



Elderberry Syrup

makes about 4 cups

To use the elderberry syrup, give one to two teaspoons at the first sign of a cold, sore throat, flu or other viral illness. The dose can be repeated every two to three hours. Please note that honey should not be given to children under 2 years old.

- 3-4 pounds ripe elderberries
- 1 cup raw local honey, or more, to taste

As soon as possible after picking, gently remove elderberries from their stems, using a fork or your fingers. Discard any unripe, wrinkled, or moldy berries. □ Place berries in a colander and rinse thoroughly in cool water.

Place berries in a large stockpot over medium heat and crush with a potato masher to release juice, stirring occasionally. Once the mixture reaches a boil, reduce heat and simmer, covered, for about 15 minutes. □

Pour mixture into a jelly bag or cheesecloth-lined sieve, set over a large bowl. Allow juice to drip into bowl for several hours, or overnight, until the dripping stops completely. Press or squeeze very gently to release additional juice. □

Measure 3 cups of juice into a large saucepan. Add up to 1/2 cup water if necessary to make the proper amount of juice. Bring to a gentle simmer and remove from heat. Stir in honey. □

Cool slightly, then pour syrup into clean glass jars and store in refrigerator. Syrup will keep in the fridge through the winter. □