

Elderberry Syrup recipe

This recipe makes ~2 quarts of finished syrup. Enough to last a family for many weeks of daily use.

- **Dose:** One ounce (a shot glass)
- **Dosing:**
 - 1x per day if using prophylactically
 - 3x per day if early symptomatic (scratchy throat, feeling a bit rundown, etc.)
 - 5x per day if already in full symptoms (however, much less effective once full illness has set in, much better the earlier it's used.
- **Storage:** Keep up to two weeks worth in a dark bottle in the fridge. Anything beyond that needs to be frozen as it does ferment and go bad over time.
- **Ingredients:**
 - **1 lb of dried elderberries.** I've always used these from Amazon:

Frontier Elder Berries 1 Lb Whole Organic - Pack of 2



([Source](#))

- - **1 cup of Raw Honey**, locally sourced is best. But raw is important. Don't use fake honey from China! No good. Don't use it. This part of the recipe is variable. Don't use sweeteners? Then leave it out. Need it sweeter? Then add more.
- **Method:**
 - Place the elderberries in 3 quarts of good, clean water and bring to a rapid boil. Turn stove down and let simmer covered for 45 minutes.
 - Strain the liquid into a bowl and set aside. I use cider bags like these:



([Source](#))

1.
 - Next, place the elderberries back in your pot, cover with new water (usually 1 to 1.5 quarts) and boil again for another 45 minutes.
 - Strain this liquid into the same bowl with the previous straining and let cool a bit. Not too much, because some heat helps the honey dissolve. You should have ~2 quarts of liquid after all is said and done (the berries absorb some of the water, some boiled off...)
 - Mix in the 1 cup of raw honey. Stir it really well. The honey takes longer to dissolve than you might think and has a habit of settling to the bottom.
 - Store a week's worth in your fridge (1-2 pints) and freeze the rest. I use empty plastic soda bottles, filled part way. Easy to freeze, easy to defrost, no worry about bursting as with glass.

Remember – use the elderberry early and often when you think you are either getting sick or have been exposed or even if you just have that sense that you might be getting sick.

Trust your early warning system.

The earlier you use the elderberry the more effective it is.

This system has worked super reliably for me for over a decade. My one and only failure was in Argentina in 2016. I got sick. Took a month to get over a hacking cough, which was the longest I've been sick since I came across elderberries. I went everywhere seeking elderberries, even to their Chinatown, and none were to be had. So the one failure was not having any elderberry syrup. I should have thought ahead and had some shipped.