

My Favorite Elderberry Syrup Recipe

Herbalists all have their favorite recipes and you can find many variations in herb books and on the internet.

This lesson will be my favorite recipe for Elderberry Syrup.

Other lessons will include recipes for Elderberry Tinctures, Elderberry Oxymel, Elderberry infused honey, Elderberry Gummies, and Elderberry Jello.

There are so many ways to enjoy the benefits of Elderberry.

Use at the first sign of the cold or the flu, upper respiratory conditions, excess mucus in the nose, and cough syrup as an expectorant or suppressant.

Take 1 tablespoon every hour or at least several times a day at the first sign of cold or flu for prevention. If you get the cold or the flu continue throughout the illness to relieve the symptoms.

Children: ½ -1 teaspoon every hour or so, or at least 1 teaspoon 4 times a day.

Equipment Need:

- Small saucepan with a lid
- Stirring spoons
- Strainer and canning funnel, this can be a reusable coffee filter, cheesecloth, jelly bag, or muslin
- Cup for elderberries to drain into, spout will make it easier
- Bottle or canning jar to store Elderberry syrup into
- Funnel to fit inside of bottle if using bottle
- Painter's tape or other, label, and marker
- Optional: coffee or spice grinder to chop up elderberries

Ingredients:



- ½ cup of dried elderberries
Or 1 cup if using fresh or frozen elderberries
- 5 cloves (*the spice, not cloves of garlic*)
- 2 cinnamon sticks, 1 teaspoon of powdered cinnamon or chopped cinnamon
- 2 cups of water (distilled water * preferred) - 1 cup of water if using fresh elderberries
- 1/2 - 1 cup of Honey
- 1 tablespoon of lemon juice
- **Optional:** 12 Star Anise * or 1 teaspoon of Anise Seed*.
Star Anise and Anise Seed are different herbs.
- 1 tablespoon of grated fresh ginger or 1 teaspoon of the dried ginger powder

*Distilled water is considered an empty water, which will extract more of the medical properties of the herbs used.

* According to a 2011 article in *Alternative Medicine Studies*, Star Anise is the primary source of shikimic acid, the precursor to oseltamivir, used in the anti-viral medication known as Tamiflu.

* Aniseed enhances the cough suppressant and expectorant properties

Directions:

1. Combine the dried elderberries and other herbs with 2 cups of water, (1 cup of water if using fresh or frozen elderberries).
2. Cover the pan and bring to a boil, lower heat and then simmer for about 20-30 minutes or until the liquid is reduced by half.



3. Let cool 5-10 minutes before handling.
4. Strain using a coffee filter, jelly bag or muslin cloth.



5. Measure the amount of tea.
6. Stir in the lemon juice. If you do not have lemon juice, use lime juice. In a pinch, apple cider vinegar will work. The acidity adjusts the “PH” for a longer shelf life. Taste better too.
7. Add an equal amount of honey or, honey to taste. The more honey, the longer its’ shelf life.



8. Pour into dark bottles or jars. It is much easier to pour up a teaspoon of syrup from a bottle than a jar. If you do not have a dark colored bottle, an empty vinegar bottle will work.



9. Label with the name of the ingredients and the date.

This should keep in the refrigerator for 1-2 months.

Optional: Pour into several small jars, leaving enough head room and freeze for a longer shelf life.



Elderberry Syrup, Even Longer Shelf Life without freezing or refrigerating.

Add an equal amount of herbal alcohol tincture (this could be Echinacea or even an Elderberry tincture) or Vodka or Brandy. This would be:

1 part herbal tea

1 part honey

1 part herbal alcohol tincture or Vodka or Brandy.

Of course, you then have a remedy that contains alcohol.

You could use an herbal glycerite instead of an alcohol tincture. The shelf life would not be as long as the alcohol tinctures.

Congratulations herbalist!

You have made an Elderberry Syrup for you and your family.

Save some Elderberry Syrup to make Elderberry gummies, next lesson.