



# GARDEN THYMES

Master Gardeners of North Alabama

Russian  
Comfrey  
Page 10

December 2015/January 2016

## Communications Team Making Changes for 2016

By Meredith Kilby

Big news. **Jessica Wood** (F'14) is the new 2016 *Garden Thymes* editor! Jessica and I will be meeting over the holidays to plot, plan and discuss ideas on how we will continue to make the newsletter an enjoyable and informative online (and print) publication that it is. I am confident Jessica will do a terrific job and am asking everyone who leads our projects or committees to support her with regular content contributions. Her first issue will be the February/March 2016 edition.



Jessica Wood

**IT and website volunteers** are urgently needed. I am looking for volunteers to help guide and implement an upcoming website re-design. Our current site at [www.mginfo.org](http://www.mginfo.org) is falling behind the times, and I have

COMMUNICATIONS Continued, Page 6

## MORRIS ELEMENTARY SCHOOL OUTREACH

# PROJECT BLOOMS

By Carolyn Wade

**W**hat a busy fall at Morris Elementary School. The school recently applied for Blue Ribbon Status – and while they didn't achieve it, they were honored as a Beacon school (one level down). To help get ready for the inspection, our fifth-grade students cleaned, weeded and planted flowers in the courtyard, learning about the turtles as they worked. They also planted a new flower bed outside the library windows.



The school bulletin board shows Master Gardeners and students at work in the courtyard garden. Photo: Jan C. Mahone

MORRIS Continued, Page 8

## New Faces with Habitat Leadership

By Elouisa Stokes

This year has been a slow one for our Habitat for Humanity project. We have only landscaped three homes. Many thanks to all of those – even those I called on at the last minute – who helped guide the homeowners and the volunteers to landscape these homes. We all hope you will help again in 2016.



Ameree Young

**Ameree Young** (F'13) has agreed to take on this project. She has helped with quite a few homes in the past few years. She is looking for someone who

can hold plants until the houses are ready to be planted. If you would like to do that, please contact her at [habitatforhumanity@mginfo.org](mailto:habitatforhumanity@mginfo.org).

Another part of the Habitat for Humanity project has been to educate the homeowners as to how to plan and plant their homes. The classes take place on two nights at the Extension Office on Cook Avenue.

**Kathie Bass** (F'02) has found wonderful trainers to lead the classes each time and the homeowners and us as leaders have really appreciated their expertise.

HABITAT Continued, Page 6

# From The President

## YEAR-END FOCUS

The year is winding to a close. For MGNA, that means closing out projects; cleaning up gardens; trying to spend the rest of the project budget (ho ho ho); providing year-end project reports; estimating funding needed in 2016; and doing a bit of activity planning for next year. For individuals, it means thinking about what they liked doing this past year and whether they want to continue with that project or take on some new project.

For your officers and retiring directors, the year-end means transitioning our responsibilities to your newly elected leaders. I have had such good support from the Board for the last two years. They have helped me work through some issues with confidence



that decisions have been as well informed as possible and made in the best interests of our association. You know that these decisions are not always easy to make. Not everything is covered in the Bylaws, Standing Rules and Policies! And we have had to coordinate resolution of some issues with AMGA to try to have consistency of policy.

Finally, for our families, year-end comes with a little less Master Gardener activity vying for our time for a couple months, so families may get to spend more time together. Enjoy this time with your families as spring is just around the corner!

— Diane Campen (W'09)  
MGNA President  
president@mginfo.org

# GARDEN THYMES

VOLUME XXIV, ISSUE 6

Editor in Chief

Andria Cummings (F'07)

Contributing Editors

Bill Fuller (W'97), Jean Lee (W'95),  
Brenda Tapp (W'98),  
Carolyn Wade (W'12),  
Jessica Wood (F'14)

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The Alabama Master Gardener Program is conducted at the county level by the Alabama Cooperative Extension System.



