



IMMUNE-BOOSTING ELDERBERRY SYRUP

Turn the summer elderberry harvest into a health-restoring tonic!

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HARVEST

2

DE-STEM

3

RINSE

Harvest elderberries when they are deep purple and pull easily away from their stems, generally July to August. Riper fruit must be handled more delicately. De-stem by running a fork down the stems. If you are preparing to make the syrup several months later, you can freeze the elderberries while still on their stems, then shake the berries free from their stems. Rinse the berries in a colander.

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MEASURE

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BOIL

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MASH

To make a small family-sized batch of syrup, measure out 2-1/2 cups of fresh elderberries or 1 cup dried elderberries, 4 cups of water, and optional 1 cinnamon stick, 1 TB of chopped ginger. Add to a soup-pot, bring to a boil over medium-high heat. Reduce to simmer 30-40 minutes. Remove from heat and mash the berries.

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STRAIN

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REDUCE

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SWEETEN

Strain the syrup with a colander over a bowl and return the liquid to the pot. Cook for an additional 30-40 minutes to reduce the volume of the liquid by half. To the volume of strained, reduced elderberry juice, add equal parts raw honey (roughly 1 cup) and optional 1 cup of brandy or alcohol to preserve. Bottle and store in the refrigerator. Shelf life is 2-3 months when made without alcohol, up to a year with alcohol. Enjoy 1 TB as needed/desired.

Elderberries (*Sambucus nigra*, *S. canadensis*) are commonly planted in POP's community orchards and are prized for being an easy-to-grow, fruiting shrub. The plant produces clusters of small berries that contain **anthocyanins**, a rich-purple pigment that has been found in clinical trials to interfere with the common cold and flu's ability to replicate in the body. Long prized in herbal and folk medicine, elderberries are said to support the body's innate immunity. It's been recommended that 1 TB of syrup be enjoyed at the first signs of illness to shorten the duration of illness. **Consult a licensed medical professional before using this or other any other new plant in one's diet.**