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*Symphytum tuberosum*

**TUBEROUS COMFREY** is a perennial. Native to Europe and western Asia it has white or creamy yellow flowers.

It is also known as *Cyfarwdf Oddfynog* (Welsh), *Gul vallört* (Swedish), *Knoten-Beinwell* (German), *Kostihoj hl'uznatý* (Slovak), *Kostival hlíznatý* (Czech), and *Simfito tubera* (Esperanto).

*Tuberosum* means 'tuberous' with reference to the roots.