Elderberry Flower Bracts

Health Benefits *from WebMD*

* High in Antioxidants & Vitamin C
* Inflammation tamer
* Lessens stress & protects heart
* Reduces duration and severity of cold and flu symptoms (U.S. NIH study)

Growing *Sambucus canadensis*

-Partially self-fruitful; two or more cultivars for better fruit production

-Site Selection: woodland edge plant conditions, full sun/part shade, rich loamy soil with good drainage (supplemental watering in drought). Wind tolerant, great for a hedge row.

-Planting: 2 metres apart

-Pruning: in late winter; dead wood, oldest growth can be heavily pruned to revigorate

-Propagating: from stem cuttings

-Harvesting: flower bracts (early summer), purple berries (late summer)



Summer 2019



Fall 2020



Utilizing

* Flowers can be harvested for drinks or fritters
* Pick berries when deep purple, separating stems from fruit (freeze first to aid stem removal). Use in: wine making, cordials, jams, jellies, pies. Freeze or dry.



Recipes & Resources

Plants available at Briar Patch in Berwick or order stem cuttings from me.

YouTube “Off Grid with Doug & Stacy,” featuring Terry Durham of River Hills Harvest video on propagating and tonic making.

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Cordial

1 quart berries

1 quart water

2 cups sugar

1 Tbls. lemon juice & rind of ½ lemon

Cook berries in water with rind 30 min., skim froth. Strain and return to pan with sugar and lemon juice; heat gently until sugar dissolved. Bottle in sterilized jars. ++++++++++++++++++++++++++

Elderberry Liqueur

Place berries in jar and add brandy and vodka to cover. Leave some headspace as liquid may bubble over. Store in dark cupboard for 3 months, shaking daily for one week, and then occasionally (at least weekly). Strain, add sugar syrup to taste, bottle and age for three more months. Enjoy!