

Contents

ACKNOWLEDGMENTS xi

INTRODUCTION 1

1 HISTORY 4

Ancient Elderberry 5

European Elderberry 10

Native American and American Elderberry 16

More Than Just Food or Medicine 18

**2 DESCRIPTION, ANATOMY,
TERMINOLOGY, AND NUTRITION 22**

Description and Anatomy 22

Terminology 24

Benefits and Studies 26

Nutrition 27

3	CULTIVATION AND CARE	30
	How to Choose an Elderberry Variety	30
	Preparation and Planting	34
	Purchasing and Propagation	38
	First Three Years of Growth and Fruiting	44
	Care and Pruning	45
	Pests and Diseases	47
4	HARVESTING, FORAGING, AND PRESERVING	54
	Dangerous and Other Look-Alikes	55
	Where to Forage	57
	Preserving	59
	Purchasing Elderberry Products	65
5	PREPARATION METHODS	68
	Basic Equipment	68
	Jams and Jellies	70
	Fermented Elderberry Enjoyments	75
	Other Ways to Prepare Elderberry	82
	Tinctures	90
	Other Uses for Elderberry Pulp	98

6 CRAFTS AND OTHER

USES FOR ELDER WOOD 100

Children, Cyanide, and Elderberry Crafts 100

What You Will Need 103

Elder Whistle 103

Elderberry Flute 105

Elderberry Bellows 105

Elderberry Lance or Spear 106

Elderberry Pencils 107

Blowgun/Popgun 107

NOTES 109

ADDITIONAL READING

AND RESOURCES 113

ABOUT THE AUTHOR 115

A NOTE ABOUT THE PUBLISHER 106