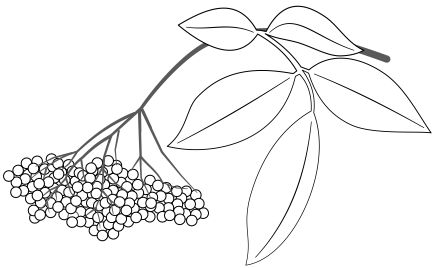


HOW TO DRY BERRIES:
RINSE, REMOVE STEMS, AND PAT DRY. IF USING A DEHYDRATOR, PLACE BERRIES ON RACK AND DRY UNTIL THEY ARE SHRIVELED LIKE RAISINS. IF USING AN OVEN, SPREAD BERRIES OVER PARCHMENT PAPER AND HEAT AT 150 DEGREES F. CHECK EVERY 10 MINUTES AND KEEP IN OVEN UNTIL DRY.

The pocket-sized ELDERBERRY Cookbook



Delicious recipes and helpful harvesting tips

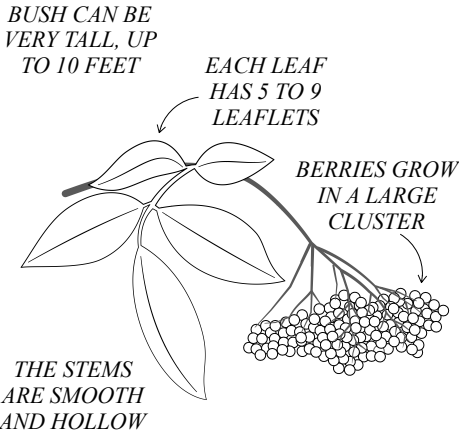
Elderberry - an introduction

Sambucus species

Elderberry is a shrub that grows in several different areas of the world, from Asia and Europe to North and South America.

While it may be found cultivated and growing in gardens, either for it’s attractive white flowers or edible blue fruit, these plants are also often found growing wild in mountainous forests throughout the world.

Long used by humans for food, this plant also has hollow stems used to make flutes and whistles.



In Medieval times the elderberry was thought to be a holy tree, capable of restoring good health and promoting a long life. Modern research indicates it may have some positive effect on immune function.

6 cooks.
piece of fresh ginger to the mixture as it
cinnamon, 5 whole cloves, and a small
*If you liked spiced syrup add a stick of
then refrigerate.

of sugar (or honey). Stir well and
strainer and add the desired amount
the berries carefully. Pour through a
often. Remove from heat and mash
then simmer for 30 minutes, stirring
Bring berries and water to a boil and

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*Taste the syrup as you add the sweetener
and adjust according to your preference.
Can also add ginger, cinnamon and nutmeg.

Bring berries and water to a boil and
then simmer for 45 minutes, stirring
often. Remove from heat and mash
the berries carefully. Pour through a
strainer and add the sugar (or honey).
Stir well and then refrigerate.

3 cups water
1-2 cups sugar or honey*
3 cups fresh or frozen elderberries
Elderberry Syrup
From fresh or frozen elderberries

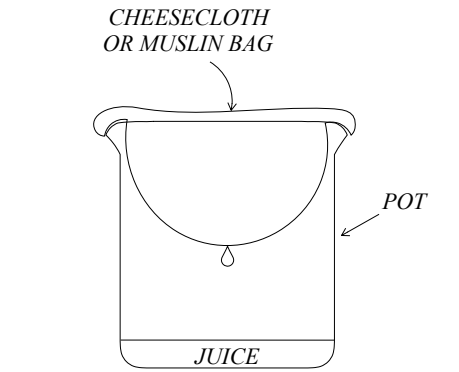
Elderberry JUICE
An ingredient for the next two jelly and jam recipes

Place rinsed and de-stemmed berries
into a saucepan and heat on low until
they break down and juice is
covering the bottom of the pan.

Increase heat and use a potato
masher or other large utensil to mash
the berries. Simmer for 10 minutes,
then strain through a muslin bag or
cheesecloth. To get the most juice, let
sit for 2 hours.

