PLANT FACT SHEET

Symphytum tuberosum L.

GENUS *Symphytum* **FAMILY** Boraginaceae

COMMON NAMES Tuberous comfrey

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The leaves are used in vegetable soups.
The roots are roasted then ground and used as a coffee substitute.

DESCRIPTION

A herb. It grows 45-60 cm high and spreads 90-100 cm wide. It forms tubers and keeps growing from year to year. The stems are hairy. The leaves are 25 cm long. The flowers are pale yellow and droop. Long green sepals cover half of the flower.

HABITAT

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c0a9e3f3-4472-4031-8bdd-eb5fcc1ff920