Homemade Elderberry Syrup
By BCCF manager Christine Harris

2 cups dried elderberries
6 cups water - preferably spring, distilled or filtered
¼ cup dried rosehips
¼ cup dried roselle (hibiscus)
1 tablespoon dried ginger root
1 tablespoon cinnamon
2.5-3 cups honey
**splash to 1 cup of alcohol (optional to prolong shelf life)

>Combine dried elderberries and water in a large pot and bring to a boil on the stove
>Once boiling, add in the remaining dried herbs and reduce the heat to a low simmer
>Lightly simmer for about 1.5 hours, turn off the heat and let the pot sit to cool and continue steeping for about
30 minutes
>While the liquid is still warm but not hot, strain dried plant material from the liquid using a fine mesh strainer
and a piece of cheesecloth or a straining cloth
>Each time your mesh strainer fills with dried plant material, gather up the corners of the cloth and squeeze out
as much of the liquid as you can - every drop counts! Compost or toss the plant material
>Once you have all of the liquid strained, the next step is to mix in the honey. It’s easiest to do this if the ‘tea’ is
warm but not hot - as you don’t want to kill all of the beneficial enzymes in the honey. Raw honey is best, but
any honey you have on hand will work great. A good rule of thumb is to add 50% of the liquid in honey.>Alcohol,
such as vodka or brandy, can be added for additional preservation of the syrup. This is optional, however, it will
help to extend the shelf life of your syrup.>Jar or bottle up your syrup and store in the refrigerator. Syrup
should be consumed within 1-2 months without alcohol, longer with.

Suggested use: take 1-2 tsp daily for daily immune support, and up to 4 Tbsp daily when treating
for cold/flu symptoms. Elderberry syrup is delicious mixed in hot tea or cool sparkling water
with a splash of apple cider vinegar or fresh lemon juice.
*if using fresh or frozen elderberries, double the amount of berries as dried herbs are always
more potent
*for a vegan alternative, maple syrup or vegetable glycerin can be used in place of honey.
Measurement may differ depending on which sweetener/preservative is used.

Elderberry syrup is really fun and easy to make at home! The beautiful thing about making your
own elderberry syrup is that you can customize it any way that you like. Every time I make
syrups at home is different - depending on what flavors I want or what herbs I feel like I
need/want more of.

Dried herbs can be sourced from a variety of places however, I trust the following companies for
sustainably sourced and organic herbs: Mountain Rose Herbs, Frontier Co-op, Pacific Botanicals
and Starwest Botanicals. I also encourage folks to explore and connect with their local farmers,
as more and more farmers are beginning to offer dried and/or fresh herbs.

If foraging for elderberries and/or other herbs, make sure you are always 110% positive about the
correct identification of the plant, and consult with someone who knows if you are unsure. As
always, please consult with your healthcare provider if you have any health related questions
when incorporating new herbs into your routine, especially if you are pregnant, nursing or
currently taking other medications.