

# Elderberry



## Elderberry

*Sambucus canadensis*

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**Description:** Elderberry is a many-stemmed shrub with opposite, compound leaves. It grows to a height of 6 meters. Its flowers are fragrant, white, and borne in large flat-topped clusters up to 30 centimeters across. Its berrylike fruits are dark blue or black when ripe.

**Habitat and Distribution:** This plant is found in open, usually wet areas at the margins of marshes, rivers, ditches, and lakes. It grows throughout much of eastern North America and Canada.

**Edible Parts:** The flowers and fruits are edible. You can make a drink by soaking the flower heads for 8 hours, discarding the flowers, and drinking the liquid.

### CAUTION

All other parts of the plant are poisonous and dangerous if eaten.