

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.



ti er synthem of the mixture as it cinnamon, 5 whole cloves, and a small fo 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

1-2 cups sugar or honey*

3 cups water

3 cups fresh or frozen elderberries

From fresh or frozen elderberries диллу лигодигрий

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.

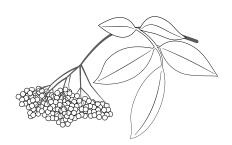
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elderberry syrup. griddle or skillet and serve with Cook the pancakes on a greased

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

will be thick. taking care not to over-mix. The batter the dry and wet mixtures together, wet ingredients in separate bowls. Mix combine the dry ingredients and the Set aside the berries, and then

The pocket-sized **ELDERBERRY** Cookbook



Delicious recipes and helpful harvesting tips

Can also add ginger, cinnamon and nutmeg. and adjust according to your preference. Laste the sympa as you add the sweetener

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

I cup sugar or honey*

3 cups water

I cup dried black elderberries

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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.

lemon juice for buttermilk *Can substitute 2 cups milk + 2 Tbsp

stems removed. l cup fresh or frozen elderberries, 3 Tosp melted butter, cooled slightly

2 cups buttermilk*

l large egg

1/2 tsp salt

1/2 tsp baking soda

2 tsp baking powder

2 tsp sugar

2 cups all purpose flour

E1devbervy Pancakes

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

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

throughout the world.

sues.

trozen berries separate from their cooking, a gentle slap will help the Ot, it you freeze them before separate the stems from the berries. unsing, you can use a fork to help the same day you pick them. After 20 pe ante to brocess the berries

sticky mess. before they start fermenting into a to either dry, freeze, or cook them ouce bicked, you have about 10 hours ever find them in a store because fragile and perishable. You won't

Harvesting Tips

The berries are exceptionally

eaten raw.

cause nausea and other discomforts if mildly toxic even when ripe and will pand, has red berries, which are Sambucus racemosa, on the other

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.

BUSH CAN BE

VERY TALL, UP

TO 10 FEET

THE STEMS

ARE SMOOTH

AND HOLLOW

EACH LEAF

HAS 5 TO 9 LEAFLETS

> BERRIES GROW IN A LARGE

> > **CLUSTER**

multiple continents. sonce for generations of people on pave served as an important food But when ripe they are very tasty and poisonous and should not be eaten. nulibe (still green) they are mildly deep blue color. When the berries are Luese poth produce berries with a cerulea are two of the most common. zampnenz uisla sug zampnenz species and varieties of Elderberry. There are dozens of different

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.

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

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

Dried Elderberry Tea

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

Elder Flower Tea

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.

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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

gniyri rof liO elder flowers Several bunches of creamy white 2/3 cup milk I teaspoon vanilla

1/2 teaspoon salt

2 tsp baking powder

3 cups flour

Elder Flower Fritters

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