

# Elderflower

## Sambucus

Blooming dates:

Also known as elderberry, elder plants are shrubs or small trees.

In the late spring, the plant produces clusters of tiny cream-colored flowers, which turn into small, dark berries in the summer. Elderflowers can be made into a sweet flavoring syrup.

Elderberries have a variety of uses.

They can be made into wine, jam, and tea, and their deep blue-purple juice can be used as a natural dye. Traditional medicine utilizes the plant as a salve for bruises and cold and flu remedies.

If you ever stumble across this plant, remember, the berries are poisonous before they're cooked!

