

Comfrey

Symphytum

*Blooming dates:
between April and May*

Comfrey plants have tall stalks that can grow between 3-5 feet tall, and broad, hairy leaves that grow all the way up the stalk. In late April and early May, the plant grows clusters of bell-shaped flowers. The flowers can be blue, purple, or a creamy yellow color. Comfrey plants have been used for medicinal remedies in many cultures. Their roots can be used to treat coughs and other lung problems, while their leaves can be made into ointments and salves to treat swellings, bruises, and sprains. Because comfrey are hearty plants, they can survive harsh winters and will flower every spring.



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