



Elderberry Recipes

to treat colds & flu

This basic recipe is a great place to start if you need something on hand quick, or just want to keep it simple. The deluxe syrup, which is what I used this year, includes additional herbs, and a vinegar infusion. It's a more time consuming process, but it's a good idea to go ahead and start some of the tincturing and vinegar infusions now, and just pop them into the back of your cabinet to have on hand when you're ready to use a richer recipe. You may double or even triple the recipe.

Basic Elderberry Syrup

yields almost 4 cups

2 cups dried elderberries

1 qt boiling water (4 c.)

Juice of 2 lemons

½ c. raw apple cider vinegar

1 c. raw honey

Place 2 cups dried elderberries into your crock pot, and cover with 1 quart boiling water. Cover and let sit overnight. The next day, simmer for several hours on low (or up to 2 days). Or you may use the stovetop, and simmer for 30 minutes on low heat. Allow to cool, and strain/press out the berry mash, keeping the dark, berry infused liquid. I like to strain through a tea towel, lined with a paper towel or coffee filter. I twist and squeeze the berry mash inside, getting out all the juice. Then dump the paper liner and the used up mash.



For every 2 cups of juice (give or take), add the noted amounts of apple cider vinegar, fresh lemon juice, and raw honey, and mix well. You can adjust the lemon and honey to taste at this point. If you have more than 2 cups of juice, then adjust the amounts of lemon/honey/vinegar accordingly. A total of 3 cups of juice would be 3 lemons, ¾ cups of vinegar, and 1 ½ cups of honey. Store in clean glass bottle(s) in the fridge.

Dosing and Usage: For herbal preparations like this, that contain what I consider to be food as opposed to strictly medicinal plants, I'm not so picky with dosage amounts. Here are the dosage amounts that we use, and what is recommended by this great [clinical overview of elderberry](#):

Adults: 2 teaspoons 4 times daily (at sign of first symptoms)

Children: 1 teaspoon 4 times daily (at sign of first symptoms)

For daily maintenance, three to five days after first symptoms occur:

Adults: 2 teaspoons daily

Children: 1 teaspoon daily

Deluxe Elderberry Syrup:

Follow directions for the basic syrup, but add 1/2 cup of any of the following herbs to your berries: chamomile, astragalus root, cinnamon, rose hips and/or or nettle. For each additional half cup of herbs, add in another cup of boiling water for the soak. Follow the original recipe from there. Any or all of these are great herbal companions, adding minerals, additional antiviral properties, and even flavor to your final syrup!

To pull even more medicinal properties from the elderberries, you may also make an elderberry vinegar infusion. Using the method [here](#), you can get even more beneficial properties from steeping fresh or dried elderberries in vinegar for several months...use this in lieu of the plain vinegar called for in the basic recipe.

Adding Echinacea:

I like to steep Echinacea in a jar with rum or high proof vodka for a month or more to make a tincture that can be given along with the elderberry syrup. This gives me a lot more flexibility when it comes to using this tincture...it can be limited to older kids and adult use, since it's vodka based. Using vodka, or other high proof alcohol to extract the Echinacea not only make it a stronger tincture than water infusion, but it's also safe for everyday use...according to the owners of Beeyoutiful, the manufacturers of Berrywell.

Star Ingredients:

lemon juice: adds a high concentration of vitamin C and flavor. Vitamin C is excellent for colds and flu. Antibacterial, protects mucous membranes and helps heal ulcers of the throat/mouth. High in antioxidants.

raw honey: Anti-Bacterial, Anti-Viral, Anti-Fungal. Used to treat coughs/upper respiratory infections (a famous voice soother used by professional singers)

Raw, unprocessed honey is a superfood that provides antioxidants, minerals, vitamins, amino acids, enzymes, carbohydrates, phytonutrients, and has strong antimicrobial and antibacterial properties. It soothes tissues, while strengthening the white blood cells to destroy bacteria and viruses.

elderberry: Elderberries have been a folk remedy for centuries in North America, Europe, Western Asia, and North Africa. Elderberry is used for its antioxidant activity, to lower cholesterol, to improve vision, to boost the immune system, to improve heart health and for coughs, colds, flu, bacterial and viral infections and tonsilitis. Bioflavonoids and other proteins in the juice destroy the ability of cold and flu viruses to infect a cell. People with the flu who took elderberry juice reported less severe symptoms and felt better much faster than those who did not.

nettles: Stinging nettle contains natural antihistamines and anti-inflammatories that open up constricted bronchial and nasal passages, helping to ease hay fever, and nose & sinus type allergies symptoms.

chamomile: Chamomile tea has antiseptic properties, making it a great herb to use as a mouthwash for healthy gums, or as an eye bath for an infected or inflamed eye. Its antiseptic capabilities are up to 120 times stronger than sea-water. It also promotes relaxation, reduces pain, and is an anti-inflammatory.

astragalus: Astragalus stimulates the activity of white blood cells...these are an important component of the immune system in fighting infections. It's considered an antiviral herb, as well as an immune stimulant. According to Savvy Teas and Herbs, it's safe for pregnancy or nursing Moms. There are a few concerns with this herb. It's not recommended for long term Lyme infection cases, and for those who are allergic to the legume family. Also, it may interfere with

some medications such as beta blockers, anti-coagulants, and certain diuretics, and cyclophosphamide, a medication used to reduce the chances of rejection in transplant recipients.

cinnamon: In the U.S. cinnamon is best known as the star filling in sweet rolls. Other cultures, however, value cinnamon for its medicinal properties, and it's a well loved cold and flu remedy in many Asian and Hispanic cultures. Cinnamon is antimicrobial, soothes smooth muscles (read: great for coughs!), and is even a natural antibiotic against several nasty bacteria including staph, strep, and E-coli. And it even adds a delicious spicy note to your syrup.

rose hips: Loaded with bioflavonoids, and a rich whole food source of vitamin C, rose hips are an excellent addition to boost the immune system, or for any cold and flu remedies. Rose hips have a pleasant, tart taste that compliments the lemon and elderberry as well.