PLANT FACT SHEET

Symphytum grandiflorum DC.

GENUS *Symphytum* **FAMILY** Boraginaceae

COMMON NAMES Dwarf comfrey

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

DESCRIPTION

A herb. It grows 40 cm tall.

HABITAT

It is a temperate plant. It suits hardiness zones 3-9.

REFERENCES

Bussman, R. W., et al, 2021, Unity in diversity–food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 7

Jackes, D. A., 2007, Edible Forest Gardens

Luczaj, L. et al, 2017, Comfrey and Buttercup Eaters: Wild Vegetables of the Imereti Region in Western Georgia, Caucasus. Economic Botany, 71(2), 2017, pp. 188–193

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8284861e-1acd-49f4-aa10-e27c1363bc38