

## Comfrey, Knitbone, Bruisewort

Family	Boraginaceae
Botanical	Symphythum officinale
Parts Used	Root and rhizome, leaf
USDA Hardiness	4A - 9B
Light	Full Sun
Soil	Well drained
Duration	Perennial



Propagation	Start from cuttings, or divide roots. Will take easy and spread throughout the garden a lot if not kept contained. Soil pH requirements: 6.1 to 7.8 (mildly alkaline)
Water	As needed, do not overwater
Growing	When it flops over, cut it back hard, it will come back again and again. I typically get 3-4 bloomings per season from mine. Great medicinal plant, and also good supplement for any grass eating animal. Can be used as a mulch and feed for your garden and also used to encourage breakdown of compost heaps. Comfrey prefers a cooler climate and is hardy down to -40 degrees.

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Medicinal Uses	Tonic, demulcent, expectorant, vulnerary, mucilage, alterative, nutritive and astringent.
Benefits	Rapidly promotes healing of wounds, sprains, bruises, burns, broken bones, sores and ulcers. Has incredible results because it increases cell proliferation, both internally and externally.
Preparation	Infusion of the leaf, decoction of the root, herbal oil, salve, poultice and powder. Decoction: Put 1-3 teaspoons of the dried herb in 1 cup of water. Bring to a boil and simmer for 10-15 minutes. Drink 3 times a day. For gastric ulcers and inflammations it combines well with Marshmallow and Meadowsweet. For chest and bronchial troubles, use it with Coltsfoot, White Horehound or Elecampane.

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# Fines Herbes

## Culinary Uses

Comfrey is a member of the borage family and it has the same faint cucumber flavour as borage. It's slightly bitter flavour becomes more pronounced when overcooked. If prepared correctly, the flavour becomes a bit like endive and asparagus. Use only the tender young leaves in your cooking.

## Comfrey Soup

Serves: 4

### Ingredients:

- 1 onion, sliced
- 1 tablespoon butter
- 1 large potato, peeled and diced
- 1 carrot, peeled and diced
- 4 cups finely chopped, tender young comfrey leaves
- 2 cups stock (vegetable, chicken or beef)
- ½ cup milk
- Soy sauce to taste
- Salt and pepper to taste
- Fresh chopped Parsley

### Directions:

1. Cook the sliced onion gently in butter in a large saucepan until soft.
2. Add potato and sauté.
3. Add comfrey and sauté all together for several minutes.
4. Add stock, bring to boil and then simmer gently until vegetables are tender.
5. Mash potatoes and carrots with a potato masher or immersion blender.
6. Add the milk to the soup.
7. Season to taste with marmite (or soy sauce), and salt and pepper.
8. Garnish with chopped parsley and serve with toast.

### Other uses:

Juice comfrey leaves with carrots, celery and other vegetables or greens.

Make a comfrey smoothie; using leaves blended with pineapple juice, orange or mango.

In summer, blend comfrey leaves, zucchini, avocado and carrot juice, to make a refreshing, cold soup. Comfrey used as a vegetable soup daily, has helped to relax and promote sleep for people with nervous conditions.

Leaves dried and crumbled, or ground to a green flour, can be added to bread, gravy, soups, and rissoles.



## Historical Facts

Fresh leaves can be boiled to make into a gold dye for cloth. Comfrey is a food, and as such, must be metabolized, like all other foods. To get the benefits of comfrey, it must be taken regularly and consistently. The effect of comfrey is longer lasting because it is built into the very cells of the body. It should be used, regularly, as a food, because it penetrates to every part of the body and brain, improving both the structure and function of each part. Comfrey contains the same structural material of which the human body is built, the proteins and minerals, plus the catalysts that enable the metabolism to operate more efficiently – vitamins, enzymes, etc. Secondly, its two unique elements, vitamin B12 and allantoin act directly on the blood stream - B12 to create red corpuscles and allantoin to regulate cell formation and increase white corpuscles. Once the blood is affected by ingesting this food, the whole body benefits, even to the tiniest hair, the most remote cell, the tips of the nails, the cells of the brain and the marrow of the bones.

## Additional Tips

Comfrey has been used internally for thousands of years, but just recently has become controversial

## Nutrition Facts

Comfrey contains many vitamins and nutrients such as Vitamin B12, potassium, sulphur, calcium,

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iron, phosphorus, Vitamin A, Vitamin C, Vitamin B-complex, selenium, iron, germanium and mucilaginous fibre. It is also an excellent source of protein. It contains compounds called Mucilage and Allantoin, which are responsible for its anti-inflammatory properties.