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*Petasites albus*

[Synonyms : *Tussilago alba*]

**WHITE BUTTERBUR** is a perennial. Native from northern and central Europe to western Asia, it has large, dense rounded small, fragrant, whitish or yellowish-white flowers before the leaves.

It is also known as Butterbur, *Devětsil bílý* (Czech), *Hvid hestehov* (Danish), *Vitskråp* (Swedish), *Weisse Pestwurz* (German), and *Wit Hoefblad* (Dutch).

This perennial can be invasive.

*Albus* means 'white'.

The fleshy leafstalks have been eaten like asparagus (*Asparagus officinalis*) and the flower buds have been used in Japanese cooking – their combined flavour is synonymous with Spring for many Japanese.

Some records suggest that in times past countryfolk have used the large leaves as a head covering.

Medicinally, local herbalists have applied poultices of finely chopped underground stems to slow-healing external wounds or ulcers (for which also homeopaths have used the root). Leaf infusions have also been recommended for easing coughs.