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[www.Facebook.com/MGofNA](http://www.Facebook.com/MGofNA)

## In This Issue

Who's Who,  
Page 9

### FEATURE

- Morris Elementary . . . . . 1, 8
- Rite of Passage . . . . . 9

### NEWS

- Communications Team Making Changes . . . . . 1, 6
- New Faces with Habiitat . . 1, 6
- Membership Dues . . . . . 4
- Give-A-Hand Awards . . . . . 4
- Think DVG for Volunteering. . 4
- RSVP Christmas Social . . . . 4

- 2016 Board, Officers . . . . . 5
- F '14 Graduates 20. . . . . 5
- Mentorship Program Helps Interns . . . . . 6
- Pruning Workshop . . . . . 7
- Decorating Workshop . . . . . 7
- License Tags For Sale . . . . . 7
- Like! Us on Facebook. . . . . 7
- Invite Friends to Register for Winter MG Class. . . . . 7
- Helping Mary Lou McNabb . 8



### COLUMNS

- From the President . . . . . 2
- MG Profile: Acacia Moore . . . 3
- Herbs: Russian Comfrey . . . 10

“My grandmother had me out in the dirt at an early age. I always had a love for vegetables and flowers, always.”

— Acacia Moore

## Acacia Says Yes to Worthy Causes

By Jessica Wood (F'14)

**W**hen asked to volunteer for a worthy cause, **Acacia Moore** (F'12) says “Yes!” as frequently as she possibly can. Given this approach, it is no surprise to learn that Acacia is deeply and broadly involved in the North Alabama community.

A seeming rarity in Madison County, Acacia is a Huntsville native. The importance of family and faith was instilled in her from an early age. Her father named her after the Acacia tree in the bible, which was used to build the Ark of the Covenant. A strong work ethic, organization, and structure are traits Acacia inherited from her parents. Both her mother and father worked in the computer industry when she was growing up.

Following in her parents' footsteps, Acacia earned a Bachelor of Science in Computer Science from Athens State University. She is a quality engineer with a local company and does work she is clearly passionate about. This attitude is mirrored in her approach to all of her endeavors, both professional and personal: Acacia is highly competent, focused, and loves doing a good job.

Acacia is an active member of the National Property Management Association for the Rocket City Chapter. She serves as the vice president, membership chair, and webmaster.

Family was an intricate component in molding Acacia's personal interests. “My grandmother had me out in the dirt at an early age. I always had a love for vegetables and flowers, always.” Cooking and having people over for meals is also a source of joy in her life. “I was allowed to help my mom in the kitchen as a child, and that's why I love being in the kitchen.”

Today, Acacia enjoys spending time with her mother and her daughter. All three women share a passion for cooking, baking, and eating!

Acacia's list of hobbies is long: she is a certified SCUBA diver, cake decorator, cook and baker, quilter, local actor, enthusiastic volunteer for many organizations, and avid traveler. Acacia comments about her travel schedule, “I work hard, but I play harder!”

Her gardening interests are quite diverse, including vegetable gardening, bonsais, vertical gardening, and water gardens. Acacia has a large vegetable garden at her home and is known to turn floodlights on in her garden so she can work in her yard at night after she gets home from full



**Acacia Moore**

- **Class of Fall 2012**
- **2016-18: MGNA Board Director**
- **2016: Co-Chair, MGNA Habitat classes**

days at the office.

Volunteering plays a major role in Acacia's life. In addition to her MGNA activities, Acacia volunteers with the Huntsville Symphony Orchestra, the Broadway Theater League, the Oakwood College UNCF fundraising committee, Manna House, Kids to Love fundraising committee, and Habitat for Humanity. With her church, she

is involved with the Ministry which provides visitation transportation for children to visit their incarcerated parents in prison.

