

## Elderberry, *Sambucus* spp.

### Tips for Using Butterfly Pea Flower:

- Strip the berries from the stem, rinse and pat dry before use.
- Freezing ripe berry clusters until ready to use is one technique to avoid unripe berries and stems, as well as the characteristic “purple fingers” because the ripe berries readily fall off.
- Dried elderberries can be purchased, rehydrated and used in recipes.
- Do not consume unripe berries or stems.

### Elderberry or Purple-Fingers Pie

Pastry for 9-inch double crust pie  
3 tablespoons cornstarch  
2 tablespoons grape juice  
3 ½ cups elderberries, stems removed\*  
¾ cup sugar  
¾ cup seedless grapes, cut into quarters

1 tablespoon lemon juice  
1 tablespoon elderberry honey\*\*  
¼ teaspoon salt  
1 tablespoon butter  
1 to 2 tablespoons milk

Preheat the oven to 450 degrees F.

Line the pan with a bottom crust.

In a saucepan, mix the cornstarch with a little bit of grape juice and add the elderberries and sugar. Cook, stirring constantly, until the mixture thickens. Add more cornstarch if it is not thick enough. Add the grapes, lemon juice, elderberry honey, and salt.

Put the cooked mixture into the crust and dot with butter.

Moisten the edge of the bottom crust.

Add the top crust and trim to ½-inch larger than the pie pan. Press the edges firmly together, flute, and slash vents in the center of the crust.

Brush the top with milk. Place on a cookie sheet for baking as it may bubble over.

Bake at 450 degrees F. for 10 minutes then reduce the heat to 350 degrees F. and bake for 45 minutes or until the crust is golden brown.

\*If you plan to freeze berries for later use, carefully remove all the stems as it is difficult to take the stems off after they are frozen.

\*\*Elderberry honey can be purchased at a health food store.

Susan Roundtree, *Gastronomic Delights, Decorating, & Crafts Using Elderberry*  
*The Herb Society of America's Essential Guide to Elderberry, 2013*

## Elderberry Jam

*Bobbie Champaign, long time member of The Herb Society of America and a noted cook, kindly provided me with the following recipe from the Ball Canning Company Blue Book for 1969. It sold for 35 cents!*

2 quarts crushed elderberries  
6 cups sugar  
¼ cup white vinegar

Combine the berries, vinegar, and sugar and bring slowly to a boil, stirring occasionally until the sugar dissolves.  
Cook rapidly until the mixture thickens, stirring frequently to prevent sticking.  
Pour the jam, boiling hot, into sterilized Ball jars.  
Adjust caps.

Susan Roundtree, *Gastronomic Delights, Decorating, & Crafts Using Elderberry*  
*The Herb Society of America's Essential Guide to Elderberry, 2013*

## Elderflower Elixir

*If you wish to use fresh elderflowers in this tea, measure 2 tablespoons fresh instead of the 1 tablespoon dried.*

1 tablespoon dried elderflower  
1 teaspoon freshly grated ginger root  
A pinch ground cinnamon  
A pinch ground coriander

In a teapot or tea strainer, combine elderflower, ginger, cinnamon and coriander. Pour 3 cups boiling water over and let steep for 5 minutes. Strain tea through a fine mesh strainer and serve hot.

Pat Crocker, *Preserving Elderberry*  
*The Herb Society of America's Essential Guide to Elderberry, 2013*

**Do you have a recipe using Elderberries to share?**  
**Please send it to [educator@herbsociety.org](mailto:educator@herbsociety.org)**