



ELDERBERRY

Sambucus nigra (sam-BYOO-kus NY-gruh)

PERENNIAL | CAPRIFOLIACEAE FAMILY

ZONES: 4-8

EXPOSURE: FULL SUN | LIGHT SHADE

MATURE HEIGHT: 10-20 FT | SPREAD 8-10 FT

BLOOM: WHITE | MID SUMMER



Medicinal



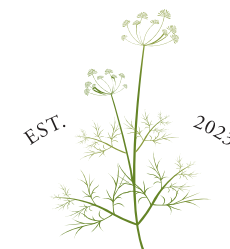
Culinary



Pollinators



Butterflies



HERB & VINE

— healing plants —

This fast growing tree-like shrub is the wild form of Elderberry, native to Europe. It loves moisture and will spread by root suckers. This is the type most relied on for making medicinal syrups and tinctures.

- Culinary: the fruit is edible and is used for making pies, wines, and jellies, but are not considered as delicious as the American elderberry (*Sambucus canadensis*).
- Therapeutic*: antioxidant, immune boosting. The dried flowers are diaphoretic, diuretic, expectorant, galactagogue and pectoral. Externally, the flowers are used in poultices to ease pain and inflammation, burns and wounds. The fruit is depurative, weakly diaphoretic and gently laxative.

Caution: the leaves, roots, seeds and stems are poisonous. Cook mature fruit before consuming.



*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.



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