

## How to Make Comfrey Salve

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(<https://www.theprairiehomestead.com/wp-content/uploads/2014/04/comfreysalve.png>)

Today I'm welcoming Leeann of [One Ash Farm \(http://oneashplantation.webs.com/\)](http://oneashplantation.webs.com/) as she shares her special comfrey plantain salve recipe—this is a homestead must-have!

As we enter the summer months (yes, it will actually be summer soon!), the bug bites, scrapes, scratches, and sore muscles will start up again. This is a recipe for a very simple, highly effective, comfrey salve that covers all of those daily happenings.

### Why Comfrey and Plantain?

Comfrey and plantain are two herbs that have been used for thousands of years for a variety of ailments.

Comfrey in Latin means “knitting together”. The comfrey plant is the ideal healer for wounds, sores, bruises, sore joints, and broken bones.

that causes the soreness.

**Plantain** is a well-known herb that is commonly used to reduce the pain and inflammation of insect bites.

It is also widely used to aid in reducing the itching of poison ivy rashes. Plantain is also known as an excellent healer of diaper rash.

Creating a salve using both of these wonderful, healing herbs, will give you an all-purpose remedy to keep on hand for these coming summer months. While I am not a medical expert, I think you will find that you and your family will grab your jar of Comfrey Plantain Salve for most anything, and will enjoy the benefits of natural healing!

## Homemade Comfrey Salve Recipe

- 1/2 cup dry comfrey leaves
- 1/2 cup dry plantain leaves
- 1 1/2 cups olive oil
- 4 tsp. beeswax pastilles
- Rosemary essential oil – ([how to purchase essential oils for wholesale](https://www.theprairiehomestead.com/how-to-purchase-essential-oils)) (<https://www.theprairiehomestead.com/how-to-purchase-essential-oils>)

## Instructions:

**Step #1:** Make an infusion with olive oil and dried herbs.

There are a couple of ways to do this.

I use a small crockpot (that I picked up at a thrift store for \$2.00!) and “cook” the leaves and herbs for about 3 hours.

You can also mix the herbs and oil and let it sit on the counter in a covered jar for 2-3 weeks.



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(<http://4.bp.blogspot.com/-KVfJ2sN6HRg/U0RrpSn78TI>

[/AAAAAAAAAQY/urbdyl8-vYs/s1600/photo-4.JPG](http://4.bp.blogspot.com/-KVfJ2sN6HRg/U0RrpSn78TI/AAAAAAAAAQY/urbdyl8-vYs/s1600/photo-4.JPG))

**Step #2:** Strain the hot, infused oil through a fine-mesh cheesecloth, into a pint-size mason jar.



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(<http://1.bp.blogspot.com/-LViTU4P1FyU/U0RrpVUgh1I>



(<http://1.bp.blogspot.com/-J7Reo2w6Hp4/U0RrodiSuxI/AAAAAAAAAQAA/Objd0f2aPKc/s1600/photo-1.JPG>)

Step #4: Once the beeswax is melted and the mixture is blended, add 20 drops of rosemary essential oil and mix thoroughly. Pour your completed salve into a container of your choice.





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(<http://2.bp.blogspot.com/-3-qZX3Ax8ng/U0RropMmghI>

[/AAAAAAAAAQM/9seMxaXpECM/s1600/photo-001.JPG](http://AAAAAAAAAQM/9seMxaXpECM/s1600/photo-001.JPG))

## Comfrey Salve Notes:

1. Other [essential oils](https://www.theprairiehomestead.com/get-started-eo) (<https://www.theprairiehomestead.com/get-started-eo>) can be used, but I prefer rosemary for its cleansing and preservative properties.
2. As written, this recipe makes a soft salve, add more beeswax for a firmer salve.
3. This recipe can be used for homestead animals too.
4. (*Jill here: You can find more DIY herbal remedies and ideas for your homestead critters in [Natural Homestead](https://www.theprairiehomestead.com/natural-homestead) (<https://www.theprairiehomestead.com/natural-homestead>).*)

## Healing with Home Remedies

There are many different plants that have been used throughout history to create homemade remedies. Not only do they help us, but they can also be used to heal our barnyard animals as well. Some plants can be found in your backyard like dandelions which can make a [Salve for muscles and Joints](https://www.theprairiehomestead.com/2016/05/dandelion-salve-recipe.html) (<https://www.theprairiehomestead.com/2016/05/dandelion-salve-recipe.html>). Other plants are not exactly native, so you will need to find starts or start them from seed. If you are interested in learning more about healing herbs or growing a salve garden this article [Top 10 Healing Herbs to Grow](https://www.theprairiehomestead.com/2014/10/10-healing-herbs.html) (<https://www.theprairiehomestead.com/2014/10/10-healing-herbs.html>) is a great place to start.

