



COMFREY

Latin: *Symphytum officinale*

Welsh: Llyisiau'r Cwlwm

This plant is commonly called Knitbone.

Its name derives from the Greek *sympho* (to unite), the Latin *confervere* (to join together), and the Medieval Latin *cumfiria*

Tradition says that the plant was brought back to this country from the Middle East by Crusaders who had become aware of its powers to heal fractures, hence another of its names -- Saracen's Root.

The pounded root of the plant, applied as a mucilaginous paste to the fracture, hardened as it dried to form a cast that held the bone in place.

Comfrey was grown in medieval monastic gardens and was favoured by Elizabethan physicians and herbalists.

The leaves of the plant were applied as a hot poultice to reduce inflammation.

A golden fabric dye is produced by boiling the leaves.

Rotted down, Comfrey will produce a compost or mulch, and a very smelly liquid manure.