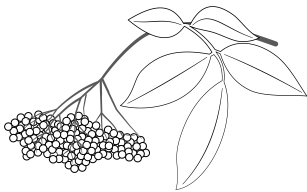


HOW TO DRY BERRIES:

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

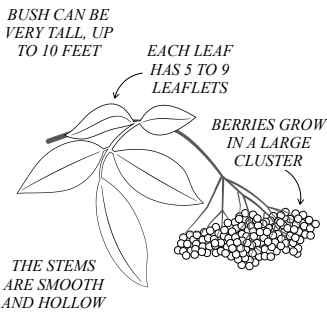
Elderberry - an introduction

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.

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

*If you liked spiced syrup add a stick of piece of fresh ginger to the mixture as it cooks.

6

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

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.

*Taste the syrup as you add the sweetener. Can also add ginger, cinnamon and nutmeg.

5

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

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

So be sure to process the berries the same day you pick them. After rinsing, you can use a fork to help separate the stems from the berries. Or, if you freeze them before cooking, a gentle slap will help the frozen berries separate from their stems.

4

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

Harvesting Tips

Elderberry Jelly

From fresh or frozen elderberries

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

Elderberry Jam

From fresh or frozen elderberries

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

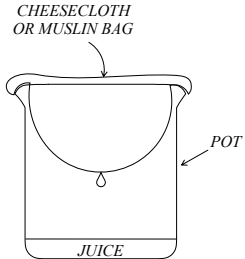
Elderberry JUICE

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.

7



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

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.

14

2 cups all purpose flour
2 tsp sugar
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
2 cups buttermilk*
1 large egg
3 Tbsp melted butter, cooled slightly
1 cup fresh or frozen elderberries, stems removed.

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

13

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

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.

12

Elder Flower Tea

Elder Flower Fritters

3 cups flour
2 tsp baking powder
1/2 teaspoon salt
1 teaspoon vanilla
2/3 cup milk
Several bunches of creamy white elder flowers
Oil for frying

Mix the flour, baking powder, salt together. Stir in milk and vanilla to make a batter. Dip flowers in batter and fry until golden. Serve with elderberry syrup.

11

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