PLANT FACT SHEET

Symphytum asperum Lepech.

GENUS *Symphytum* **FAMILY** Boraginaceae

COMMON NAMES Prickly Comfrey

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A bush. It grows 1.2-1.5 m high and spreads 1.5-2 m wide. The leaves are oval and have bristles. The leaves are 25 cm long. The flowers are tube shaped and 18 mm long. The start pink but turn blue.

HABITAT

It is a temperate plant. It suits hardiness zones 5-10.

NOTES

There are about 25-35 Symphytum species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/72f13b45-103a-4f3b-86a6-c478648dc0ce