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Pulmonaria rubra

[Synonyms : *Pulmonaria montana*]

CHRISTMAS COWSLIP is an evergreen perennial. Native to eastern Europe it has violet-red flowers.

It is also known as Mountain lungwort, Red lungwort, *Rödblommig lungört* (Swedish), and *Röd lungört* (Swedish).

Rubra is derived from Latin *ruber* (red).

This perennial is believed to have been introduced to western Europe from the Middle East very early in the 20th Century.

Christmas cowslip has been grown as an ornamental ground cover.

Apiarists point out that the flowers are a valuable source of nectar, especially when growing in large numbers.