Acacia has joyfully contributed to many MGNA and Huntsville Botanical Garden projects, including pH testing, Mentorship Program, the fall intern class, Ask a Master Gardener, HBG administrative work, Dot's Greenhouse, Legacy Elementary Outdoor classroom, and Auburn University's Harvest for Health. She loves meeting people, teaching people, and broadening her network through MGNA. In 2016, Acacia is extremely excited to serve as a MGNA Board member. Acacia notes, “Master Gardeners are like living libraries!” 🌱

## **Make Membership Dues Payment by Dec. 31**

It is time to renew your membership for 2016. I am looking forward to working with everyone this year as the new Membership Committee chair. Dues are \$10 local and \$10 for the Alabama Master Gardener Association. If you wish to be an Associate Member, dues are \$20 local and \$10 AMGA. I will collect this at the Christmas social or any other meeting. You can mail it to me or pay with Paypal at [www.mginfo.org](http://www.mginfo.org). Dues are due by Dec. 31.

I am also looking for a few good people to help with this project. Please call me if you can help. I would like to start some new programs to call members who have not renewed and to encourage others to join us as they graduate from the Master Gardener classes. I look forward to 2016 and all our work. Won't you help make this happen?

— **Elouisa Stokes ('81)**  
**Membership chair**  
[Membership@mginfo.org](mailto:Membership@mginfo.org)

## **Khoury, Fuller Pick Up Give-A-Hand Awards**

**Sue Khoury** picked up the October



**Sue Khoury**

Give-A-Hand award "for the Endeavor grade school project, taking on anything you ask her and even volunteering before you ask."



**Bill Fuller**

**Bill Fuller** (W'97) was the November award recipient because "Bill sees a gardening need and finds folks to fulfill it."

— **Dorothy Thomas (F'07)**  
**Awards Committee Chair**

## **Think DVG for Volunteering**

Fall gardening at the Demonstration Vegetable Garden has slowed down a little – at least the people part of it. We are still working one day a week and harvesting pounds of peppers, eggplant, lettuce, radishes, carrots, figs and spinach. We have some lovely red clover planted as ground cover to add some much needed nutrients to the soil over the winter.

Thanks to some hard work by our regular volunteers and a couple of in-

terns, the garden is clean and ready for winter. I want to thank everyone who has helped this year and encourage you all to come out next year and check us out – and of course to stay and help. It's a great bunch of people and you will have a lot of fun. Have a great holiday season and hope to see you at the garden.

— **Carolyn Wade (F'12)**  
**DVG co-chair**  
[vegetablegarden@mginfo.org](mailto:vegetablegarden@mginfo.org)

### **MGNA Christmas Social**

**What:** "A Country Christmas"

**When:** 6 p.m. Dec. 10

**Where:** Trinity United Methodist Church, 607 Airport Road, entrance on the west side, at the rear of church.

**RSVP** by Dec. 3 at [www.mginfo.org](http://www.mginfo.org)

**Program:** Dinner, installation of newly elected Board officers and directors, presentation of annual MGNA awards, presentation to the Jane R. Parks Memorial Grant recipients, and presentation of certificates to graduates of the Advanced Master Gardener Pruning- I course.



## **Join the Christmas Social Fun Dec. 10**

Come catch up with old friends or make new ones! Meet and congratulate our annual award winners, grant recipients and newly installed officers and Board of Directors. We will begin the meal at 6:45 p.m., but the door prize drawings will start at 6:15 p.m. (You must be present to win.)

Chicken tenders, ham, bread and beverages will be provided; members are asked to bring a side dish or dessert.

Thank you for supporting MGNA's very successful 2015 fundraising efforts. Because of this, there will not be a silent auction this year, giving us more time to socialize!

Guests and family are welcome to attend, but your online RSVP is needed by Dec. 3 at [www.mginfo.org](http://www.mginfo.org).

Please plan on renewing your 2016 MGNA membership at the social. Deadline for membership renewal is Dec. 31.

See you Dec. 10, and don't forget to RSVP online!

