

AMERICAN ELDERBERRY

Sambucus nigra ssp, canadensis

Simple Herbal Preparations

ELDERBERRY TEA

1. Steep 2 tablespoons dried elderberries in 2 cups water for 15 minutes.
2. Strain, add honey and lemon to taste.

ELDERBERRY SYRUP

1. Simmer 1 cup dried elderberries in 3 cups water for 30 minutes.
2. Strain, add 1 cup honey, 1 tsp ginger, and bottle.

ELDERBERRY TINCTURE

1. Fill a jar halfway with dried elderberries.
2. Cover with 80-100 proof vodka. Steep 4-6 weeks, shaking daily, then strain & bottle.

ELDERBERRY OXYMEL

1. Mix 1 cup dried elderberries, 1 cup raw apple cider vinegar, and 1 cup honey in a jar.
2. Store and use after 2-4 weeks, shake daily.

ELDERBERRIES REFLECT IMMUNITY

Highly valued for their ability to support the immune system and aid the body's recovery and resilience.