

Country Garden Greenhouse

Comfrey



Comfrey species are important herbs in organic gardening. It is used as a fertilizer and as an herbal medicine.

Sometimes used on the skin to treat wounds and reduce inflammation from sprains and broken bones. Com-

frey roots and leaves contain allantoin, a substance that helps new skin cells grow, along with other substances that reduce inflammation

and keep skin healthy. Acne, cuts,

bruises .Perennial (hardy in zones 3-8)