



Elderberry Immune Booster Recipes



Elderberry Elixer*

***Elixer - 'medical potion'**

Potion - 'liquid with healing properties'

Ingredients

- 1 cup fresh or frozen (½ c dried) elderberries
- 3 cups of water
- 1 tbsp fresh or dried ginger root (or powder)
- 1 cinnamon stick (or 1 tsp cinnamon powder)
- ½ tsp cloves or clove powder
- ½ cup raw honey (* not for infants under 12 months)

Instructions

1. Pour water into a medium saucepan and add elderberries, ginger, cinnamon and cloves.
2. Bring to a boil and reduce to a simmer until the liquid reduces to almost half (about 30 minutes).
3. Remove from heat. Mash berries to release juice and let cool for 15 minutes. Pour through a strainer into a glass jar or bowl.
4. Discard the elderberries (feed to chickens or compost) and let the liquid cool to lukewarm.
5. Add 1 cup of honey and stir well. (Note: honey is added after the mixture has cooled to keep raw enzymes intact).
6. Pour mixture into glass jars to be stored in the fridge for up to three months.

Recommended Doses

Prevention (can be taken daily)

1. Kids (13 months-12 years old): 1/2 to 1 teaspoon
2. Adults: 1/2 to 1 Tablespoon

Recovery Take the normal dose every 2-3 hours until symptoms disappear.

Additional herbs you may want to add:

- 1/4 c marshmallow root
- 1/4 c dried hyssop
- 1 tsp fresh thyme, finely chopped
- 1/2 tsp black pepper, freshly ground
- 1/4 c lemon juice

Elder Blossom Hot Tea

<http://urbanherbology.org/2011/01/18/elderflower-tea/>

Use one or two (fresh) big umbels per cup of tea. You can use the actual flowers alone (although its a bit fiddly to separate them when fresh) or the entire umbels. I simply place whole umbels (sort of folded up) in a small tea pot, add boiled water, cover and infuse for 5 – 10 minutes. If making it in a cup, do cover with a saucer whilst it infuses.

If you would like to harvest Elder flowers to dry and store then collect them just before the shrubs are in full bloom (May/June). Harvest as above, lay out on paper to dry in a warm, well ventilated place. When thoroughly dry the little flowers can be rubbed off the umbels and stored in jam jars, in a dark place, for up to a year. You would use about 1 heaped teaspoon of dried herb per cup of tea.

It is well worth keeping some dried Elderflower in stock over the cold and flu months. Herbals generally recommend that it is freely taken for several days during a cold or flu (up to 8 cups daily) and up to a few cups per day at other times.

Elder Blossom Iced Tea

Several umbrels of fresh elderberry blossoms to loosely fill 1/3 of gallon container or 1/3 c dried elderberry blossoms

- 1 c evaporated cane sugar
- 1 gallon water
- Place ingredients in a glass jar and let sit for 4-12 hours
- Drink cold and enjoy!

May prepare as a hot tea with honey instead of sugar and then drink cold.

Elder berries and blossoms add a nice flavor and zip to kombucha and kefir!

Precautions:

1. Consuming raw elderberries causes extreme GI distress in many people. Try a few berries raw before overindulging.
2. Pregnant/nursing women should avoid as well as anyone with serious medical conditions.

Sambucol Black Elderberry Great Tasting Syrup, 7.8 fl oz \$19.71 at Walmart

Active Ingredients: 2 Teaspoons (10 ml): Calories 30; Total Carbohydrate 8 g; Sugars 8 g; Elderberry Extract (Berry) 3.8 g; Glucose Syrup; Purified Water; Citric Acid; Potassium Sorbate

Directions: For daily maintenance: Adults and children over 4 years: Take 2 teaspoons daily. For intensive use: Adults and children over 4 years: Take 2 tablespoons 4x daily.

Health Benefits of Elderberries

Notes from **Mother Earth News** 8/26/15
www.motheearthnews.com/real-food/elderberry-tonic-for-cold-and-flu-prevention-zbcz1508

The health benefits of the plant are widespread:

- Antioxidant
- Lowers Cholesterol
- Improves Vision
- Boots Immune System
- Improves Heart Health
- Fights Bacterial and Viral Infections

Most notably, the fruit ripens in time to make an elixir to prevent and treat the common cold and flu.

Elderberries can be used as any other berry for pies, jams, breads, stuffing, etc. Elderberry, *Sambucus*, is a seasonal berry that fruits in time for the prevention of cold and flu season.

A member of the Honeysuckle Family (*Caprifoliaceae*), elderberries are perennial shrubs with pithy stems that are typically found in valley bottoms or along streams.

Flowers are white with many tiny flowers in clusters.

Fruit is in the form of pea-sized berries that ripen from green to dark blue or black with a waxy coating.

<http://www.livestrong.com/article/422255-elder-flower-tea-benefits/>

Flu-Fighting Ability

A study published in the "Online Journal of Pharmacology and PharmacoKinetics" in 2009 found that elder flower extract is very effective in treating flu symptoms. Participants experiencing three or more flu symptoms were given four doses daily of elder flower extract at 175 milligrams, while others were given a placebo. After just two days, 28 percent of the elder flower group were no longer experiencing symptoms and 60 percent had

significantly less severe symptoms, while the placebo group showed no improvements in symptom prevalence or severity. Despite these promising findings, the benefits of drinking elder flower tea have not been confirmed.

Cholesterol Benefits

A study published in the "European Journal of Clinical Nutrition" in 2004 found that elderberry juice lowered total cholesterol and triglyceride levels in young adults after two weeks of daily doses. Elder flowers themselves have not been studied for their effect on cholesterol, but they do contain quercetin, which was found to reduce cholesterol levels in test tube studies. More research is needed to determine whether drinking elder flower tea improves cholesterol levels.

Some Precautions

Regular consumption of elder flower tea has been found to be safe in the short term, but its long-term safety has not been determined. The berries of the elder plant are also used as medicine, but they are toxic when consumed raw. The bark, leaves and seeds of the elder plant are toxic and should be completely avoided. Elder flower may have a diuretic effect and enhance the effect of other diuretics, whether natural or pharmaceutical. Consult with your doctor if you're taking any medications, as they could interact with elder flowers. Avoid elder flower tea if you're pregnant or breast-feeding.

Heating Honey

<http://articles.extension.org/pages/44460/at-what-temperature-does-honey-have-to-be-heated-too-too-destroy-the-health-benefits-for-humans>

Honey should not be heated rapidly, over direct heat. Basically, the hotter you heat it, the more potential for reducing nutritional value. Excessive heat can have detrimental effects on the nutritional value of honey. Heating up to 37°C (98.6 F) causes loss of nearly 200 components, part of which are antibacterial. Heating up to 40°C (104 F) destroys invertase, an important enzyme. Heating up to 50°C (122 F) for more than 48 hrs. turns the honey into caramel (the most valuable honey sugars become analogous to sugar). Heating honey higher than 140 degrees F for more than 2 hours will cause rapid degradation. Heating honey higher than 160 for any time period will cause rapid degradation and caramelization. Generally any larger temperature fluctuation (10°C is ideal for preservation of ripe honey) causes decay. -John Skinner, University of Tennessee.