

We all know the benefits of Elderberry. Now a friend has shared with me how she makes homemade Elderberry Syrup. You know, how much I appreciate all things made from scratch at home in our own kitchens.



Elderberry Syrup . . . from Traza Bills 1-1-2021

- 3/4 cup dried elderberries
- 3 cups water
- 1 teaspoon dried cinnamon or 1 cinnamon stick
- 1 teaspoon dried cloves or 4 whole cloves or 1 drop clove essential oil
- 1 tablespoon fresh ginger or 1 teaspoon dried ginger or 1 drop ginger essential oil
- 3 shakes of ground Turmeric (optional)
- 1 cup raw honey

Such pretty Elderberry flowers



Instructions:

In a large pot, bring the elderberries, water, cinnamon, cloves, ginger and turmeric to a boil. Reduce the heat, cover, and simmer until the liquid has reduced by half, about 40-45 minutes. Allow the liquid to cool, and then drain the liquid using a fine mesh strainer or cheese cloth. Press all liquid out of the berries using the back of a wooden spoon. Add the raw honey and mix well. Store in an airtight glass container in the refrigerator for up to two months.

My Notes: I think I will use cheese cloth next time to squeeze all the juice out. Plus I think I will put it back on the stove to reduce by half again.

The package of dried Elderberries I purchased at Natural Grocers was 4 oz. This was more than the recipe called for but not enough to make two batches. So I use the whole bag and increased the water to 5 C. I also discovered I had Star Anise and Whole Allspice so I added them to the mix. Quite nice. Plus I used Fresh ginger and Turmeric root, which I keep in the freezer and simply grated them on a zester.

Now for my oh oooooop's. Even though I was in the kitchen not far from the stove I had the fire too high and it boiled OVER. What a mess I had to clean up. It immediately stained the paper towel I was using to mop up the mess.

Made me wonder if the Native American Indians used it to dye their baskets and blankets? Wondered even more if Elderberry was native to North America or if it was brought here for elsewhere? Yes, to both. So take **CAUTION** not to get it on anything you don't want instantly and forever to be black. Well worth the mess it is so yummy. Not only for medicinal purpose but also wonderful drizzled over fruit salad, ice cream and even chocolate cheesecake.