

Comfrey Tea for your Plants

My son broke his foot about a month ago. I soaked his foot in comfrey tea every morning, afternoon and night to help it heal. After we had finished using the water as a soak, I would water my plants with the tea. I was impressed at how much my plants loooooved the tea. It's rich with high amounts of nitrogen, phosphorus, potassium and micronutrients. I used a strong infusion.



4 Tablespoons dried Comfrey leaves or 4 teaspoons for a weaker infusion.
1-quart distilled water

Bring 1 quart of water to a boil. Remove from heat and pour over leaves. Lid the container and allow it to steep for 10-15 minutes. Strain or blend up to use as a “fertilizer” for your plants or a soak for your tired feet. :)

If you don't have comfrey, try green tea or alfalfa tea.

Recipe by Kelly Pomeroy