## About the Author:

(<https://www.theprairiehomestead.com/wp-content/uploads/2014/04/leeannsm.jpg>)Hi! I'm Lee Ann, "momma" at [One Ash Plantation](http://www.oneashplantation.webs.com/) (<http://www.oneashplantation.webs.com/>), the homestead of our small, Christian family. We milk cows, raise bottle-fed calves, Nubian goats, more chickens than we can count, sheep, pigs, rabbits, pigeons, guineas, and 6 dogs.



[\(http://www.oneashplantation.blogspot.com/\)](http://www.oneashplantation.blogspot.com/).

## More About Home Remedies and Skin Care:

- [How to Make Tallow Body Butter](https://www.theprairiehomestead.com/2022/04/how-to-make-tallow-body-butter.html) (https://www.theprairiehomestead.com/2022/04/how-to-make-tallow-body-butter.html)
- [Herbal Home Remedy for Congestion](https://www.theprairiehomestead.com/2014/10/natural-herbal-remedy-congestion.html) (https://www.theprairiehomestead.com/2014/10/natural-herbal-remedy-congestion.html)
- [4 Fast Natural Cough Remedies](https://www.theprairiehomestead.com/2015/11/natural-cough-remedies.html) (https://www.theprairiehomestead.com/2015/11/natural-cough-remedies.html)
- [Gardener's Hand Butter](https://www.theprairiehomestead.com/2014/05/diy-hand-cream-recipe.html) (https://www.theprairiehomestead.com/2014/05/diy-hand-cream-recipe.html)
- [Homemade Hand Cream Recipe \(for hard-working hands\)](https://www.theprairiehomestead.com/2014/05/diy-hand-cream-recipe.html) (https://www.theprairiehomestead.com/2014/05/diy-hand-cream-recipe.html)



# Comfrey Plantain Salve Recipe

THE ALL-PURPOSE HOME REMEDY  
FOR HEALING ON YOUR HOMESTEAD



## Put Essential Oils to Work Around Your Homestead!

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Send it to me! (<https://link.fgfunnels.com/widget/form/1Ajl6BULeAh7Rr56prKa>)

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(<https://www.theprairiehomestead.com/2014/01/baking-soda-aluminum.html>)



The Coolest Homemade Tub & Shower Cleaner EVER: The DIY Scum Buster Bar

(<https://www.theprairiehomestead.com/2013/09/the-coolest-homemade-tub-shower-cleaner-ever-the-diy-scum-buster-bar.html>)

## 54 Comments

### Lori says

April 11, 2014 at 6:32 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-340816>)

I love the addition of Rosemary! Thank you for the post Lee Ann! I also add Vit. E oil to mine, it tends to help with healing. Where are you getting your Master Herbalist training? I have been looking into this and there are several programs. I would love to hear about your experience.

Blessings!





Lee Ann



# Essential Oils on the Homestead

Putting Essential Oils to Work  
in your Home, Barnyard, and Beyond

JILL WINGER

[www.theprairiehomestead.com](http://www.theprairiehomestead.com)

**(<http://www.oneashplantation.blogspot.com>) says**

April 11, 2014 at 12:57 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341199>)



REPLY TO COMMENT



**Alicia Owen (<http://mixedbagmama2013.blogspot.com/>) says**

April 11, 2014 at 7:48 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-340889>)

I made a similar salve last year with just plantain and it's awesome! We have mostly used it on cuts and I swear it works better than antibiotic creams and the sort to heal them! Thanks for sharing. I'm looking forward to experimenting more with salves this year!

