

Heather Luna's Elderberry Syrup

This delicious syrup can be taken freely during the winter months to help support immune function. It can also be taken during an acute illness.

Ingredients (all dried herbs):

- Elderberries - ¼ cup
- Hawthorn berries – 2 Tbsp
- Rosehips – 1 Tbsp
- Cinnamon chips – 1 ½ Tbsp
- Ginger root – ¾ tsp
- Licorice root – ¾ tsp
- Honey – ¼ cup (can substitute with ¼ cup Sugar)
- Optional: Fresh Lemon juice (1 Tbsp) or Brandy liquor (2 Tbsp)



Directions:

1. Combine all the herbs and put them in a small pot.
2. Add 8 oz of water.
3. Bring the mixture to a simmer and cook until liquid volume is reduced by one half.
4. Remove from the heat and add the honey.
5. To extend shelf life you can add the optional Lemon juice or Brandy.
6. Mix well and strain.
7. Let cool to room temperature and pour into bottles.
8. Label and store in the refrigerator.

Recommended dosages: *Syrup made with honey should not be given to children under the age of 1. Syrup can be made with sugar instead of honey.

- Preventative:
 - Children: 1 tsp per day
 - Adults: 1 Tbsp per day
- Acute (when you are sick):
 - Children: 1 teaspoon every 2 hours during illness
 - Adults: 1 Tablespoon every 2 hours during illness



Elderflower Champagne

Recipe by Pascal Baudar

This is a basic traditional European recipe. It is a crisp and refreshing summer drink that is also fun to make. The fizz does carry a bit of a physical warning though – bottles can explode if they are thin glass. If buying new bottles get ones designed for beer or soda. If you are recycling, then find the same types of bottles. Flip-top style bottles are also ideal, as seen pictured. Used plastic fizzy drink bottles (2 liter size) can also help cope with pressure.

Ingredients:

- 1/2 gallon water
- 1 1/2 cup white sugar
- 1-2 lemons zested and sliced
- 1 tablespoon apple cider vinegar
- 10-15 large Elderflower heads, de-stemmed, from the Black Elderberry plant (*Sambucus nigra*)
- Optional: Champagne or wine yeast; flowers have wild yeast

Method:

1. Pick the Elderflowers when they are fresh and full of pollen. Do not wash the flowers. It is their natural yeasts that will cause fermentation. Just shake off any insects and remove the thick stalks and as much of the stems as you can.
2. Place water in a container, add the sugar and stir with a clean spoon to make sure it is dissolved.
3. Add lemon zest and lemon slices, the Elderflowers and vinegar to the container and stir briefly with a clean spoon.
4. Close the container but not so tight that fermentation gases can't escape or place a clean towel on top.
5. Let it stand anywhere between 24 to 48 hrs. If you didn't use yeast, you should see some bubbles indicating the fermentation from wild yeast is active. If this doesn't occur, then add some yeast and let it ferment for another 3-4 days.
6. Personally, I like to strain it after 48 hrs then let the fermentation go for another 4 days.
7. Bottle in recycled soda bottles or swing-top glass bottles. Let it ferment for a week before enjoying. I like to check the pressure from time to time by unscrewing slightly the bottle to make sure it's not excessive. Make sure to label & date when it was made.
8. After one or two weeks the bubbles will gradually slow down. When they look like they have pretty much stopped, screw the lids down and put the bottles somewhere fairly cool. Give them another few days to generate enough gas to carbonate themselves, and you're set – just refrigerate the bottle before you need it, and serve over ice with lemon.
9. Elderflower Champagne will keep in the refrigerator for several months. The earlier you drink it, the yeastier it will taste. Wait at least 2 weeks from bottling if you want it at its best. The final drink should be fizzy and lightly sweet.