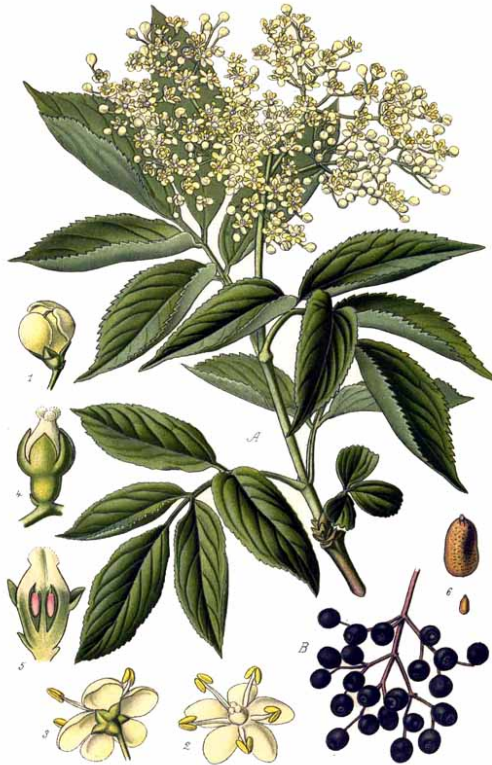


# Elderberry Syrup Recipe

## Elder / *Sambucus nigra*



Pl.150. Sureau noir. Sambucus nigra L.

- Antiviral, diaphoretic, antiinflammatory, thins mucus (mucolytic) esp in upper respiratory tract (nose, sinus)
  - Elderflower: more diaphoretic, best for fevers; great at thinning mucus
  - Elderberry: more antiviral, antiinflammatory (reduces the inflammation caused by the virus)
  - Poisonous plant if you use the wrong parts. Stems and bark will make you vomit and have diarrhea.
  - Cool research on people who take elderberries having shorter colds, getting less intense symptoms, recovering faster.
  - Used for common cold, fever, influenza, sinus pressure, conjunctivitis

Dosage: 1 tsp every hour is starting to feeling any signs of being sick. As preventive, more like 1 tsp / day.

## Elderberry syrup recipe

1 cup dried elderberries or 3 cups fresh elderberries

6 cups cold water

1 few inches fresh grated ginger

3 cinnamon sticks

About 1 cup honey

(optional: orange peel, thyme, cardamom, star anise, black pepper)

Put all ingredients except for the honey into a large pot. Bring to a boil, then turn it down to a simmer. Simmer it for at least 2 hours. I usually let mine sit for 8-12 hours to cool and continue to steep. When it's cool, strain the solids out from the liquids. Measure the liquids (it should be about 3 cups. Put the liquids back in a pot on medium heat, add 1 cup honey. Warm long enough for the honey to fully dissolve into the elderberry decoction. When it's fully dissolved (usually about 10-15 mins), let cool again and store in bottles in the refrigerator. It will last about 18 months if refrigerated.

