PLANT FACT SHEET

Sambucus mexicana C. Presl.

GENUS *Sambucus* **FAMILY** Viburnaceae

COMMON NAMES Mexican elderberry

EDIBLE PARTS AND USES

Edible parts: Flowers, Fruit

The dried fruit are used in pies, wines, syrups etc.
The flower clusters are dipped in batter and fried, and sprinkled with sugar.
The individual flowers can add flavour to pancakes, muffins and cakes.

DESCRIPTION

A small tree. It grows 5-6 m tall. The leaves are compound and have leaflets along the stalk. There are usually 7 leaflets. The flowers are in flat topped arrangements and 6-20 cm across. They are yellow. The fruit are berries which are deep purple when ripe. There can be flowers, green and ripe fruit on the same branch at the same time.

Probably now Sambucus canadensis.

HABITAT

A tropical plant. In Guatemala it grows up to 3,000 m above sea level.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e92471c3-4815-4bd0-bd3e-6f3e5f055928