

# She gathers | elderberry



"This plant of God heals anything it touches!"

-Hippocrates

Elderberry: *Sambucus nigra*, *S. nigra* ssp. *canadensis*, *S. nigra* ssp. *caerulea*, *S. ebulus*

**Parts used:** berries, flowers

**Energetics:** cooling, drying

## Berry Preparations:

- elixir
- food
- glycerite
- oxymel
- syrup
- tea
- tincture

## Flower Preparations:

- cordial
- cream
- liqueur
- oil
- salve
- tea
- tincture

**Medicinal Properties:** shortens duration of cold & flu, supports healthy response to fevers, are antiviral and stimulating to the immune system, and eases pain and inflammation. Elderberries are best taken at the early onset stages of illness. It is not recommended that you take a tincture on a daily basis when not ill since they have strong immune system stimulating properties.

Harvest **flowers** in early-mid summer and dry full heads on open trays.  
Once dry, gently remove flowers complete from stems.

Harvest **berries** in late summer-early fall.  
Freeze full heads to make removing the berries from the stems easy!

## CAUTIONS:



Elderberry stems are toxic. Elderberries should be cooked before eaten in large amounts. Red varieties **MUST** be cooked before ingesting. There are two toxic plants that can resemble Elderberries; pokeweed and devil's club. Pokeweed is **HIGHLY** toxic, wild devil's club is mildly toxic.

Elderflowers can be dried as a whole cluster then gently removed for storage once they are very dry. Remember that stems and branches are toxic, so be sure to sort carefully.

Harvest whole clusters of elderberries and freeze them on the twig. Once frozen, the berries will "pop" off with ease! You can save them to be used fresh as needed.

Elderberries can also be dried for later use.

## Where to find Elderberries?

Elderberries are commonly found in disturbed areas, along roadsides, in ditches or where fires have recently burned.

## Elderberry Syrup

2 Pounds Fresh or Frozen Elderberries

1-2 Inches Fresh Ginger Root

Raw Honey to Taste (start with 1/4 cup)

- Be sure to remove stems from fresh elderberries.
- Steam the elderberries in the top part of a steam juicer for approximately 30 minutes, or until the juice runs freely.
- Gently press berries to release as much juice as possible.
- Pour the hot juice into a saucepan. You should have about 4 cups of juice. Add ginger to the saucepan. Simmer the juice with the ginger at a low temperature for 30 minutes until the juice is reduced to 2 cups.
- Remove the juice from the heat. Pour the juice through a mesh strainer to remove the ginger pieces.
- Add honey to the strained, COOLED, reduced juice and stir well to combine. Taste and add more honey as desired. Heat kills raw honey, so be sure your juice is cooled to room temperature before adding the honey.
- Pour into CLEAN bottles for storage. Label clearly and keep refrigerated. Will keep for several weeks in the fridge.

## Popular Additions (choose as many as you like): \*

- 1/4 dried echinacea root
- 1 teaspoon goldenseal
- 2-3 cinnamon sticks
- 3-6 whole cloves
- 1-2 teaspoons licorice root
- 1 teaspoon Oregon grape root
- dried rose hips
- 1/2 teaspoon fresh ground black pepper
- 1-2 teaspoons wild cherry bark

\*see information on the individual herbs to determine the reason for each particular addition and why you'd choose one over the other based on your specific needs.

