

Blue Elderberry *Sambucus nigra ssp. caerulea*



Large shrub or tree, deciduous:

Fast growing. It is host to the Valley Elderberry Longhorn Beetle. Pollinators love it in the spring. Many bird species love this plant. Elderberries are one of the most important sources of food for birds in California. Berries are tart, distinctive, and versatile. From Syrup and Jam to Wine.

Height: 15-30' tall and wide.

ELDERBERRY SYRUP

This recipe for elderberry syrup calls for the magic of the Instant Pot. In just a few short minutes and some yummy ingredients you will have a super tasty immune boosting mixture! Prep Time: 2 minutes ~ Cook Time: 7 minutes

INGREDIENTS

- 2 cups elderberries
- 6 cups water
- 2 cinnamon sticks
- 1 orange, zested and juiced
- 1/2 lemon, zested and juiced
- 1 tbsp vanilla
- 1 inch piece of ginger
- 1/2 cup Raw honey

INSTRUCTIONS

1. Place elderberries, water, cinnamon sticks, ginger and vanilla into an Instant Pot.
2. Zest the orange and the lemon. Juice the lemon and orange and place them both into the IP. Throw the remaining orange and lemon into the pot after juicing. As it cooks, it will melt down and all the parts of the fruit will flavor the syrup.
3. Seal the Instant Pot and set it to "MANUAL" on "HIGH PRESSURE" for 7 minutes. Once the timer goes off, set the valve to "VENT" and strain the mixture into a sieve over a bowl.
4. Squeeze the mixture through the sieve with the back of the spoon until no more liquid comes out. Discard the remaining berries and citrus.
5. Once the syrup has cooled to room temperature add in your honey. Feel free to add in more if you require more sweetness.

Pour into a refrigerator safe container. Drink each morning to boost your immunity!

Flower: Huge clusters of white blossoms in the spring.

Water Needs:
Moderate water.

Requirements:
Sun/part shade

Ecology: It is **native** to California and is also found elsewhere in North America and beyond.

Wildlife Supported:
Many bird species use.
It is likely the host plant to 23 Butterflies & moths!

