



PLANT FACT SHEET

Phlomis tuberosa L.

GENUS *Phlomis* **FAMILY** Lamiaceae

COMMON NAMES Tuberous Jerusalem Sage, Tuberous phlomis, Tuberous sage

EDIBLE PARTS AND USES

Edible parts: Root

The roots are eaten cooked.

DESCRIPTION

A herb which keeps growing from year to year. It is tall and hairy. It grows 0.9-1.8 m high. The root has small tubers. The leaves are oval or heart shaped and scalloped along the edge. They can be 25 cm long. There are 14-40 flowers in a flower spike 30 cm long. The flowers are purple or pink.

HABITAT

It is a temperate plant. It grows in wet grasslands and valleys between 1,200-2,100 m above sea level. It suits hardiness zones 6-10.

PRODUCTION

Cultivation

It can be grown from seed, cuttings, division or tubers.

NOTES

There are about 100 *Phlomis* species.

PICTURES



Credit: Food Plants International (Bruce French)

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