REPLY TO COMMENT



**Lee Ann (<http://www.oneashplantation.blogspot.com>) says**

April 11, 2014 at 12:59 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341200>)

Alicia, salves are my favorite herbal remedy to make! So easy, and so many different combinations. I had made comfrey alone, but then added the plantain to gain even more of the good properties. Have fun and keep experimenting! If you ever have any other questions, you can reach me directly through the "contact us" on our blog or farm websites. Thanks!

REPLY TO COMMENT



**Rosina says**

April 11, 2014 at 12:27 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341168>)

Thank you so much for the recipe! Quick question though. I have blocks of beeswax that I use so can you give me an estimate of what the 4 tsp. of beeswax pastilles weighs so I can substitute the solid beeswax for them? Thanks 😊

REPLY TO COMMENT



**Lee Ann (<http://www.oneashplantation.blogspot.com>) says**

April 11, 2014 at 2:39 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341285>)

Rosina, thanks for the comment! I weighed out the 4 tsp. of beeswax pastilles and on my digital scale it says it's right at 0.50 ounce. I think you will want to make sure your beeswax is finely grated to melt without further heating. If it doesn't melt easily, you could always put your jar of infused oil into a pot of simmering water to keep it hot enough to melt the beeswax. Just don't put a cold jar into hot water or it will crack! Thanks again, and if you have any other questions, you can reach me directly through the "comments" section on the blog or farm web site. Thanks!!

REPLY TO COMMENT



**MF says**

April 11, 2014 at 1:06 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341203>)

We've been looking into growing comfrey. Have you found a good supplier of comfrey to buy? It seems expensive to buy the root. Have you had good success with the seeds?

REPLY TO COMMENT

...I actually just planted some yesterday that I got from a local nursery and it's my first time trying to grow it. As far as purchasing the dried comfrey leaves, we actually sell it through our farm and dairy supply store. The website is <http://www.OneAshFarmAndDairySupplyCo.com> (<http://www.OneAshFarmAndDairySupplyCo.com>). If you have any other questions you can reach me directly through the blog, farm site, or the store sight using the "contact" us section! Thanks!

REPLY TO COMMENT

 **Maggie says**

April 11, 2014 at 2:06 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341252>)

I love herbs & essential oils! I didn't get any comfrey or plantain in my garden, do you know where I might get some? I also know marigold works really well for almost any minor injury. I do want to try this, though!

REPLY TO COMMENT

**Lee Ann (<http://www.oneashplantation.blogspot.com>) says**

April 11, 2014 at 3:05 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341304>)

Thanks for your comment and question, Maggie! It's so frustrating to want to try something and not be able to grow or find it! We actually sell comfrey through our farm and dairy supply store. The website is <http://www.OneAshFarmAndDairySupplyCo.com> (<http://www.OneAshFarmAndDairySupplyCo.com>). I think you could substitute marigold, or just double up the comfrey, if you aren't able to find the plantain right now. If you have any other questions you can reach me directly through the blog, farm site, or the store site using the "contact us" section. Have fun!

REPLY TO COMMENT

**Lynda says**

May 8, 2020 at 10:10 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-771612>)

Maggie, I have comfrey for sale if you are still looking. Have had mine for over 18 years and it keeps on "giving".

Email me.

Lynda

REPLY TO COMMENT

 **Liz says**

April 12, 2014 at 3:24 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341839>)

i was wondering if you can make this with fresh leaves instead of dried...thanks for the recipe

REPLY TO COMMENT

**Lee Ann (<http://www.oneashplantation.blogspot.com>) says**

April 12, 2014 at 4:59 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-341921>)

Liz, I don't see why you couldn't use fresh. Since you are making a simple infusion, the processes are the same. Just make sure to pack your fresh leaves



## Shilah says

June 13, 2019 at 10:06 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-741239>)

Hello, although this question is a little old (I am writing this in spring 2019) I'd like to say although I agree with almost everything in this blog post, 😊 I need to caution gently about using fresh comfrey in oil. Reason is comfrey when fresh contains water (of course), and water will come out into the oil along with the comfrey oil. Oil & water don't mix; so you run a risk of getting mold in your preparation.

There's nothing wrong with using dried comfrey; it needs to dry in a dark place, or as dark as you can manage, since light (esp. sunlight) can break down the lighter components of the oil

I'm so glad to hear of others using this wonderful plant!

