



# Plantain

## Cultivars list

### Products

Plantain (*Plantago lanceolata*) has branched, deep roots and good drought tolerance. It is usually sown with grasses and legumes, but can be oversown onto thin pastures in spring. Cultivars vary widely in their winter growth, from active to dormant types.

Plantain can improve animal intake in dry summer months when grass quality is low. But in autumn plantain can be less palatable.

Plantain in the diet has been shown to increase animal water intake, dilute urine and so reduce nitrogen leaching compared to a diploid perennial ryegrass diet. While plantain provides a nitrogen mitigation advantage over diploid perennial ryegrass, this should be balanced against its poorer persistence, increased resowing (with associated higher GHG emissions), poorer winter growth and lower water-use efficiency.

A review of plantain<sup>1</sup> suggests other species, such as tetraploid hybrid ryegrass, could reduce the farm footprint more than plantain.

### Winter active types

#### Barenbrug plantain cultivar

##### **Captain CSP**

A high yielding plantain with superior cool season growth, and excellent summer yield and drought tolerance too. Has properties to reduce N leaching.

##### **Ceres AgriTonic**

Good cool season growth and drymatter production. *AgriTonic* has an upright growth habit and higher leaf density.

## *Ecotain*

The only environmentally functional plantain brand accepted by OverseerFM. Improves feed supply during summer and autumn.

Less winter-active types

## *RGT Oasis*

Oasis is a mid-flowering plantain variety.

## *Oracle*

A broad leafed plantain, with strong year-round production. Good cool season growth for a late heading type.