PLANT FACT SHEET

# *Symphytum x uplandicum* Nyman

**GENUS** *Symphytum* **FAMILY** Boraginaceae

**COMMON NAMES** Comfrey, Russian Comfrey

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Vegetable

The young leaves are used cooked. They are also used in soups and can be liquidized and used as a drink.
The dried leaves are used for tea. They are best dried quickly to give a good flavour.
The dried leaves are also ground into a powder and used in gravies, soups and stews.

## DESCRIPTION

A herb. It grows 1.8 m high and spreads 1.2 m wide. It has thick rhizomes. It has bristles. The flowers are red-purple. They occur in large clusters. It is a natural hybrid.

## HABITAT

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

## NOTES

There are about 25 Symphytum species.

## PICTURES




Credit: Food Plants International (Bruce French)

## REFERENCES


Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 491

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 52

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 295

http://www.botanic-gardens-ljubljana.com/en/plants

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

Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Syll. fl. Eur. 80. 1855

Tasmanian Herbarium Vascular Plants list p 16

http://cookislands.bishopmuseum.org



**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/c775eafd-ec30-4ef0-a9c3-3ce5dd9d45d8