Process the juice immediately or
refrigerate or freeze for future use.

1 cup dried black elderberries
3 cups water
1 cup sugar or honey*
Elderberry Syrup
From dried elderberries



A TIP FOR HARVESTING:
IF YOU PUT THE ELDERBERRIES IN A
LARGE TUP OF WATER, PIECES OF STEMS
AND LEAVES WILL FLOAT TO THE TOP.
USE A COLANDER OR SIEVE TO PICK UP
AND REMOVE THESE PIECES.

7
14

elderberry syrup.
griddle or skillet and serve with
Cook the pancakes on a greased
purple).
the batter (which will turn slightly
little. Or carefully fold the berries into
knife to poke them into the batter a
the griddle or skillet and using a fork or
pancakes just after pouring them onto
Either sprinkle the berries onto the
taking care not to over-mix. The batter
the dry and wet mixtures together,
combining the dry ingredients and the
Set aside the berries, and then

13
lemon juice for buttermilk
*Can substitute 2 cups milk + 2 Tbsp
stems removed.
1 cup fresh or frozen elderberries,
3 Tbsp melted butter, cooled slightly
1 large egg
2 cups buttermilk*
1/2 tsp salt
1/2 tsp baking soda
2 tsp baking powder
2 tsp sugar
2 cups all purpose flour
Elderberry Pancakes

1
4
stems.
Frozen berries separate from their
cooking, a gentle slap will help the
Or, if you freeze them before
separate the stems from the berries.
rinsing, you can use a fork to help
the same day you pick them. After
So be sure to process the berries
sticky mess.
before they start fermenting into a
to either dry, freeze, or cook them
once picked, you have about 10 hours
ever find them in a store because
fragile and perishable. You won't
The berries are exceptionally

Harvesting Tips

Elderberry Jelly
From fresh or frozen elderberries

3 cups elderberry juice
Juice of 1 lemon
1 box of fruit pectin
3-4 cups sugar or honey*

Add lemon, pectin, and sugar to the
juice. Bring to a boil and then pour
into sterilized glass jars.

*Taste the syrup as you add the sweetener
and adjust according to your preference.

6
12
and sweeten to taste.
water and boil for 15 minutes. Strain
Add berries and cinnamon to 16 oz

1 tsp honey
1/4 tsp cinnamon
2 Tbsp dried elderberries

Dried Elderberry Tea
Place 2 to 4 fresh elder flowers in a
tea pot and cover with boiling water.
Let steep for 10 minutes. Sweeten to
taste and serve.

Elder Flower Tea

3
eaten raw.
cause nausea and other discomforts if
mildly toxic even when ripe and will
hand, has red berries, which are
Sambucus racemosa, on the other
multiple continents.
source for generations of people on
have served as an important food
But when ripe they are very tasty and
poisonous and should not be eaten.
unripe (still green) they are mildly
deep blue color. When the berries are
These both produce berries with a
cervula are two of the most common.
Sambucus nigra and Sambucus
species and varieties of Elderberry.
There are dozens of different

Elderberry Jam
From fresh or frozen elderberries

3 cups elderberry juice
1 Tbsp of fruit pectin
1 cup date or apricot paste
sugar or honey to taste

Make date/apricot paste by soaking 2
cups dates/dried apricots with 2 cups
water overnight. Remove fruit from
water and blend, adding as much liquid
as needed to make a thick paste. Add
the paste, along with some mashed
cooked elderberries, to the ice and
pectin. Sweeten to taste and bring to a
gentle boil. Pour into sterilized jars.

10
elderberry syrup.
and fry until golden. Serve with
make a batter. Dip flowers in batter
together. Stir in milk and vanilla to
Mix the flour, baking powder, salt
Oil for frying
elder flowers
Several bunches of creamy white
2/3 cup milk
1 teaspoon vanilla
1/2 teaspoon salt
2 tsp baking powder
3 cups flour
Elder Flower Fritters

B	A	A	X
B	C	C	D
F	E	E	D
E	G	G	X