

DIY ELDERBERRY SYRUP THAT TASTES GOOD

1. Tools

- Heavy bottomed stainless steel pan --*No Aluminum!*
- Fine tea strainer or "elderberry cloth" (loosely woven material or cheesecloth for straining out small pieces)
- Bowl -little larger than your pan
- Metal spoon
- Funnel
- Bottles or jar
- Labels
- Apron -- elderberries stain!

2. Ingredients

- 1/2 c elderberries fresh, frozen, or dried. (frozen will speed up prep time)
- 3 c filtered water
- 1 small Ceylon cinnamon stick (Ceylon cinnamon has stronger medicinal qualities)
- 3 whole cloves
- 1 tsp dried ginger or 2 slices fresh ginger root
- 1 tsp rose hips
- 1 c raw local honey

3. Prep

If you buy them from a store they should already be cleaned. If you harvest wild or home grown, you will need to do this step. Pour one cup elderberries into your pan. Cover with 3 cups filtered water and let set for a few minutes. The stems will float to the top while the berries will stay on the bottom. With your fine strainer you can scoop out the stems and dispose of them (compost). There may be a few pieces of stems possibly left but they will be strained out later in the process.

4. Heat and Add Ingredients

Bring the water and elderberries to a boil. While it is heating add the cinnamon, ginger, and cloves. Once it is simmering, put a lid on the pan and continue the low simmer for 15 minutes. Remove the pan from the heat, cock the lid and allow it to steep another 15 minutes. Remove the lid to allow it to cool down. Add the rosehips. Allow it to cool further to hand -warm temperature.

5. Strain

Line the strainer with the straining cloth or cheesecloth. Gently pour the liquid through the strainer. Let it set a few minutes, then gently press the residue to allow all the juice to run through. Just to be sure you've captured all the juice, press it until the pulp is dry enough to be pressed into a ball.

6. Add Honey

Once the juice is cooled to hand warmth--no more than 120 degrees, add the honey and stir until it is completely mixed in with the juice.

7. Bottle and store

Finally, set the funnel in the bottles or jar and pour your syrup, leaving a little headspace at the top. Screw on cap or lid and label. This syrup should last three to six months in your fridge. Another option is to portion the juice in ice cube trays and freeze. One cube can be thawed at a time for daily use.

Dosage and Esther's Tips: For daily immune boosting, 1 tsp for children and 1 TBSP for adults. If someone is battling a cold or flue that can be increased to 3 -5 times a day. Esther's tip: the syrup can be sticky so an alternative to a spoon is to put the dosage in a shot glass. They'll drink it right up!