

Comfrey Salve

Materials

Comfrey
Knives
Olive Oil
Mason Jars
Salve containers
Beeswax
Strainer
Double Boiler
Cheese cloth
Stove

Instructions

Take the comfrey plant and cut it back to its roots. You can use the root of the plant as well but because we want to continue harvesting the leaves, we just cut it back. Comfrey is a perennial plant and will grow back in warmer weather. Wash the comfrey, and then chop the leaves up into small pieces. Fill the mason jars to the top with chopped comfrey leaves, make sure to leave some space at the top because the oil needs to cover all the leaves to thwart the possibility of mold growth. Take the jar and move it into a sunny spot. Allow it to sit in the sun for up to six weeks. The sun is slowly heating up the leaves and the oil, causing the healing elements in comfrey to be extracted into the oil. When this process is complete, open the jars, inspect for mold and then pour the mixture through a strainer, straining the oil from the leaves. It is recommended but not necessary to use a cheese cloth during this process so you have the ability to squeeze the oil out of the saturated leaves. Strain the oil once more to remove any excess debris. While you are doing this, take the required amount of beeswax and melt it in the double boiler. Once it has melted add the oil and let it sit for 30 minutes. It may begin to boil along the edges but it should not be brought to a rolling boil. Stir throughout the process until thoroughly mixed. Get your containers ready and pour your salve into them. Date and label products.