PLANT FACT SHEET

Symphytum bulbosum K. F. Schimp.

GENUS *Symphytum* **FAMILY** Boraginaceae

COMMON NAMES Bulbous comfrey

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves and shoots are boiled in mixtures of vegetables.

DESCRIPTION

A herb. It grows from 15 to 50 cm tall. The flowers are pale yellow.

HABITAT

It is a Mediterranean climate plant. It grows from sea level to 1,000 m above sea level.

REFERENCES

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Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/54266d2f-25fa-498b-a44b-d8d38d340067