

Elderberry - *Sambucus*



When to plant: Spring

When to harvest: Right around mid-August and mid-September, there is a 5- to 15-day ripening period. This is the time when you want to begin harvesting elderberries.

Uses in Medicine: Elderberry fruit or flowers are used as dietary supplements to prevent or provide relief from minor diseases, such as flu, colds, constipation, and other conditions, served as a tea, extract or in a capsule.