Case Study: Elderberry @ Three Springs Farm of Vermont

- Establishment
- Cultivars
- Products
- Riparian Buffer Zones

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Three Springs Farm – Elderberry Plantings
Establishment

- Converted hay field

- **Plot 1 - Experimentation Zone (2011)**
  - Elderberry, Aronia, Black Currant, Red Currant, Gooseberry, Juneberry (many from Elmore Roots)

- **Plots 2 & 3**
  - Black plastic for season (fall of 2011)
  - Till (spring 2012)
  - Compost + Fertilizer mix
  - Plastic mulch + irrigation
  - Plants:
    - Bare-root from St. Lawrence Nursery
    - Hardwood cuttings from Missouri
    - Different variety each row

- **Plot 4**
  - No black plastic prep
  - Some tilling
  - Burlap & Wood chips mulch
  - Lots more maintenance required
  - Plants:
    - All bare-root York & Adams
Three Springs Farm – Elderberry Plantings
Plastic mulch
Plastic mulch layer
Mineral & fertilizer mix

Pro-Grow (75%), Green Sand (10%), Bat Guano or Bone Char (8%), Azomite (4%), Sulfur (4%)
Spacing:

2011-2012
– 4 ft on center between plants
– 10 ft between rows (on center)
– Planted oats for “milky oats” medicinal crop between rows

Now:
– 1 foot on center between plants
– Using cuttings to fill-in existing plantings
Cultivars (Cultivated Varieties)

- All *Sambucus Canadensis*
- Primary: **York & Adams** – Chosen for medicinal value

- Others as trials:
  - New York varieties
    - Adams II
    - Johns
    - Nova
    - Scotia
    - Vermont Native
  - Missouri varieties
    - Bob Gordon
    - Eridu
    - Ranch
    - Wyldewood 1
    - Wyldewood 2
Our Elderberry Products

Elderberry Syrup
(4 oz)

Elderberry Tincture
1 oz, 2 oz
Post-Irene Riparian Zone
Riparian Buffer Zone Restoration
Riparian buffer zone
“Mad River Watershed Elderberry Program”
Homestead, 150 ft of river front, 37 plants
Riparian buffer zones – Farm – 2 miles
Riparian buffer zone
“Mad River Watershed Elderberry Program”
Hayfield, 2 miles of river front, 100 plants
Mad River Watershed Elderberry Program

Lessons Learned and Questions Raised

• **Must** do 2-3 years of cultivation (aka TLC) for plants to establish.
  – Especially mulching. Do not like competition during establishment.
  – Water also very important.

• Q: Is fruit harvestable as food after a flood?
  A: Not if it touched the water

• Q: Do you want to use fruit from land that has been subjected to flooding (hazardous materials/chemicals) concentrated as food or medicine?