

Harvesting Comfrey

Comfrey should be harvested 3 to 8 times a year. Cut for feed or compost when top growth reaches 12 inches. Always harvest before flowers appear as the nutrient value falls rapidly once they appear. You may take only the larger leaves, then others will have a chance to mature. CUT OFF ENTIRE PLANT TWO (2) INCHES above the soil surface. New growth will begin immediately and another crop will be ready to harvest in 10 to 30 days depending on the weather, soil fertility and desired leaf size. Comfrey is very leafy and if allowed to blossom produces large clusters of blue flowers. This is fine for ornamental purposes, however, when it blooms vigorous growth stops for that season. FOR FORAGE—KEEP COMFREY PATCH CLEAN—CUT—FED! The foliage will stand 15° F of frost. Fields of comfrey have been subjected to 40° F. BELOW zero without any winter kill. Remember to leave some top growth during the winter. This will both protect and build up the crown for spring growth. Comfrey makes a small yield the first year, a larger yield the second and comes into full production in the third season. Comfrey has produced OVER 140 TONS PER ACRE in test plots in Africa with 8 to 12 cuttings a year.

Organic Comfrey

The natural choice over Alfalfa...



- A Comfrey planting can last forever!
- Comfrey is 22% to 33% PROTEIN compared to Alfalfa at 12% to 19%
- Comfrey produces larger yield in tons per acre
- High yield, high protein PERENNIAL
- Comfrey is a finished compost as soon as leaves are cut and plowed under

INCREASE CROP YIELDS 30%–100%!

Animal Feed and Compost

Comfrey provides a low fiber, high protein, high mineral feed—replacing more costly concentrates which contain soybeans and animal by-products for protein. Significant cash savings feeding Comfrey with minimal soy/corn based animal feed—CAN BE REALIZED BY YOU! Comfrey is the greatest producer of vegetable protein and the fastest protein builder on Earth. It can be dried for hay, used for silage or fed green. If used for silage, mix 1/2 comfrey and 1/2 grass, not “legumes”. Corn, oats, millet, etc. can be substituted for grass. If more than 2/3 Comfrey is used the protein content is so high it soon becomes infested with maggots. COMFREY WILL NOT CAUSE BLOAT. The “allantoin” content is a preventative and curative for scours. It can be fed green or dry to the youngest baby animals. Comfrey increases egg production and makes yolks a deeper yellow. It is troubled very little by either insects or disease. “Rust” is Comfrey’s only known disease. COMFREY IS SUPERIOR IN ALL WAYS TO ALFALFA including yield in tons per acre. COMFREY is 22% to 33% protein. Alfalfa is 12% to 19% maximum. Unusual as it sounds, COMFREY is a finished compost as soon as it is cut and plowed under. One pound or more per foot of row will increase the yield of most crops 30% to 100%! Comfrey leaves contain a similar level of nitrogen as chicken manure and 2 to 3 times the potash of average barnyard manure.

- Comfrey – the ideal plant for Permaculture applications.
- Comfrey is a “dynamic accumulator” – each plant a super “nutrient-pump” producing versatile, valuable leaves – year after year!
- Makes Fast Liquid Comfrey Compost.

Selling Organic Comfrey Since 1980

Coe's Comfrey

1328 Partridge Creek Road • Topton, NC 28781

www.coescomfrey.com • coescomfrey@yahoo.com

828-321-4913

Call anytime, 7 days a week.

We Ship Hardy Stock – Ready to Grow!

We ship the Bocking #4 strain of *Symphytum Peregrinum* which is best for hardiness, yield, allantoin content, and all around general use.

COMFREY

THE LEGENDARY

HERB OF LIFE

Nature's Way of Providing:

- High Protein
- Vitamins A, C, B-12
- RICH in Silicon, Calcium, Potassium, Phosphorus, Iron, Iodine, Trace minerals and more!

Reputed to have rejuvenative powers for a longer, more virile lifespan! Famed as a folk remedy for centuries... and used by countless thousands (even doctors!) to help soothe arthritis, ulcers, gout, burns, bruises, wounds...even the common cold!

Today, people everywhere are turning once again to nature's herbs for healing rather than artificial remedies, for longer, healthier lives. And, of all the herbs, there is none more important to herbal medicine than COMFREY.

Comfrey: The Healer Through the Ages!

COMFREY may be one of the medical profession's best kept secrets, but it was no secret thousands of years ago when the Greeks and Romans used its roots for wounds, ulcerations, infections, inflammations, and swellings. Poultices of COMFREY root were applied to aching, rheumatic joints...and it was sometimes called "knitbone" because of its reputed success in healing broken bones. Herbal lore reports COMFREY was used to help soothe burns, scalds, bruises, as a remedy for coughs, bronchitis, and chest complaints. Rural Germans still take it for kidney stones and the English swear by it for gout—even aching feet! In southern Russia, where it is not unusual to see inhabitants in prime health at the respected age of 100 or more, the natives absolutely refuse to do without COMFREY!

