



Photo: Plant Lore

Common Names:

Lungwort, Bethlehem Sage

Plant Type: Perennial

Light Requirements: Partial-Full Shade

Height: approx. 1 ft

Bloom Time: April-May

Hardiness Zones: 3-8

Pulmonaria

Pulmonaria is an herbaceous perennial that is native to Europe. It is a member of the Borage family of plants (Boraginaceae). The common name of Lungwort dates back to the Middle Ages. It was believed that the plant was effective in the treatment of lung diseases, because herbalists believed that the spotted leaves resembled diseased human lungs. Today it should be noted that the use of lungwort to treat lung diseases lacks scientific proof.

Pulmonaria grows well in rich, moist, well-drained soil (too much moisture can cause root rot) in part to full shade. Full sun can cause the leaves to scorch, so avoid sunny locations. The flowers are clustered on short stalks that reach just above the fuzzy, spotted foliage. Flower buds emerge pink or violet and often age to blue- resulting in the appearance of different color flowers on the same plant. Pulmonaria blooms in early spring before many other perennials, which can provide nectar for early emerging pollinators.

Pulmonaria spreads slowly by, but it is not considered invasive. It is generally considered deer resistant.

References:

<https://plants.ces.ncsu.edu/plants/pulmonaria-officinalis/>

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