

COMFREY

PERENIAL, HERB, MEDICINAL

FUN FACT: COMFREY CAN GROW UP TO FIVE FEET TALL!

COMMON USES

Comfrey is not a culinary herb. Its primary use is for fertilizer, compost enhancer, and for medicinal use as a skin treatment. Do not ingest comfrey.



HARVESTING & STORAGE

Harvest: Cut the leaves 2 inches above the soil level.

Storage: Dry the comfrey by hanging the leaves in a cool dry area (not in the sun). Once they are fully dry, they can be bagged.

FEATURED RECIPE

Healing Herb Salve

- 1 oz dried comfrey leaves
- 1 oz dried calendula flowers
- 2 cups olive oil
- 1 oz pure beeswax
- 4 drops tea tree
- 4 drops lavender essential oils
- 1 vitamin E Tab (400 mg)