Traditional Uses for Comfrey

The leaves were dried and made into a fine flavored tea. Ideally the brew should be under 120 degrees F. as higher temperatures tend to destroy the allantoin and vitamins. Crushed dried leaves were also added to cake and bread mixes; to dry and cooked cereals. Fresh, it was used as a chopped salad or in a mixed salad; on sandwiches instead of lettuce. It made a good vegetable eaten as spinach or earthed up like asparagus. The protein content of cooked Comfrey leaves is still higher than cooked cabbage. The fresh tender young leaves can be put into a blender and mixed with fruit or other juices.

Growing Comfrey

Comfrey is a perennial and once established will last and produce as many years as you desire to care for it. It grows a large tap root or roots to a depth of 8 to 10 feet, finding nourishment and water where most plants are helpless. Comfrey begins its growth early in the spring and can be raised in partial shade or full sun. It should be planted in a sweet soil with a PH of 6.0 to 7.0.

COMFREY (*Symphytum Peregrinum*)

COMMON NAMES: Knitbone, Knitbond, healing herb, gum plant, slippery root.

MEDICINAL PROPERTIES: Demulcent, astringent, pectoral, vulnerary, mucilaginous, styptic, nutritive. The roots and leaves are used externally for the swelling reducing capacity when bones are to be set and the healing process accelerated. Relieve the pain and swelling of bad bruises, sprains and fractures with fomentations wrung out of the strong hot tea. A poultice of the fresh leaves is excellent for ruptures, fresh wounds, moist ulcers, burns, bruises, sores, boils, and sore breasts. The best remedy for bloody urine. The tea taken internally is useful in scrofula, anemia, dysentery, diarrhea, leucorrhea, and female debility. Root tea is a powerful remedy in coughs and chest disorders. Very valuable in ulceration of the kidneys, stomach or bowels.

Note: We consider Comfrey to be one of God's greatest healing gifts to mankind. The FDA, which answers to a different authority, says this herb should not be taken internally or applied to broken skin.

Disclaimer: We recommend that you seek the Lord God eternal, immortal, invisible, the only wise God, for any healing you may need — be it spirit, soul, or body. If the Lord cannot be found nor a competent medical practitioner, then these TESTED Folk Remedies may offer relief from your distress.

Needs deep soil. Does well in clay, light sands, loams. Dislikes thin soils over rock. It can be planted at ANY time of the year. Grows best in USDA Hardiness Zones 3 - 9, but will grow almost anywhere.

FOR BEST RESULTS: Plant root cuttings, crown cuttings, or whole plants from as early in the Spring as the soil can be worked until the ground freezes in the Winter. The cuttings are 2" to 6" long depending on the diameter of the roots. Root cuttings develop buds 20 to 40 days after planting. Crown cuttings already have sprouted buds and should have visible top growth in 2 to 8 days after planting. Some crown cuttings will have small leaves when you receive them. Whole plants grow fastest. They have an established root system. PREPARE THE SOIL as if you were going to plant corn or potatoes, or make fertile holes.

Plant comfrey no closer than three feet by three feet each way as it requires considerable room for proper development and top yields. Spacing the plants closer is ok if you don't have much room, but the heaviest yields result from the three foot spacing. When planting in cool spring weather—plant shallow (1 - 2"). In the heat of the summer plant deep (3 - 4"). Roots and crowns are laid flat. Whole plants should be set in their natural position

but 2 inches below the surface. The soil should be firmed around the root.

Comfrey is the only land plant known to derive and store Vitamin B-12 from the soil!

If your cuttings are wilted upon arrival, simply soak them in cold water for 4 to 8 hours—they will become firm and can then be planted. Plant as soon as possible after you receive

your roots or plants. If planting is delayed store in refrigerator as they will grow even if not planted right away but this will greatly weaken the plant or root. Keep the ground moist around your newly planted Comfrey. Mulch if available. All grasses and weeds should be kept down the first year by frequent but shallow cultivation. After the plants have become established, cultivation can be reduced to three or four times a year. Keep the grass down. Ammonium Sulphamate can be used to kill really fierce weeds in the Comfrey patch. Mulch heavily to keep out weeds and retain moisture but add extra nitrogen.

The Spring of the third year you may seed white Dutch clover or Ladino clover throughout the planting. The clover will help provide nitrogen and keep the leaves clean. Raw mineral bearing rock dust is applied as fertilizer for the clover and Comfrey. This is broadcast one-half ton per acre, per year. Aged manure is applied at the rate of one bushel PER PLANT in the Spring and one-half bushel after the second cut is removed. This is dumped directly onto the plant itself. The Comfrey quickly grows up through the manure. "Raw and crude" chicken manure can also be used once the plants have a strong root system; in three years or more. Commercial fertilizer (10-10-10, 8-12-12, etc.) has been mixed with the manure so that the bacteria can change the form of the fertilizer during the composting or aging process. This mixture has worked very well and can be used by those wishing to use artificial commercial fertilizers. They have had VERY POOR results with these artificials used alone. Propagate by using three year old or older plants. Use sections of the lateral or tap roots and sections of the crown with growing points.