PLANT FACT SHEET

Symphytum kurdicum Boiss. & Hausskn.

GENUS *Symphytum* **FAMILY** Boraginaceae

COMMON NAMES Kurdish comfrey

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Dogan, Y., et al, 2015, Of the importance of a leaf: the ethnobotany of sarma in Turkey and the Balkans. Journal of Ethnobiology and Ethnomedicine, 11:56

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8c1f4895-5923-42f7-b08e-72e32f643388