

RECIPE

Comfrey Salve



Ready in **2 - 3 days**

Makes **1 pint comfrey balm**

Tips

Pick comfrey leaves well in advance of making your salve so you can dry the leaves well. They dry well in a dark, warm, dry location (attics work well) or if you use a dehydrator, set it on the lowest setting for up to 24 hours. You will want to have a dedicated glass dish & utensils to mix oils/beeswax - don't use your good kitchen sets. Store on the counter for immediate use or refrigerate for later use (warm overnight to use).

Ingredients

—Salve—

- 1 cup beef tallow
- ½ cup coconut oil
- 1 cup dried comfrey leaves (crushed)
- ½ cup dried peppermint leaves (crushed)- optional
- 2 ounces beeswax
- 20 drops essential oil of choice: pine, rosemary, peppermint, lavender, etc.

Preparation

1. **Melt together tallow & coconut oil in a double boiler with a glass dish gently on low-just enough to melt oils - DO NOT MICROWAVE.**
2. Add crushed comfrey and peppermint (optional) to the warm oil and let steep for at least 4 hours - preferably overnight.
3. **The next day, warm & stir the oil/herb mixture.** Warm for another 4 hours.
4. **Using a metal strainer & cheesecloth (or coffee filter),** strain oil from the comfrey and peppermint leaves to get a greenish tallow/coconut oil mixture.
5. Pour the tallow/coconut oil back into your glass dish and return to the double boiler. Add beeswax and warm just until the wax has melted into the oils. Remove from heat.
6. **Add 20 - 30 drops of essential oil** to the oil/herb/beeswax mixture and mix well.
7. Pour into jars and cool to store. Use for bruises, sore joints, bone bruises and to relieve muscle pain.