— **Tom Simpson (W'12)**  
**Christmas social chair**

# 2016 MGNA Board Officers, Directors Elected at November Annual Meeting



**Kathie Bass**



**Sue Khoury**



**Carolyn Wade**



**Dorothy Thomas**



**Meredith Kilby**



**Alice Brigman**



**Tom Simpson**



**Ann Tippie**



**Bill Fuller**



**Acacia Moore**

At the Nov. 12 annual MGNA corporate meeting, the following members were elected for 2016:

Officers (one year term)

- President : **Kathie Bass** (F'02)
- Vice President: **Sue Khoury** (W '13)
- Secretary: **Carolyn Wade** (W '12)
- Treasurer: **Dorothy Thomas** (F' 07)

New Directors (three-year term)

- **Bill Fuller** (W'97)

- **Acacia Moore** (F'12)

And continuing to serve their terms as

Directors are:

- **Meredith Kilby** (F '11)
- **Alice Brigman** (W '07)
- **Tom Simpson** (W '12)
- **Ann Tippie** (W '12).

I will attend the Board meetings as the

immediate past president.

Newly elected Board members will be installed at the Christmas social on Dec. 10. Join me in hearty congratulations to them and please support the entire 2016 Board in their efforts to lead our wonderful association going forward!

— **Diane Campen (W'09), outgoing MGNA president**

## Fall 2014 MG Class Graduates 20

The Fall 2014 Master Gardener class graduated Nov. 3 with a combined total of 1,940.35 volunteer hours. Graduation for 15 of the 20 people graduating was held at the Lamb of God Lutheran Church on County Line Road.

Chaired by **Alice Brigman** (W'07), a standing committee from the TriCounties (Limestone, Madison and Morgan) decorated with a harvest theme. The pumpkins and gourds were donated by Tate Farms. Committee members provided the remaining materials that created a beautiful setting.

The graduates,

from six counties, are:

Limestone County –

**Anthony Gatlin, Sasha**

**Mujica;** Madison County –

**Susan Allbritton,**

**Alan Bergman, Susan**

**Bridges, Cheryl Emich,**

**John Emich, Gregory**

**Kilby, Tim Miller, Deen Rice, Eugene**

**Roberts, Jessica Wood;** Morgan County

– **Kurt Dixon, Theresa Goode, Judith**



The TriCounty Graduation Committee decorated with a harvest theme. Pumpkins and gourds were donated by Tate Farms. Committee members provided the remaining materials. Photo: Alice Brigman

**Looney, Tresa McGuire, Roger McWorther;** Lincoln County, Tenn.– **Karen Vessell;** and Lauderdale County – **Brady**

**Queen-Peden.**

Also graduating from a class in Lawrence County was **Vickie Morese** of Morgan County. Morese, Allbritton, Kilby, Miller and Vessell were unable to attend graduation night.

— **Alice Lawler (F'98), TriCounty Master Gardener Class Coordinator**



Fifteen of the 20 new graduates from the Nov. 3 graduation event. Photo: Meredith Kilby (F'11)

## Communications Team Looks to Changes in 2016

COMMUNICATIONS Continued from Page 1

great plans for it that will enhance its user interface while also reaching new audiences. The work calls for someone excited and comfortable with website hosting, website design and have working knowledge with HTML/HTML 5 / PHP / CSS. My fingers are crossed that this same person (or persons) can give 10 to 15 hours a month or possibly more to work collaboratively (and independently) with our current IT team through the launch.

**Historian needed.** I am still in search of a volunteer interested in co-chairing the historian position of MGNA for 2016, and then taking it over for 2017. The work involves collecting and keeping our photos and documents and organizing them on our online storage directory for future reference and use.

As you know, **Andria Cummings** (F'07) served as MGNA's *Garden Thymes* newsletter editor for 2013 through 2015. For those who were not able to attend her farewell (like myself), I want to acknowledge Andria for her time, talent, energy and attention to detail in making each newsletter not only a terrific read, but a lasting anthology of MGNA's events and achievements for the past three years. Here's wishing you and your husband every success in Savannah, Ga., and thank you for this last final issue to close the 2015 volume.



