PLANT FACT SHEET

Sambucus nigra subsp. canadensis (L.) Bolli

GENUS *Sambucus* **FAMILY** Viburnaceae

COMMON NAMES Canadian elderberry

EDIBLE PARTS AND USES

Edible parts: Juice, Fruit, Flowers, Flowers - tea

The flowers can be dipped in batter and fried in oil. The flower buds are pickled and used as capers.
The berries can be made into jelly. They are used in pies, jams, preserves, sauces, chutneys, vinegar, pancakes and muffins.
The juice can be made into a drink and wine.
The dried fruit can be used in deserts. The dried flowers are used for tea.
CAUTION: The unripe fruit can cause vomiting.

DESCRIPTION

An upright shrub. It grows to 4 m tall. It has stout shoots. The leaves are divided along the stalk. The leaves are 30 cm long with 9 or more long leaflets which are light green and have teeth around the edge. The end leaflet is often the largest. The leaflets are 5-15 cm long and have teeth along the edge. The flowers occur in flattened panicles. The flowers are white. The flower heads can be 20 cm across. They occur in broad flat clusters. The fruit are purple-black and 5 mm across. They are edible. There are several named cultivated varieties.

HABITAT

It needs damp, rich soil. It grows along roadside ditches and stream banks. They occur in tropical America. In tropical Queensland in Australia they grow between 680-1000 m altitude. It suits hardiness zones 3-10.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

There are about 25 Sambucus species. Also put in the family Sambucaceae.

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