REPLY TO COMMENT



## Theresa Park says

June 29, 2019 at 10:38 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-742334>)

Thank you for this word of caution! I was looking up how to make an infusion today as I have fresh plantain and comfrey! SO glad I came across your comment as this was just the question I was wondering about!

REPLY TO COMMENT



## Julie says

April 13, 2014 at 5:44 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-343979>)

Where do you get the plantain leaves and comfrey leaves?

REPLY TO COMMENT



## Lee Ann (<http://www.OneAshFarmAndDairySupplyCo.com>) says

April 15, 2014 at 2:57 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-346177>)

Hey Julie!

We sell Comfrey through our online store at <http://www.OneAshFarmAndDairySupplyCo.com> (<http://www.OneAshFarmAndDairySupplyCo.com>). The Plantain grows wild where I live. If you are unable to find plantain, you can either double up the Comfrey or substitute Calendula. If you have any other questions, or ideas, you can reach me directly through the "contact us" section on either the blog or farm site! Thanks!

REPLY TO COMMENT



## Paula Perry says

April 14, 2014 at 3:02 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-344990>)

When you use the crockpot, are you "cooking" it on low temps or high temps? Thanks for the recipe, I want to try this soon.

REPLY TO COMMENT



1 out of 1

My mini crock pot only has one temperature, "on"! But, it gets really hot so I would think it is the same as high. If you have any other questions, or ideas, you can reach me directly through the "contact us" section on either the blog or farm site! Thanks!

REPLY TO COMMENT

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 **collection debt settlement (<http://dailydavinci.com/2014/04/06/charge-of-the-credit-score-card/>) says**

April 20, 2014 at 9:40 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-352690>)

It affects family relationships and their health.

Numerous overspent post-vacation consumers are tempted to add to their collection of credit score cards.

Some also receive grants or indulge in fundraising actions.

Here is my webpage :: [collection debt settlement \(http://dailydavinci.com/2014/04/06/charge-of-the-credit-score-card/\)](http://dailydavinci.com/2014/04/06/charge-of-the-credit-score-card/)

REPLY TO COMMENT



**The antifungal body soap (<http://www.defensesoap.com/>) says**

April 24, 2014 at 2:58 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-356741>)

Thanks for sharing the recipe.. The best part is, comfrey and plantain work together to provide a perfect remedy to treat diaper rash, eczema, burns and psoriasis.

REPLY TO COMMENT



**Jill Winger (<https://www.theprairiehomestead.com>) says**

April 25, 2014 at 9:07 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-358445>)

Yes!

REPLY TO COMMENT



**Elaine Trudeau says**

October 1, 2020 at 5:33 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-787177>)

I have my plantain and olive oil sitting in a small jar...what do I do after the 2 to 3 wks of it being in the jar?

REPLY TO COMMENT

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**Gretta Kitten says**

Thank you,

Gretta

REPLY TO COMMENT



### Carla says

May 1, 2014 at 6:10 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-368892>)

I have been seeing many posts about using dandelion flowers in a salve to treat inflammation. Do you think that might work well with the comfrey as well? I am looking for something to soothe sore joints and muscles. Thanks!!

REPLY TO COMMENT



### Darlene Drummond (<http://Facebook>) says

May 2, 2014 at 11:46 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-371297>)

I looked up plantain and found that it does grow wild in most home yards. I went out into my yard and discovered I have quite a supply of it located all around. I also found a company that sell herbs and requested a catalog and am waiting for its arrival. While I have been doing the research on these plants I came across a warning about using too much comfrey as it has been known to over-heat by healing the top of a wound up before the inside was healed. What info can be shared about this and how much comfrey is too much? Thank you.

REPLY TO COMMENT



### Heather says

January 19, 2020 at 8:09 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-758409>)

Too much of anything is potentially a bad thing. However, I believe what you're referring to is not so much quantity used, so much as what to use it on and what not to use it on. Small cuts, minor burns, eczema, and such are all perfect candidates for comfrey salve. Things like 3rd degree burns, and gaping wounds are not something to use the salve on, because it is such a large, deep wound, and comfrey heals so quickly it would cause an abscess. Like any western medicine, or eastern medicine, be knowledgeable and use caution. And by all means don't be afraid to use what the good Lord Himself has so kindly provided us with! 😊

REPLY TO COMMENT



### Nicole says

June 3, 2014 at 8:40 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-423371>)

Mine doesn't look as green as yours does. I put it in a crock pot on low for 3-4 hours and it definitely smelled like comfrey & plantain...why isn't it bright green? Thanks!

