

MONTANA ELDERBERRIES



Elderberries are the dark purple berry of the European or black elder tree. Elderberries are rich in antioxidants and vitamin C, and have anti-inflammatory properties. They are used to support the immune system and treat colds and flu.

UNIQUE FLAVOR PROFILE

Elderberries are known for their complex and unique flavor profile, which includes a combination of tartness, sweetness, and earthy notes. They can be described as having a wine-like flavor, with hints of woody, floral, and dark fruit notes. The taste can be quite intense, with a noticeable level of acidity and tannins.

LOCAL SUPERFOOD

- Elderberries contain high levels of flavonoids and anthocyanins, which help protect cells from free radicals, inflammation, and oxidative stress.
- They are high in vitamin C, which may help reduce the risk of chronic disease.

GREAT IN FOOD, BEVERAGES, SUPPLEMENTS

Elderberry, when cooked, is used in various food, beverage, and medicinal applications.

- Elderberry syrup is a popular option, often used as a topping for ice cream, yogurt, or drizzled over pancakes. Jams and jellies, particularly when paired with other fruits, are also common.
- Elderberry pie is a classic, and the berries can also be incorporated into other desserts like ice cream and popsicles.
- Elderberry vinegar can be used in vinaigrettes, particularly with red meats, and the berries can also be added to honey or BBQ sauces.

- Elderberry juice, including reconstituted and concentrated forms, can be used as a flavoring agent or added to various beverages.
- Elderberries can be infused into tea, added to cocktails and mocktails, or used in drinks like elderberry tonic and kombucha.
- Elderberry wine and elderflower cordial, often used as a base for cocktails and desserts, are also popular.

CAUTION WITH RAW ELDERBERRIES

Raw elderberries are generally not recommended for consumption because they contain cyanogenic glycosides, which can be converted to cyanide in the body. Cooking the berries, especially boiling them, helps to break down these toxins, making them safe for consumption.

HARVEST TIME MID-AUG TO LATE SEPT

Fresh elderberries are picked mid-August to late September give or take a few weeks.

AVAILABLE YEAR ROUND

Whether fresh or frozen, Montana berry growers have supplies available until we sell out.

WHY BUY MONTANA BERRIES?

- Best berries around. Montana soils and climate help produce premium quality berries.
- Wonderful taste and health benefits.
- You directly support local growers.

**Buy Our Montana-Grown
Elderberries and Berry Products**



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montanaberries.org

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