



COMFREY

Symphytum officinale (sim-FY-tum oh-fiss-ih-NAH-lee)

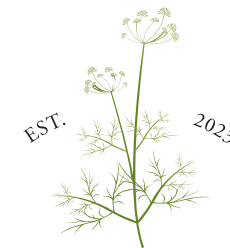
PERENNIAL | BORAGINACEAE FAMILY

ZONES: 3-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 36-48" | SPREAD 18"

BLOOM: LAVENDER | LATE SPRING/SUMMER



HERB & VINE

— healing plants —



Medicinal



Pollinators



Resistant

The scientific name *Symphytum* comes from the Greek words *symphyo* or grow together and *phyton* for plant; together translating to a plant that heals injuries, hence a nickname for Comfrey is Knitbone. It has a long history of use as a medicinal herb for topical and internal injuries, though it is no longer considered safe for consumption.

- Therapeutic*: Useful in the external treatment of cuts, bruises, sprains, sores, eczema, varicose veins, and broken bones. Harvest leaves before the plant flowers; harvest roots in autumn.
- In the garden: pruned several times a year and use as compost for food crops. Soak the leaves in water for a week or longer to make a liquid fertilizer – its potassium is great for growing tomatoes.

Caution: roots contains a toxic alkaloid which can have a cumulative effect upon the liver.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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