

## Comfrey (bone heal)

*Symphytum officinale*



Comfrey is a perennial that can grow 3-4 feet with pretty purple flowers. It is known for healing bones and being a great composting plant to feed other plants in your garden. Other names for comfrey include bruisewort, knitbone, boneset, and healing herb, all which refer to its amazing bone healing properties.

### Properties:

allantoin – protects the skin and promotes the growth of new skin cells

alterative – purifies the blood

anti-inflammatory

anti-psoriatic

astringent

anti-tumor

cell proliferant – promotes formation of cells responsible for mending and healing the body.

demulcent – soothing; relieves inflammation

expectorant – facilitates coughing

hemostatic – arrest internal bleeding or hemorrhaging.

mucilaginous – polysaccharides that have a slippery, mild taste

nutritive – supplies nutrients that aid in building and maintaining the body.

contains high levels of calcium, phosphorus, and potassium

### Medicinal Uses:

Heals bone fractures and injuries

Heals damaged tissues

Torn ligaments

Strains and sprains

Bruises

Wounds, cuts, abrasions, boils, sores, rashes, skin eruptions, etc.

Burns

Arthritis, gout, rheumatism.

Hernias

Any type of inflammation

Heals any type of skin condition; dry, chapped skin, sunburn, scar tissue, etc.

Eczema and psoriasis

Use as an herbal steam for acne

<http://www.anniesplacetolearn.com>



## Annie's Place

Tones as well as heals skin  
Breaks up milk knots in nursing mothers  
Varicose veins  
Osteoporosis  
Mild Pain Reliever

### Methods of Use:

Salves, balms, ointments, cream, butters  
Herbal bath and foot soaks  
Herbal infused oils  
Compress and poultice  
Powder/sprinkle  
Tincture

### In the Garden:

- In the wild comfrey likes moist soil near streams and ponds with dappled sunlight. The soil is rich and moist so try and duplicate these conditions in your own garden.
- Hard to start with seed so it is best propagated by root, divide in mid-late spring or fall for replanting. Plant a one inch piece of root and cover with about three inches of soil. Keep moist, but well drained.
- Space plants 18" apart, comfrey can be a vigorous growing herb so take care where you plant it.

### Harvesting & Storing:

Snip or handpick leaves any time during the growing season. Leaves mildew fast so you want to use a dehydrator if drying leaves. Place on the lowest setting, keeping the leaves warm and dry. Studies have shown the leaf to be just as potent as the root but there is some that say the roots are more potent. If you want to harvest the roots wait until the plant is done flowering and then dig up, wash well and dry in a dehydrator on the lowest setting.

### Using Comfrey in the Garden:

Comfrey is not only easy to plant in the garden, it is a well known compost plant. In fact some people plant it just to be used for composting and mulching other garden plants. To use just grab a handful of leaves (with gloves on because it can be pokey) rip the leaves up and sprinkle around other plants for a multi-purpose mulch and fertilizer. You can also make a compost tea by stuffing a jar with leaves packed down and cover with a lid. The leaves will decompose into a "black tea". Dilute the tea with 10-20 parts water and use to fertilize garden plants. \*Just a warning that this tea is pretty stinky so don't be alarmed.