**Andria Cummings**

— **Meredith Kilby (F'11)**  
**Communications Team Chair**  
[historian@mginfo.org](mailto:historian@mginfo.org)

## New Faces with Habitat Leadership

HABITAT Continued from Page 1

**Acacia Moore** (F'12) has agreed to help Kathie with this project. Acacia has helped set up these classes and has a genuine heart for Habitat homeowners.

With that I resign from this project as I have taken on the Membership Committee. Many thanks to everyone who has given their time for this project. It really makes a difference to the people we serve with.

— **Elouisa Stokes ('81), retired co-chair,**  
**MGNA Habitat Landscaping and classes**

## Mentorship Program Helps Interns

Initiated in 2014, the MGNA Mentorship Program continues this year with both winter and fall classes. The program's purpose is to provide Interns with a personal contact (active Master Gardener) to support their transition into the Master Gardener organization.

Guidelines for the MGNA Mentoring Program are intentionally simple and flexible so that mentor/Intern pairs can work out what best suits their needs, schedules and interests. This program's key goal is for each Intern to have an active Master Gardener to contact with questions they have about the MGNA organization and activities. Master Gardeners have all been through this transition and likely remember how confusing it was to be an Intern deluged with both the class curriculum and all the MGNA opportunities for participation.

Overall results for the program have been mixed. Finding mentors has been challenging; some Interns from both the winter and fall classes remain unmatched because of a mentor shortage. For those who were matched, some Interns were unresponsive when contacted by their assigned mentor. In more successful cases, mentor volunteers requested to be matched with a specific Intern as a result of common gardening interests. It may be valuable to compare Master Gardener gradua-

tion rates before and after the initiation of the MGNA Mentorship Program to assess the effectiveness of this effort.

On a personal note, I can attest to the value of being paired with a mentor. I took the Fall 2014 Master Gardener class, and was paired with **Jean Lake** (W'06). For me, this experience made getting involved with MGNA much less intimidating. Jean and I attended several monthly meetings together, and she warmly welcomed me to join her at the Horticulture Therapy group table at the MGNA Christmas social last year. I accepted her offer and had a wonderful time! I have also enjoyed getting to know Jean and learning about MGNA from her perspective.

Mentors are still needed for the Fall 2015 class. Note that Master Gardeners can be a mentor again if they have mentored before, and they can mentor more than one Intern if they like. Special preferences – such as common interest, gender, retired vs. working, etc. – can be accommodated when possible during mentor/Intern pairings.

Interested Master Gardeners should contact me.

— **Jessica Wood (F'14)**  
**MGNA Mentor Program chair**  
[jes.wood@gmail.com](mailto:jes.wood@gmail.com)



**Jean Lake**

## Pruning Workshop a Hands-On Experience

On Nov. 17 the Advance MG Pruning- I class and Extension Agent Ken Creel presented a pruning workshop at A&M Extension Experiment Station in Hazel Green. The workshop began with a PowerPoint presentation of basic pruning and followed up with a hands-on session. During the hands-on, we pruned Crape Myrtles, Jujubes and PawPaws.



**This tree survived this pruning experience at the Nov. 17 pruning workshop. Photo: Janet Boothe**

**Buckley** (Morgan County), **Gina Moffitt** (Morgan County), **Ann Vaughn** (Morgan County), **Nancy Butler** (F'12), **Helen Carr** (W'98), **Max Campbell** (W'03), **Tom Simpson** (W'12), **David Grey** (F'10), **Mary Howe** (W'06), **Andria Cummings** (F'07) and myself. We will receive our completion certificates at the MGNA Christmas social in December.

— **Janet Boothe (W'06), Advanced MG Pruning class coordinator**

The Advance MG Pruning- I class includes **Dwight Bass** (F'03), **Anita**

## 18 Learned Holiday Decorating Tips at Workshop



**From left, Carol Milton (W'08), Janet Boothe (W'06) and Candy Trowbridge (F'05) learn tips at the Holiday Decoration Workshop on Nov. 2. Photo: Janet Boothe**



The 18 ladies who attended the Nov. 2 MGNA Holiday Decoration Workshop made wonderful Christmas arrangements. With the help and instruction from design artists Ron Cooper and Mark Kimbrough, owners of In Bloom Florist, we created outstanding realistic looking artificial centerpiece arrange-

ments. They will last for years and will be a bold focal point in whatever room they are displayed during the holiday season.

