



COMFREY LEAF POULTICE

Comfrey leaves generously offer us a powerful remedy for healing wounds, minor burns, sprains, and even broken bones. It works so well that you have to be cautious and only apply this poultice to clean wounds without any sign of infection (excess redness, itching, swollen, heat, pus) and to bones that have been set. Comfrey is said to work so quickly that it can seal in infection and heal bones out of place! However, when used correctly, you'll find that there is no better stitcher upper than comfrey.

Yield: 3/4 cup

2 cups fresh comfrey leaves
and small stems, roughly
chopped

About 1/4 cup water

1. Place the leaves in a small food processor or blender.
2. Turn on the machine and slowly drizzle in about 1/4 cup of water. You want the leaves to form a thick mixture without being too runny.
3. Once it is well blended, use a spatula to scrape it into a small bowl.

To use immediately: Spread the mixture thickly over the area and then wrap with a clean gauze or bandage. Change every 1 to 3 hours.

To freeze for year-round use: The mixture can be frozen in ice cube trays. Once frozen, pop out the cubes and store in a freezer-safe bag. Or, the paste can be simply frozen in a freezer-safe bag; for best results, use a vacuum pack sealer. Use within 1 year.

