

Plantain Recipes

Take 6 to 8 medium sized plantain leaves. Cut the leaves into smaller pieces. Boil 12 oz. of water, put in leaves and simmer for 15 minutes. Strain and serve plain or with a teaspoon of raw honey.

For wounds, crush plantain leaf and apply to affected area and affix leaves with gauze and tape.

For salve, take a dozen large plantain leaves and cut into smaller pieces. Add the leaves to one quart of olive oil, then put in double boiler. Simmer for 20 to 30 minutes or until leaves are spent. Then strain leaves, put back into double boiler. Simmer again while adding bees wax. 2 to 4 oz. should cover this but you can add till desired hardness. You can take a teaspoon and put it in freezer for a few minutes to test hardness. Afterwards, pour into a small container for use. I like to keep my salves in the fridge or freezer till needed.



Recipes by Glenn Cronick