

MEMO

TO: Brooke Carnwath and Writing Workshop Peers (Sarah Till, Sue Wren, Matt Jasper)

FROM: WRIT 221 Student Name

DATE: August 15, 2020

SUBJECT: Expanded Definition of Honey Gardens Elderberry Syrup

Honey Gardens Elderberry syrup is a medicinal liquid manufactured to boost immune function based on its reputation for supporting human health and wellbeing; benefits include fighting infection (virus and bacteria caused), boosting immune function, resolving constipation, lessening headaches and reducing stress. Figure 1 shows an 8 oz. bottle of Honey Gardens Elderberry Syrup with apothecary raw honey, organic apple cider vinegar and propolis, which can be purchased online for \$19.99 (PureFormulas.com).



Thirty types of elderberry plants and shrubs grow across the globe. *Sambucas Nigra* is most commonly found in Europe; *Sambucas canadensis*, known as American elderberry, grows in most U.S. states across a range of elevations and environments (Wilson)—the latter species is most often found in over-the-counter lozenges, pills, teas and gummies (in addition to syrups). Both varieties are known for high nutritional content, including vitamins A and C, calcium, potassium, phosphorus, iron and antioxidants (Godman).

To make edible, berries are harvested and washed, then simmered in water for between 30 minutes and one hour. The liquid is strained and combined with honey and alcohol to improve taste and preserve nutritional content respectively (Godman); once made, the liquid must be refrigerated. Typically, adults consume 1Tlb daily during cold and flu season; children can safely consume 1 tsp. daily (Bernauer).

According to the website Montana Homesteader, written by Annie Bernauer, elderberry shrubs in Montana produce small white flowers in the late spring and early summer and can be harvested in late August and early September. The shrubs are prolific and easy to

identify on the side of dirt roads by their oblong green leaves (2-3 inches long, ½ inch at their widest) and heavy clusters of dark purple (*Sambucas Nigra*) and light purple/bluish (*Sambucas canadensis*) berries (Bernauer).

In 2020, since the declaration of the COVID-19 pandemic, the sale of elderberry and other traditional medicines (plant-based herbal remedies and vitamins) has increased dramatically (L.A. Times). However, the U.S. Food and Drug Administration has sent warnings to several sellers of such products (including those containing elderberry) such as Amazon, to prevent what they call false claims (not based on double-blind scientific studies, but rather “folklore”) about preventing the spread and transmission of COVID-19. Still, elderberry products such as the Honey Garden Elderberry Syrup are widely advertised and sold based on the belief they will, indeed, support overall health and wellbeing.

Works Cited

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