A FEW ELDERBERRY SOLUTIONS

Elderberry - *Sambucus Nigra-* is one of the most well documented herbs for colds and flu. It is an expectorant, reduces phlegm, stimulates the circulatory system, promotes sweating, acts as a diuretic. Elderberry is effective against 8 strains of influenza.

TIME TESTED AND NANA APPROVED:

**Elderberry syrup:** 3 cups filtered water, ½ cup dried elderberries, 1 cinnamon stick, five cloves, 1 Tbl ginger. Bring to boil then simmer covered to reduce by ½ - usually 20-30 minutes. Add 1 cup honey. Store in frig for up to 2 weeks. If infected take 1 TBL per hour; for prevention take 1 TBL per day.

PS-great on pancakes!

**HOT Elderberry lemonade:** Slice/squeeze 2-3 lemons into quart jar, add1/2 cup elderberry syrup, fill with hot water. Infuse 2 hours, strain. Reheat to drink. OR put ½ cup elderberry syrup in a quart jar and fill with hot filtered water. Mix , pour into cup ,add 1 drop of lemon essential oil. You can drink it cold, but viruses hate heat!

**Elderberry tincture:** Fill jar with elderberries, add Scotch whiskey, set 6 weeks, cut 50% with honey: 1 tsp 2 – 3 times a day. Elderberry deactivates the H in the H1N1 virus: the barley in Scotch whiskey focuses healing energy on the respiratory syste

PS-To dissipate the alcohol, squirt in hot water, allow to evaporate a minute or so and drink.

**ELDERBERRY FIZZY**

Make a quart of herbal infusion. Yarrow, Elderberry or Chamomile are all good starting points. Let it infuse for several hours then strain. Add a couple tablespoons of sugar or honey. Pour about 1/2-1 cup of whey into the bottom of a clean quart jar. Add infusion to jar until close to the neck of the jar.

Add two or three slices of fresh ginger (optional, but helps with the fermenting process) Cover loosely (you can use a canning lid, just don’t screw it on all the way). Let sit for two-three days (depending on warm the spot was and what you’re fermenting).

Store remainder in a cool dark place, in an airtight jar once you’re sure the fermentation process is done (you can put a balloon around the jar mouth overnight, and if it inflates it’s still fermenting.

**Elderberry Juice and Elderberry Gummies**  
Elderberries are a powerful herb for preventing a cold or flu and for shortening the duration of a cold or flu. In this recipe we first make a juice from dried elderberries and other herbs then we use gelatin to make fun gummy shapes. Kids of all ages will enjoy them! **Step 1: make the juice**: ½ cup dried elderberries, 1/3 cup dried rose hips, ¼ cup cinnamon chips, 2 T licorice root, 1 tsp freshly ground pepper, 3 cups apple cider, 3 T gelatin (for the second step). Place all the ingredients in a medium sized sauce pan. Bring to a simmer and continue to simmer 20 minutes. Remove from heat and let cool a bit. Strain through cheesecloth, Squeeze out juice.

**For gummies, go to step two**. To make elderberry syrup, add honey to taste, store in fridge. The amount of honey/sugar you add will be the determining factor in how long it lasts. The more you add the longer it will last. *General recommended dose*--I recommend kids take 1-3 teaspoons a day. Adults can take 1-3 tablespoons per day. If I feel like I am getting sick I will end up drinking a cup or more a day. **Step 2: make the gummies:** 2 cups of the above juice. Add more apple cider if necessary to have 2 cups. Reserve 1/2 cup of the juice in a pyrex measuring glass. Place in fridge till cold then sprinkle gelatin over the juice and sit for 1 minute. Bring the rest of the juice to a simmer. Pour hot juice over the cooled juice and gelatin, stir briskly. Continue to whisk about 2 minutes or until gelatin is dissolved. If desired add sugar or honey. You might find it is sweet enough already. Pour the mixture into silicon molds OR pour into a glass pan. Put them in fridge to harden. . Remove from molds or if using a glass pan, cut into cubes. Store in a closed container in the fridge. They should last several weeks. Dose: 1-3 small gummies a day.