:  
7 - 14 days

Planting Rate (Monoculture):  
8 Lb/A - 10 Lb/A

Tons of Dry Matter an Acre:  
4+