The photos show how attractive they are.

— **Carol Milton Workshop Committee member**

## License Tags Available

The Alabama Master Gardener license tag for the front of your car is available for \$20.



Proceeds are split 50 percent to the Alabama

Master Gardener Association Scholarship Endowment Fund at Auburn University and 50 percent to support the Master Gardener Program.

Pick one up at the next MGNA general meeting at the fundraising desk.

## Like! Us on Facebook

You don't have to be a member of Facebook to view the MGNA Facebook page. If you are a member, remember to LIKE US!

[www.Facebook.com/MGofNA](http://www.Facebook.com/MGofNA)

## Find Future Master Gardeners

The next TriCounty Master Gardener class starts Thursday, Feb. 4. Application deadline is Jan. 30. The class takes place from 9 a.m. to 1 p.m. each Thursday at the Belle Mina Research Station in Limestone County.

Some classes might be at the Madison County Extension Office and some at the Huntsville Botanical Garden.

Send your friends and family to [www.mginfo.org](http://www.mginfo.org), click on the Become a Master Gardener tab. They will find more information on the class and a link to the application.

— **Andria Cummings (F'07)**



## Helping Mary Lou McNabb

A little rain did not stop **Bill Fuller** (W'97), **Elouisa Stokes** ('81), **Max Campbell** (W'03), **David Grey** (F'10) and **John Givan** (F'05) from stepping up on Nov. 6 to clean **Mary Lou McNabb's** vegetable garden. Mary Lou ('81) is one of the founders of the Alabama Master Gardener program, begun in 1981.

Since being hit by a car at the end of her driveway, she has been doing well in rehab and physical therapy, but the garden work had to wait until generous Master Gardeners showed up.

Mary Lou said the outing was organized by Fuller "and they did a great job. Fortunately, I had set out fall vegetable plants before the accident and we are enjoying them now." — **Andria Cummings** (F'07)

From left: Bill Fuller, Elouisa Stokes, Max Campbell and David Grey. Not shown is John Givan. Photo: Robert McNabb (Honorary Master Gardener)

## Morris Elementary Outreach Blooms with Growth

**MORRIS** Continued from Page 1

Not to be left out, the other two fifth-grade classes wanted to help. After **Jane Jones** (W'15) and **Debi Severn** (W'13) cleaned around the pond areas, the students decorated the ponds with painted rocks conveying words of encouragement.

Plants are sprouting up in the greenhouse – a great start to the school's spring plant sale. Experiments are ongoing in the greenhouse teaching students how seeds grow, will they grow without soil, and whether sunlight makes a difference in growth rates and more.

Our class propagated coleus as a Christmas present for their parents. In the spirit of giving, they are making sure that EVERY fifth-grade student will have one to take home.

Other classes are getting involved as well. First-graders are using the greenhouse to make Christmas ornaments. Two other fifth-grade classes are starting to do science experiments using plants and will



This bulletin board was posted at Morris Elementary School showing the different components of the project working with Master Gardeners. The bulletin board was created by fifth-grade teacher Jan C. Mahone. Photo: Jan C. Mahone

soon make bird feeders to hang outside their classrooms.

The students and teacher are having a great time and are so thankful for this opportunity. Their journals reflect their learning and recently the teacher, Jan C. Mahone, put up a bulletin board in the classroom showcasing the Master Gardeners, the students' writings and photos of students and Master Gardeners. It was really awesome.

We are still collecting plastic lids so please bring them to the MGNA general meetings.

