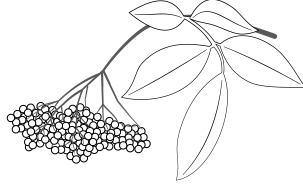


#### HOW TO DRY BERRIES:

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.

**SCIENCE MOM**  
— JENNYBALLIF.COM —

## The pocket-sized ELDERBERRY Cookbook



Delicious recipes and  
helpful harvesting tips

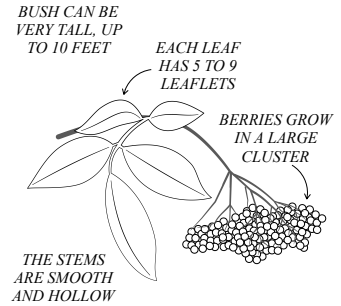
## Elderberry - an introduction

*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.*

9  
cooks.  
piece of fresh ginger to the mixture as it  
\*If you liked spiced syrup add a stick of  
cinnamon, 5 whole cloves, and a small  
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

### Elderberry Syrup

### 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.

7

14

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

5  
\*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.

1 cup sugar or honey\*

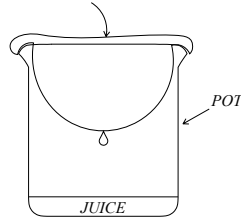
3 cups water

1 cup dried black elderberries

From dried elderberries

### Elderberry Syrup

CHEESECLOTH  
OR MUSLIN BAG



#### 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.

8

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

4  
frozen berries separate from the  
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  
stickly 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

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stickly mess.

### 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.

9

12  
and sweeten to taste.

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

### 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

11  
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