



THE ART OF HERBS

COMFREY TEA

Place 5-10 leaves of crushed-cut and bruised comfrey.
Pour 4 1/2 gallon of water and let steep 1-2 days. Strain. Use approximately 1 pint of "tea" around the base of plant 1 time a week or so, especially in the spring. This "tea" is high in; Calcium, Potassium, Vit. A and C, Nitrogen, Protein and Phosphorus.