PLANT FACT SHEET

Pulmonaria obscura L.

GENUS *Pulmonaria* **FAMILY** Boraginaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers - nectar

The leaves are boiled and used as a potherb.
The flower nectar is eaten fresh and also made into a herbal tea.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Łukasz Łuczaj and Wojciech M Szymański, 2007, Wild vascular plants gathered for consumption in the Polish countryside: a review. J Ethnobiol Ethnomedicine. 3: 17

Luczaj, L. et al, 2013, Wild edible plants of Belarus: from Rostakinski's questionnaire of 1883 to the present. Journal of Ethnobiology and Ethnomedicine 9:21

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/beff5867-be5c-4027-84e8-9a0c793b3680