REPLY TO COMMENT



### Robin Whelan says

April 27, 2018 at 5:35 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-655723>)



### Victoria pelis says

June 8, 2014 at 4:57 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-430353>)

How long does it last?

REPLY TO COMMENT

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### Bobbie says

October 25, 2016 at 5:13 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-503511>)

Can you use fresh comfrey? Would the amount change?

REPLY TO COMMENT

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### Susan Owen (<http://danerik-farms>) says

October 25, 2016 at 4:56 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-503751>)

Hi Lee Ann

I wanted to ask you what you would recommend for my goats hooves. The area that they have been grazing in has been wet from so much rain this summer. The hooves of 1 of my Nubians is rotting. I have been keeping it trimmed as much as possible. Is there any herbal mixture or salve you would suggest?

REPLY TO COMMENT

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### Missy says

March 30, 2017 at 11:54 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-574541>)

Can I substitute the olive oil with some other kind of oil?

REPLY TO COMMENT

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### Jill Winger (<https://www.theprairiehomestead.com>) says

March 30, 2017 at 2:31 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-574610>)

Yep, that shouldn't be a problem.

REPLY TO COMMENT

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thanks

REPLY TO COMMENT



## Sharon says

September 4, 2017 at 9:18 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-597852>)

Hi Lee Ann, I'm new to essential oils and comfrey. I grow comfrey for fertilizing the garden and want to expand the use of this plant. In the salve, do you use just leaves or roots also? I only have one crockpot. One for everyday cooking. Will it clean up to be used again for food? This is very interesting.

REPLY TO COMMENT



## Sherri Powell (<http://www.powellacres.com>) says

October 4, 2017 at 4:46 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-603790>)

I am featuring this salve in my blog that I will finish today. I put in a link to this page. I actually gave credit to the Prairie Homestead. Should I change this or do you think the link will take care of that? The rate this recipe is giving me a hard time adding stars, I wanted to give it the maximum.

"I tried making this comfrey salve from a recipe I got HERE from the Prairie Homestead. We had comfrey growing, I just gathered some broadleaf plantain that God had graciously provided, (I had dried and shredded the comfrey and broadleaf plantain) and picked some rosemary to just throw in the crockpot with it. I tried it out on a Monday putting some on my left arm that had been in a lot of pain (I was wondering whether I had cracked a bone as it had been hurting for a couple of weeks). By Wednesday morning my arm felt significantly better, and I assure you, it wasn't from resting the arm. I had been drawn to it after reading that it help sciatica and I was actually wanting to make it for my neighbor, so we got together and made some. The rest, as they say, is history."

REPLY TO COMMENT



## Barbara Weber says

May 13, 2018 at 6:32 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-661700>)

Very interesting blog, love the information. I am a retired RN and have been making natural products for years, soap, laundry soap, creams. I make a lavender salve that is great for rashes, bruises, scrapes, safe for grands. I have just ordered comfrey, plantain, calendula, arnica plants to try to add the essential oil to my lavender salve for a healing salve for skin disorders, as psoriasis, and eczema. I can't wait to try, I distill my oils, and plan to do all together in distiller. Hopefully it will work, will post results. I am going to start a new blog of natural recipes tried and true from plants grown on our farm in VA. I enjoyed this blog and will check back.

REPLY TO COMMENT



## Susan says

October 20, 2018 at 8:50 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-680122>)

My mom makes a wonderful Godfrey salve using fresh concrete. It stores in the refrigerator for a long time. It might be worth adding a note that it should not be used for more than 2 weeks at a time, at the most, as it can be harmful to the liver. Not sure I would use it on an infant. But it is definitely a great home remedy.

REPLY TO COMMENT

REPLY TO COMMENT



### **Bev in Texas (<http://drownedbaby.org>) says**

December 13, 2020 at 7:13 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-801435>)

The study that showed comfrey taken internally caused a liver damage was done on rats and they were given comfrey in much larger amounts than a human would ever consume. Like the equivalent of drinking 40 cups of comfrey tea a day for years...

