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Symphytum x uplandicum

[Synonyms : *Symphytum orientale*, *Symphytum peregrinum*, *Symphytum tauricum*]

RUSSIAN COMFREY is a perennial. Native to Asia and Europe it has pink flowers.

It is also known as Blue comfrey, Comfrey (English, German), *Consôle* (Channel Islander-Jersey Norman-French), *Futter-Beinwell* (German), *Grand console* (Channel Islander-Guernsey), *Kostihoj* (Slovak), *Kostival uplandský* (Czech), *Ruotsinrauniorytti* (Finnish), *Russischer Comfrey* (German), Upland comfrey, *Uppländsk vallört* (Swedish), and White comfrey.

The flowers turn bluish with age.

Warning – due to the current conflicting views on the demerits of the plant its consumption should perhaps be avoided. Handling the leaves can cause itches and blistering.

Uplandicum means ‘of or from Uppland (a province in southern Sweden)’.

Russian comfrey is used today in animal feeds.

Unlike its relative common comfrey (*Symphytum officinale*), Russian comfrey has not played much part in Russian folk medicine. Today though it can be an ingredient in proprietary medicines and can be used in homoeopathic treatments.