

## Elder, Elderberry

Family	Caprifoliaceae
Botanical	Sambucus canadensis
Parts Used	Bark, leaves, flowers and berries
USDA Hardiness	3 - 8
Light	Full Sun to Light Shade
Soil	Well Drained Composted
Duration	Perennial



Propagation	From cutting. Take your cuttings in June, July or August. Cut the branch into sections 4 to 6 inches long, making multiple cuttings from a single branch. Pinch off the leaves from the lower two-thirds of the cutting, leaving at least one set of leaves at the top. Combine 1 part peat moss to 1 part sand in a bucket and mix it with water until the soil medium is damp and crumbly. Don't use regular garden soil to root elderberry cuttings. The medium has to be sterile and drain well or the cutting will rot without forming new roots. Fill a 2- to 4-inch pot with the damp sterile soil mix. Stick the bottom one-third of the cutting into the soil mix. Place a clear plastic bag upside down over the pot and fasten the opening with a rubber band or twist tie to create a humid, warm environment around the cutting. Put the cutting in a spot that gets bright indirect light. When the soil starts to dry out, add water until it is evenly damp. Give the cutting a very gentle tug six weeks after rooting it. When the elderberry is firm in the soil, it's ready to transplant. Fertilize the growing elderberry once a month using an all-purpose water-soluble balanced fertilizer. Pick a spot that gets full sun or part shade, with humus rich soil and good drainage. Dig a planting hole and place the new elderberry shrub into the soil with the base of the stem level with the soil line.
Water	As needed, likes damp soil
Growing	Growing elderberries is not all that difficult. They can tolerate different conditions like soil that is in poor condition or soil that is too wet. One thing growing elderberries cannot tolerate, however, is drought.

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Medicinal Uses	Diaphoretic, alternative, stimulant, antirheumatic, laxative and antiviral.
Benefits	Eases colds, flus, fevers, acne, burns, rashes and wrinkles.
Preparation	Syrup with the berries. Infusion, herbal oil and salve with the leaves for tumours. ELDERFLOWER NOSE WASH: Make 1 cup of elderflower infusion. Use 3-4 teaspoons of flowers. Add a pinch of sea salt and put in neti pot. Use daily during hay fever season or with sinusitis. HOW TO MAKE ELDERBERRY JUICE: Put the cleaned berries in a saucepan and add enough water just to cover. Bring to a boil, then turn off the heat and let the berries stand for a couple of hours or as long as overnight. Strain off the juice and refrigerate. Discard the berries. To can elderberry juice, add 4 tablespoons of lemon juice per pint, or 8 tablespoons per quart. Process in the boiling water bath for 20 minutes in canning jars with ring bands. For colds and flu, warm the full-strength juice in a saucepan and add lemon juice and honey. Drink a cup

## Fines Herbes

or so two or three times a day.

For summer beverage that supports the immune system and is a prophylactic against illness, it can be drunk diluted—as much as three parts water to one part juice—with lemon juice and honey.

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# Fines Herbes

## Culinary Uses

Elder flowers are best known for their flavorful and medicinal uses in tea, a floral champagne, fritters, cordials, vinegars, floral waters, ointments, and even as a spring tonic. The fruit is used in pies, cobblers, and wine.

Elderberry Syrup    Prep time: 5 mins    Cook time: 1 hour

A simple natural remedy with a big nutritional punch. We keep this on hand during cold and flu season to ward off illness. Serves: 8+

### Ingredients:

2/3 cup black elderberries

3.5 cups of water

2 T fresh or dried ginger root

1 tsp cinnamon powder

½ tsp cloves or clove powder

1 cup raw honey

### Instructions:

1. Pour water into medium saucepan and add elderberries, ginger, cinnamon and cloves (do not add honey!)
2. Bring to a boil and then cover and reduce to a simmer for about 45 minutes to an hour until the liquid has reduced by almost half. At that point, remove from heat and let cool enough to be handled. Pour through a strainer into a glass jar or bowl.
3. Discard the elderberries (or compost them!) and let the liquid cool to lukewarm. When it is no longer hot, add 1 cup of honey and stir well.
4. When honey is well mixed into the elderberry mixture, pour the syrup into a pint sized mason jar or 16 ounce glass bottle of some kind.
5. Store in the fridge and take daily for its immune boosting properties. Some sources recommend taking only during the week and not on the weekends to boost immunity.
6. Standard dose is ½ tsp to 1 tsp for kids and ½ Tbsp to 1 Tbsp for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.



## Historical Facts

Elderberry has been found in Stone Age and Bronze Age excavations, was one of the sacred trees of the Druids, and has been used as a medicinal herb by early Europeans, native Americans and modern herbalists.

## Additional Tips

Only the black elderberry (nigra) is safe to use. The red variety is toxic.

## Nutrition Facts

Nutritionally, elderberries are high in potassium, have three times the protein of blueberries, and are rich in vitamin C, calcium, beta-carotene and phosphorus.