I have never heard of comfrey used used externally causing any kind of damage.

REPLY TO COMMENT



### **Concerned Nerd says**

April 13, 2019 at 6:22 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-726692>)

Great recipe! Thanks for posting.

TO OTHER SITE VISITORS – DO NOT FOLLOW THE ASHFARM LINK, IT WILL DIRECT YOU TO INSTALL AN EXTENSION FOR YOUR BROWSER AND THEN WILL ATTEMPT TO CHANGE YOUR SEARCH ENGINE ETC.

REPLY TO COMMENT



### **Candy R says**

April 18, 2019 at 10:01 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-728251>)

Thank you for sharing. A friend sent comfrey salve a couple years ago and it is incredible for shallow wound healing. I finally had to throw the remainder of the jar away last week as it had gotten rancid. It's time to make some for myself. But, I do have a question. I've been told that the roots contain more healing properties than the leaves. What is your take on this? Since we have a great deal of comfrey growing in the herb garden, I can use a few roots in the infused oil.

REPLY TO COMMENT



### **Amanda says**

May 4, 2019 at 8:57 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-734945>)

What other oils can be used besides olive oil or coconut oil? Does avocado oil work?

REPLY TO COMMENT



### **Johnny Cosgrove says**

April 12, 2020 at 1:27 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-769840>)

All the chemistry references say that allantoin is not soluble in oil yet every herbalist reference I can find makes comfrey salve using oil.

I wonder if we are really extracting the allantoin from comfrey using oil or whether we should really be using a ethanol/water mixture? But if you did that, could you get the



### Cynthia Dowd says

June 19, 2021 at 12:41 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-846884>)

Super comment! Its mostly soluble in water and secondarily in alcohol; not in oil. I'm wondering if in a salve we're NOT benefiting from the allantoin ( as in a poultice for a broken bone etc ) but other chemical constituents / phytochemicals in Symphytum officinal. worth exhausting...

REPLY TO COMMENT



### Krista says

November 23, 2020 at 1:04 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-796147>)

My comfrey leaves are so itchy – I'm wondering if these little hairs end up in the salve and make ii itchy too? Dles a cheesecloth strain them out ok?  
Thanks

REPLY TO COMMENT



### Sherri (<http://www.powellacres.com>) says

May 26, 2021 at 7:34 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-841185>)

This salve works fantastic on my cows teats as well. Her teats were looking dried out and she was indicating they were sore from her movements when I touched them. I started using this and her teats are now in excellent condition and I only use this about once a week.

REPLY TO COMMENT



### Nancy Barnes says

January 1, 2022 at 11:53 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-894525>)

How is the salve stored and for how long is it good for? Shelf life?

REPLY TO COMMENT



### Kiki says

June 8, 2023 at 8:30 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-988298>)

Hi there... I see that your article says that the salve is good for homestead animals too... would this be safe for a dog with joint issues?

REPLY TO COMMENT



### Cris - Prairie Homestead Team says

June 9, 2023 at 8:18 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-988332>)

It is probably safe in moderation. You might want to do a quick google search of the ingredients to make sure each one is safe for dogs first, just to make sure!



## Trackbacks

### How to Make Comfrey Plantain Herbal Salve | Herbs and Oils Hub

**(<http://herbsandoilshub.com/how-to-make-comfrey-plantain-herbal-salve/>) says:**

April 16, 2014 at 11:00 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-347063>)

[...] How to Make Comfrey Plantain Herbal Salve [...]

**How To Make Comfrey Plantain Salve — Homestead and Survival (<http://homestead-and-survival.com/how-to-make-comfrey-plantain-salve/>) says:**

April 28, 2014 at 6:03 am (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-362309>)

[...] How To Make Comfrey Plantain Salve [...]






### How to Make Comfrey Infused Oil - The Homestead Garden

**(<https://www.thehomesteadgarden.com/how-to-make-comfrey-infused-oil/>) says:**

February 17, 2018 at 6:57 pm (<https://www.theprairiehomestead.com/2014/04/comfrey-plantain-salve.html#comment-634478>)

[...] How to Make Comfrey Plantain Salve: This recipe is a great all-purpose remedy for your home. It also uses Plantain Infused Oil. [...]

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