

Comfrey Ointment and Comfrey Plants

GROWN ORGANICALLY IN THE KAROO

COMFREY, *Symphytum officinale*. Height 60-90cm.

This amazing herb is difficult to come by yet essential for every garden, home, farm, permaculture and biodynamic endeavour.

Apart from its healing and nourishing properties, it also offers you beautiful blue flowers and luscious green leaves to brighten up the space.

Records dating back to the sixteenth century report of this plant's incredible healing properties. It was referred to as "The Knit-Bone Herb," and was carried by soldiers in their bags as they went off to war. Modern science has established that the Allantoin in the roots and leaves assists with rapid healing by stimulating the rapid replacement of damaged cells by the body. It can penetrate quickly through the skin reaching broken bones, damaged joints and muscle tissue.

In addition to the Allantoin, Comfrey contains an abundant spectrum of vitamins, minerals, and proteins.

Comfrey leaves contain vitamins A, B and C. In fact it is one of only a few plants that can supply vitamin B12 which is so essential to people who do not eat meat or fish. Comfrey also contains the minerals copper, zinc, magnesium, sulphur, germanium and selenium, and it has 18 of the amino acids which make up protein.

Comfrey is also hypoallergenic, (it does not cause an allergic reaction and it may even be used to treat some allergic reactions), antibacterial, antifungal and astringent.

On Hartland Farm our Comfrey plants are grown organically with the added nourishment of vermicompost (otherwise known as earthworm compost).

Thanks to Comfrey's amazing healing properties, we have developed a "Comfrey Balm" which truly works miracles. Made from organically grown, cold pressed Jojoba and Olive Oil, it is a 100% natural product with NO preservatives added. The bees wax used to provide the required consistency for easy application also has its own healing properties.

"Comfrey Balm" has one hundred and one uses: nappy rash, eczema, stretch marks, burns, cuts, breaks, bruising, piles, pimples, bites, stings, athlete's foot, arthritic pain, and even scarring. It is truly a panacea!

Because of the miraculous properties of Comfrey and our careful organic production methods, our "Comfrey Balm" has proven to give excellent results.

Our "Comfrey Balm" has added essential oils such as lavender and rose geranium to extend the ambit of its healing properties. We also offer a balm with NO added essential oils for psoriasis and other conditions which are sensitive to essential oils.

The Comfrey Plant is a perfect “fertiliser factory” and is a boon to gardeners and farmers alike. It is the perfect companion plant and it is a dynamic accumulator: putting its roots deep into the earth and “*accumulating*” all the many nutrients already mentioned above.

Comfrey leaves, may be harvested as many as five times a season, from a well established adult plant. The comfrey roots need to be at least three years old before they are harvested.

On Hartland Organic Farm, we use the plant to:

- Feed our chickens the leaf rich in calcium, phosphorus and other healthy nutrients, encouraging egg production and healthy birds;**
- Wrap potatoes for planting in a large Comfrey leaf, ensuring the potato plant makes plenty of new runners;**
- Plant Comfrey around all of our three and a half thousand olive trees, some times planting as many as ten plants around a single tree. The natural cycle of leaves growing and then decaying as they die down every winter, provides an ever replenishing source of nutrition for our olive trees;**
- Add Comfrey leaves to our compost where they facilitate rapid breakdown of the compost material while adding all the wonderful nutrients from their leaves;**
- Access Comfrey’s brilliant natural potential as a fertiliser by making potent plant tonics.**

To make a Comfrey plant tonic the leaves are first picked and put into a drum where they are weighed down with a large stone. The lid of the drum is then tightly closed and the leaves are left to

breakdown. In about a month the leaves will turn to liquid. A variation of this method based on the first, only that the drum is filled with water before closing the lid. After two weeks the strong smelling liquid will be ready for use. A third variation is to add a cup or two of sugar or molasses to the second variation before closing the lid. This will cause rapid fermentation and create fermented plant extract (FPE). It only takes ten days to produce FPE and the drink is both nutritious for plant, animals and humans. That's right it can even be drunk by humans, but be careful not to drink and drive as you may be a little inebriated!

The tonic should be diluted about forty to one (40L of water to every 1L of plant tonic). The concentrate can be stored for up to six months in a tightly sealed container away from sunlight.

No garden or farm should be without this wonderful companion plant, and no home should be without the cure-all "Comfrey Balm"

R299.00 for 20 plants

R80.00 per jar "Comfrey Balm"

Call: River on 0836575133 or Bev on 0832330743

For further information, visit www.hartlandfarms.co.za