

## Elderberry

**Latin Name:** Sambucus nigra or Sambucus canadensis

**Common Name:** Elderberry, Black Elder, Sambucus

**Plant Family:** A genus of flowering plants in the family  
Adoxaceae

**Parts Use:** Cooked Black or Blue Berries and White  
Flowers

**Botany of Elder:** Bush, opposite leaves, berries form in  
clusters

**Benefits and Use:** antiviral, diaphoretic, laxative,  
expectorant, high in antioxidants, cold & flu, flower is  
helpful in sinus congestion & lung congestion

**Used As:** Syrup, tea, capsules, tincture, as  
food/candies/jams

### Herbal Vocabulary:

**Diaphoretic:** Promotes perspiration, enabling the skin to  
eliminate waste from the body; sweating & urination

**Expectorant:** Soothes bronchial spasm and loosens  
mucus secretions

**Antioxidant:** A compound that prevents free radical or  
oxidative damage

**Simple:** Using a single herb in a liquid extraction

**Cautions:** Blackberries contain cyanide glycosides that  
can cause nausea, vomiting and diarrhea when taken in  
large amounts. Cooking nausea, vomiting and diarrhea  
when taken in large amounts. Cooking berries destroys  
cyanide\*\*\*Sambucus racemosa, Red Elder is toxic\*\*\*

# Simple Elderberry Syrup Recipe

## Ingredients:

1/2 Cup dry Elderberries  
2 Cups water  
1 Cinnamon Sticks  
2 Cloves  
1/2 Cup Honey



AMERICAN ELDER  
*Sambucus canadensis* L.  
HIBISCUSACEAE FAMILY

## Instructions:

In a saucepan combine all ingredients and bring to a boil over medium heat.

Once it comes to a boil turn temperature down and let simmer for 20 minutes or until liquid is reduced by half. Next strain berries from liquid. Let cool, add honey. While it is still warm add honey. You don't want the heat on the herbal infusion when you add the honey because it damages the honey properties. Once cooled place in jar. Label bottle and date bottle. Can be stored in refrigerator for 30 days.

(Recipe from: <http://naturallymindful.com/2013/07/homemade-elderberry-gummies-vitamin-c-treats.html>)

(Not approved by the FDA, the above is not intended to diagnose, treat or cure disease)

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