PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Sambucus sibirica Nakai

GENUS *Sambucus* **FAMILY** Viburnaceae

COMMON NAMES Siberian elder

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit should be cooked.

DESCRIPTION

A shrub. It grows 2-4 m tall. It loses its leaves during the year. The flowers are greenish yellow. The fruit are red and fleshy.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

It can be grown by seed or cuttings of fresh shoots.

REFERENCES

Zhang, Y. et al, 2020, Characteristics and utilization of plant diversity and resources in Central Asia. Regional Sustainability. Elsevier. p 6

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/07d42da1-33cc-4faa-849b-51cd207b20b8