

How to Make Comfrey Gel – External Use Only

Once you have a healthy comfrey plant growing in your garden, you can harvest it throughout the growing season (preferably before it blooms). Note comfrey is a perennial and will grow every year. It does not require much care – do not over water it, and it seems to like morning sun and afternoon shade.

Recipe and Process: (about 1 hour if you include harvesting, cleaning and preparing)

1. Purchase bottles of 100% Aloe Vera Gel without any fragrances or colors. Wal-Mart sells a Fruit of the Earth brand bottle (12 oz) for about \$5
2. Harvest about 10-15 large (about 10 inches long) leaves of comfrey per 12 oz bottle of Aloe (you can make large batches of more than one bottle)
3. First, dry brush the comfrey leaves with a soft brush to remove bugs, etc. Then wash all leaves together in a water bath at least 2 – 3 times.
4. Cut the leaves in large pieces and put into the blender along with the 1/3 the depth of purified or distilled water.
5. Blenderize until it is an even green (tiny pieces of leaves) - Do not over blenderize, or it makes it difficult to strain.
6. Take the liquid and strain it through a regular strainer so the liquid is caught in a bowl.
7. Save the mass in the strainer in another bowl. (This pulp can be used as a poultice. Freeze it flat in a freezer bag (lay it on a flat surface to make it thin)
8. Optional - Using cheesecloth, take the pulp mass and wrap it into the cheesecloth and wring out the rest of the comfrey liquid into the bowl holding the liquid from the first straining.
9. Now, with a finer strainer, strain the liquid 4-5 times – wash the strainer between each time you do this.
10. You do not want to have any foam on the top of the liquid, which should appear as a very dark green – almost black – liquid.

Mixing the liquid with the Aloe Vera Gel and how to get it into the bottle:

11. In a separate bowl, squeeze out as much of the Aloe Vera into the bowl as possible. There will still be quite a bit of the gel on the inside of the bottle. Pour about 3-4 ounces of the comfrey liquid into the bottle (using a funnel). Shake the bottle until all the clear Aloe Vera has mixed with the comfrey liquid, and then shake that comfrey liquid out into the bowl that has the clear gel in it. Now pour the rest of the comfrey liquid into the bowl with the gel. Take a regular kitchen whisk and stir until all the liquid has mixed with the gel. This does not take very long.
12. The secret to getting all the gel back into the bottle is to use a funnel. Put the funnel on the top of the bottle, and put the comfrey gel into the funnel (use one that holds about 2 cups). Now the secret is to lightly lift the funnel from the mouth of the bottle, and then squeeze the bottle to force out some air, and then press the funnel fairly firmly back onto the mouth of the bottle and release the squeeze. This will cause the comfrey gel to be sucked into the bottle easily. Repeat this process until the bottle is full. You will have more of the comfrey + gel than the original gel in the bottle so you will have about 1/3 to 1/2 cup more combined gel than will fit in the bottle – so have a small extra container for it.
13. Here are some labels you can use to tape on the bottles. It keeps well over a year in the refrigerator. It would have to be a dark brown before it loses it's usefulness.

<p>COMFREY GEL External Use Only For bruises, burns, bites, etc Anti-Inflammatory Ingredients: 100% Aloe Vera Gel, Comfrey Leaf extract, purified water Exp. _____ (or when brown) <i>Refrigerate to extend freshness</i></p>	<p>COMFREY GEL External Use Only For bruises, burns, bites, etc Anti-Inflammatory Ingredients: 100% Aloe Vera Gel, Comfrey Leaf extract, purified water Exp. _____ (or when brown) <i>Refrigerate to extend freshness</i></p>	<p>COMFREY GEL External Use Only For bruises, burns, bites, etc Anti-Inflammatory Ingredients: 100% Aloe Vera Gel, Comfrey Leaf extract, purified water Exp. _____ (or when brown) <i>Refrigerate to extend freshness</i></p>	<p>COMFREY GEL External Use Only For bruises, burns, bites, etc Anti-Inflammatory Ingredients: 100% Aloe Vera Gel, Comfrey Leaf extract, purified water Exp. _____ (or when brown) <i>Refrigerate to extend freshness</i></p>
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