

Hello Trees Resource Sheet

How to make Elderberry tonic



A mixture of elderberries and honey is supposed to be a good tonic for the winter months – and it is fun to make.



You will need:

- A carrier bag of elderberries
- Half a litre of water
- A jar of honey
- A large pan that you can heat water in
- 3x 454gram empty glass jam-jars with lids, all clean straight from the dishwasher.
- A jug
- A clean muslin square (as used by mums with babies – or you can buy from www.lakeland.co.uk)
- A sieve (or colander)

1. Collect the elderberries. Give them a good shake to get rid of some of the insects.
2. Drag the fruit off the stalks with a fork – or your fingers. You probably already have an interesting purple stain on your fingers!
3. Put the water and berries into the pan.
4. Bring the water to the boil and simmer for half an hour.
5. Take the pan off the heat and mash the berries.
6. Put the sieve over the jug and the muslin into the sieve.
7. Scoop some of the mush into the muslin.
8. With a clean spoon, squidge the fruit against the muslin to get the maximum flavour out of them. Keep adding more mush.
9. Squeeze the muslin to get all the juice.
10. Stir in the honey. Make sure it is distributed all through the juice.
11. Fill the clean jars and put on their lids. Label them.
12. Put the jars in the fridge. Keep one and give away any spare?
13. A teaspoon a day during the winter might help to keep you healthy. Who knows!
14. Enjoy!

Some people add fresh grated ginger and/or cardomon.

Your tonic: add what you like!

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Here is how I got on:

My friend Sally came with me.

We went to the park near to where Sally lives.

I put a carrier bag in an old paint tub with a handle.

I could hold the bucket and cut the berries into the bag.

We each filled a bag with elderberries.

At home, I put out jars, elderberries, honey, a jug, a muslin, a sieve and a large pan.

I took the berries off the stalks.

Insects were amongst the berries, running away if they could.

I had a pint of berries! I put the same level of water and the berries into the pan.

I heated the water and berries and there was soon a white scum on top.

When the berries had simmered for half an hour, I mashed them to get out more juice.

I poured mush into the muslin in the sieve over the jug.

I squashed the mush with a fork, squidged it with the masher and squeezed it in my hand.

I added honey to the juice. I stir, stir, stirred and poured the mixture into the jars.

I had enough for 2 and a half jars of elderberry tonic.



[Let us know how you get on.](#)