

☀️ *Plantago asiatica* L. ☀️
Family: Plantaginaceae

A common roadside plant with attractive broad leaves, the species is popular among the peoples of north-east Indian states. The culinary culture is well established in Nagaland, Manipur, Arunachal Pradesh and Assam. The boiled stem and leaves are taken directly or with rice and other vegetables. In Nagaland, leaves are cooked with rice to prepare *Gapa Galho*. In Manipur, the leaves are cooked as *Eromba* or with other vegetables.



Photo: Thingnam Gijja/Flowers of India

