

the

Elderberry

S. canadensis (Native in America)



Nutrition Facts

Amount	100 g
	% Daily Value
Calories	73 kcal
Total Carbohydrate 18.6g	6.2%
Dietary fiber 10g	27.6%
Protein 0.7g	1.4%
Vitamin A	11.7%
Vitamin C	60%
Vitamin B6	10.3%
Iron	8.3%



Elderberry Syrup Recipe

Ingredients: 1 cup fresh elderberries; 3 cups water; 1 cinnamon stick (optional); whole cloves (optional); 1 teaspoon minced fresh ginger root (optional); 1 cup honey;

Steps:

- Place elderberries, water, cinnamon stick, cloves, and ginger in a saucepan over medium heat. Bring to a boil, reduce heat to low, and simmer for 30 minutes. Use a potato masher to mash berries to release juice; strain the mixture through a fine sieve, retaining juice and discarding the pulp. Let juice cool.
- Stir in honey until thoroughly combined and transfer to a lidded jar. Keeps in refrigerator 2 to 3 months.



Where to find?

Fruits

- 47 Daisies Farm, ME
- Mountain rose herbs.com

Juice

- Amazon
- Vitamin Shoppe
- Wyldewood cellars

Wine

- Wyldewood cellars
- Honey run winery