PLANT FACT SHEET

Pulmonaria officinalis L.

GENUS *Pulmonaria* **FAMILY** Boraginaceae

COMMON NAMES Lungwort, Jerusalem Cowslip, Jerusalem sage, Soldiers and sailors, Spotted dog

EDIBLE PARTS AND USES

Edible parts: Leaves, flower - nectar, Flowers - sucked

The young leaves near the base are used for salads or boiled as potherbs or added to soups and stews.
An extract of the herb is used to flavour vermouth.
The flowers are sucked for their nectar.

DESCRIPTION

A perennial herb. It grows 25-30 cm high and 30-45 cm wide. The leaves are heart-shaped and spotted. They are 15 cm long. The flowers change from pink to violet then blue.

HABITAT

It is a temperate plant. It will grow in most soils. It needs a protected and partly shady position. It is frost hardy. It is sensitive to drought. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

It can be grown by seed or by division.

NOTES

There are about 14 Pulmonaria species.
Contains flavonoids, ascorbic and silicic acid, saponins, tannins, carotene, allantoin, rutin and mucous membranes. The plant also contains unsaturated pyrrolizidine alkaloids.

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