

MARYLAND FARM & HARVEST

“The Local Buy” Recipe, Episode 802

Elderberry Syrup

Courtesy of Native Mountain Farm

Prep time: 10 minutes

Total time: 1 hour 50 minutes

Makes: 1 quart

Ingredients

- 2 cups dried elderberries
- 5 cups cold water (distilled, purified, or spring water works best)
- 2-3 teaspoons organic dried ginger root
- 1 organic sweet cinnamon stick
- 1 cup raw local honey
- 1 organic lemon or citrus of your choosing
- Dash of turmeric and cloves



Directions

1. Combine berries, citrus, and herbs with cold water in pot and bring to a boil.
2. Reduce heat and allow herbs to simmer for 30 to 40 minutes.
3. Remove from heat and let steep for 1 hour.
4. Strain berries and herbs using a funnel overlaid with doubled cheesecloth or undyed cotton muslin bag and squeeze out liquid (careful, liquid will likely still be hot!). Discard used herbs in compost.
5. Once liquid has cooled to just above room temperature, add honey and stir to incorporate.
6. Bottle in sterilized glass.