



How to make your DIY Elderberry Syrup

Welcome to your new DIY Elderberry kit this kit will make approximately four quarts of Elderberry syrup it is filled with cinnamon, elderberries, rosehips, and cloves and makes great syrup for everyday use.

What's not included is the honey- you must have at least two cups of Honey to make the four quarts of Elderberry syrup and if you'd like to make it last longer we suggest adding 100 proof Vodka and Vinegar. To make the full amount syrup you will need the package of these ingredients and 12 cups of water. Or you can half this for just a quart ish.

Note these make about 20% or less depending on all the factors.

Add your 12 cups of water to a saucepan and the contents of this package. turn your heat on low and simmer this for at 30-45 minutes until it's reduced BY one fourth.

Let cool slightly and you want to strain off the berries by mashing them through a fine-mesh sieve until they are almost dry or paste-like. All the medicinal goodness is in here.

Herbalist note: Don't compost this quite yet. Add water and make a beautiful elderberry tea.

With the leftover liquid, you will be adding two cups of Honey to your decoction.

Do not boil merely stir honey until Incorporated into liquid.

Cover your Elderberry Syrup and refrigerate drink one teaspoon to 1 oz per day as needed. If you would like to make your Elderberry syrup more shelf-stable or last for a longer time at this point you could add half a cup of either vodka or brandy.

Or you can add vinegar at the same ratio so 1/4 cup vinegar per quart of syrup is full we still recommend refrigerating it if this will make it more shelf-stable enjoy your Elderberry and stay sane and healthy.



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