I want to thank the Master Gardeners and Interns who are helping this year – **Charlene Stone** (F'10), **Bill Fuller** (W'97), **Gloria Uhl** (W'12), **Candy Trowbridge** (F'05), **Ann Tippie** (W'12), **Karon McGill** (W'15), **Kathie Gillies** (W'10), **Marsha Harris** (F'13), **Rita Icenogle** (W'15), **Susan Allbritton** (F'14), and **Alyson Mihealsick** (W'15).

We've also had some great guest speakers from MGNA.

While we have a lot of fun, this wouldn't be possible without the support of MGNA, so thank you!

If you would like to join us in 2016, we will start around the second week of January, on Wednesdays from 11:50 a.m. to about 1:30 p.m. Please email or call if you are interested. It's a lot of fun.

— **Carolyn Wade** (F'12)  
**Morris Elementary School Project chair**



# Rite of Passage

Fall 2015 class interns experienced the propagation session at the barn in Belle Mina on Oct. 1.



Max Cambell (W'03) talks about sterilizing tools and pots. Photos: Alice Brigman (W'07)



Josie Asquith ('84) shows how to propagate from cuttings.



Tom Simpson (W'12) gives them options on how to divide plants.



Carol Umstaedter (W'05) teaches layering.



TriCounty Master Gardener Class Coordinator Alice Lawler (F'98) with Tom Simpson (W'12) prepare for the propagation class.

## RUSSIAN COMFREY

### Gold Mine of Nitrogen, Potassium, Potash, Phosphorus

By Dorothy Thomas

# R

ussian comfrey (*Symphytum X uplandicum*; a.k.a. *S. peregrinum*) is a cross between common comfrey and a species from western Russia, *S. asperum*.

Hardy from Zones 3 to 9, it will grow in full or partial sun. Comfrey dies to the ground in winter so remember to collect the leaves and add to your compost pile.

Russian comfrey produces very little viable seed but is easily propagated from root cuttings.

It is an excellent example of a dynamic accumulator. These “are plants that gather certain micronutrients, macronutrients, or minerals and store them in their leaves.” [1]

Comfrey leaves contain more nitrogen and potassium/potash (K) than farmyard (animal) manure or garden compost and more phosphorus than farmyard manure.



**Dorothy Thomas (F'07) is the 2013 MGNA Master Gardener of the Year and past president of the Huntsville Herb Society.**

#### Harvesting

Plants can be harvested when they reach 2 feet tall or start to form flower stalks. Cut off the whole plant about 2 inches above the ground. After harvesting, give the plant a good watering and renew the mulch layer.

#### Comfrey tea (liquid fertilizer)

Fill a barrel or trash can about halfway with

the freshly harvested comfrey leaves, add water, cover it, and let it steep for three to six weeks. The concoction has a strong odor and is best brewed in an open area. The tea may be used full strength or diluted to about half strength to the color of weak tea. Use it whenever you water your plants. Stressed plants and transplants will benefit from a watering with the tea.

External applications and internally taken teas or tinctures of the leaves are considered to be safe.

The use of comfrey in dietary supplements is a serious concern to U.S. Food and Drug Administration. These plants contain pyrrolizidine alkaloids, substances which are firmly established to be hepatotoxins in animals. Reports in the scientific literature clearly associate oral exposure of comfrey and pyrrolizidine alkaloids with the occurrence of veno-occlusive disease in animals. [2]

#### Footnotes:

1. ([en:Wikipedia.org/wiki/Dynamic\\_Accumulator](http://en:Wikipedia.org/wiki/Dynamic_Accumulator))
2. [www.fda.gov/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/ucm111219.htm](http://www.fda.gov/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/ucm111219.htm)

## Russian Comfrey

**Symphytum x uplandicum**

**Hardy Perennial:** Zones 3 to 9

### WARNING:

The use of comfrey in dietary supplements is a serious concern to the U.S. Food and Drug Administration.



The Russian comfrey has large, lance-shaped hairy leaves, hairy stems and magenta-pink flowers.

Photo:  
[www.feedipedia.org](http://www.feedipedia.org)



# GARDEN THYMES

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