PLANT FACT SHEET

Sambucus cerulea Raf.

GENUS *Sambucus* **FAMILY** Viburnaceae

COMMON NAMES Blue Elderberry, Blue elder

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers, Flowers - tea

The fruit are eaten raw. They are dried before using in jellies, juices, wines, pies, fruit sauces, sherbets, soups, relishes.
Flower clusters are made into fritters or pickles.
Individual flowers are used in pancakes, muffins, syrups, or vinegars.
The dried flowers are brewed for tea.

DESCRIPTION

A tall shrub. It has an irregular shape. It can be a small tree up to 10 m tall. The trunk can be 20 cm across. The bark is thin and light brown. The leaves have 5-9 leaflets on a central stalk which has a groove. The stalk is 6-12 cm long. The leaflets are 5-15 cm long and sword shaped. They are bluish-green above and paler underneath. They do not have hairs. They have an unpleasant smell when crushed. The twigs are stout and the buds are large. The flowers are creamy white in flat topped clusters. These have 5 branches. The clusters are 7-15 cm across. They appear after the leaves have fully grown. The fruit are bluish-black. They are 3-5 mm across. They are juicy and sweet with 3 seeds.

HABITAT

It is a temperate plant. It usually grows on dry open sites with gravelly or stony soils.

PRODUCTION

Cultivation

It can be grown from roots.

NOTES

There are about 25 Sambucus species. Also put in the family Sambucaceae.
The fruit have high antioxidant activity.

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