



COMMUNITY

4-H & YOUTH

ENVIRONMENT

AGRICULTURE

FOOD

UNIVERSITY OF
VERMONT**EXTENSION**

CULTIVATING HEALTHY COMMUNITIES

MAKING ELDERBERRY JUICE & SYRUPS

ELDERBERRY JUICE

Equipment needed:

Steam juicer (We use a Mehu Liisa steam juicer (<https://mehuliisa.com>))

Containers for juice

Ingredients needed

5 lbs of frozen or fresh destemmed elderberries (makes about 2—2.5 quarts of juice)

1 lb of raw honey

1/4 cup of organic lemon juice/quart of juice to lower the pH and increase shelf life. The lemon juice improves the taste and adds vitamin C.

The juicing process takes about 45 minutes

Notes:

(Created by John Hayden of The Farm Between)

ELDERBERRY SYRUPS

There are many variations for elderberry syrup that can be easily found on the internet or in herbal recipe books. The basic foundation of all elderberry syrup recipes are elderberries (fresh, frozen or dried) and enough water to cover the berries, cooked down, and strained. This recipe adds ginger and cinnamon as optional warming ingredients and flavoring. Other herbs such as Echinacea, Lime, Spilanthes, or Elderflower can be added depending on your tastes and intent.

Ingredients for a Basic Syrup:

- 2 cups elderberries (either dried or fresh are usable)
- 3.5 cups water
- 2 Tbsp grated ginger (optional)
- 1 tsp cinnamon (optional)

1. Simmer berries in water for 1/2 hour or so
2. Mash the berries a little with a potato masher or something similar
3. Strain the liquid off of the cooked berries using a fine mesh strainer or cheesecloth to separate out the seeds. Compost or discard the seeds.
4. Add 1/3 - 1/2 cup honey (depending on your sweet tooth) to the liquid while syrup is warm.
5. Pour into container(s)
6. Keep containers in the refrigerator to preserve.

(Created by Suzy Hodgson, UVM Extension Center for Sustainable Agriculture)



UNIVERSITY OF VERMONT

EXTENSION

COMMUNITY

4-H & YOUTH

ENVIRONMENT

AGRICULTURE

FOOD

CULTIVATING HEALTHY COMMUNITIES

ELDERBERRY JAM

Pick and freeze ripe purple Elderberries so they are ready when you are to make jam. (Which is probably not during peak harvest season!)

Pick Crab apples and freeze whole

When ready to make jam:

Have on hand:

- One part Elderberries
- One part Crabapple (Note: the crabapples add a natural pectin that helps it to thicken)
- One part sugar, honey or maple syrup

Cook whole crabapples until soft

Add elderberries and cook gently or simmer

Put the cooked crabapples and elderberries in a foley food mill or a strainer to get the skins and seeds out. Compost or discard the skins and seeds.

Put the fruit pulp back in the pot. Heat pulp gently and stir in sweetener

Bring to 180°

Cook until desired thickness or until some of the hot liquid solidifies on a spoon

Pour into hot jars and seal with lids, turn upside down for a moment to help seal. Let the jars cool.

You can also freeze the jam in plastic containers or bags instead of using jars

(Contributed by David Fried of Elmore Roots Artisan Jams, September, 2016)

UVM Extension helps individuals and communities put research-based knowledge to work.

Funding for UVM Extension's Elderberry Project was provided in part by grants from the Working Lands Enterprise Initiative. For more information go to <http://workinglands.vermont.gov/>, and with a Rural Business Enterprise Grant from USDA Rural Development through the Vermont Housing and Conservation Board and the Northern Border Regional Commission and Northern Community Investment Corporation

