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Cold Hardy Fruit Series

The Elderberry Experience

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The Honeyberry Farm, Bagley, MN

www.honeyberryusa.com

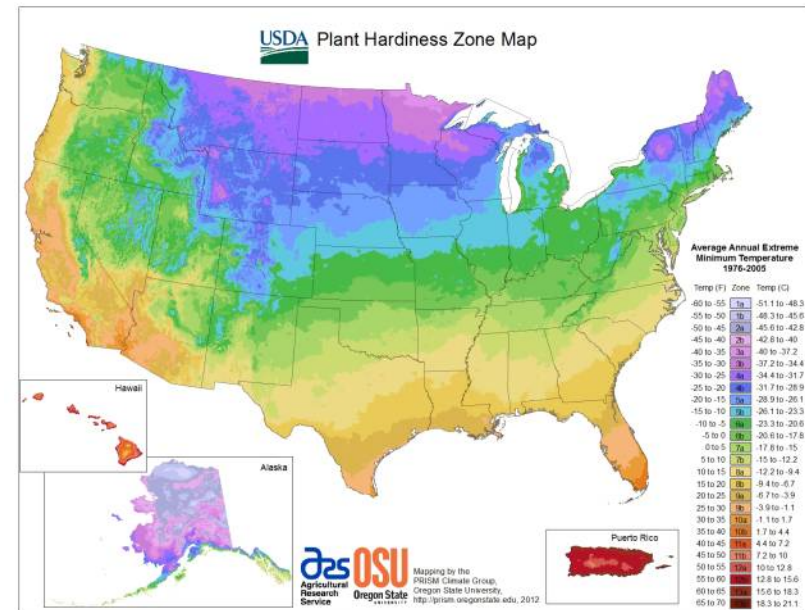
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What grows in Zone 3?



- over 20 different species
- ripening June - October



Despite....

- ◆ Winter temps down to -40F
- ✓ we grow many kinds of fruit



September

Elderberry



Sambucus Canadensis

Adams II, Bob Gordon

Ranch, Wyldewood

- Small berries easy to make into juice/jelly
- Large seeds (like raspberry seeds)
- Blossoms good for iced/hot tea/wine
- Commercially used as immune booster against flu (Sambucol)
- Suckers a lot



Vigorous
roots turn a
single plant
into a thicket
after a few
years





rhizome

- In botany, a rhizome (from rhizóō "cause to strike root") is a modified subterranean plant stem that sends out roots and shoots from its nodes. Rhizomes are also called creeping rootstalks or just rootstalks. Rhizomes develop from axillary buds and grow horizontally. The rhizome also retains the ability to allow new shoots to grow upwards. (wikipedia)
- Moral of the story:
Don't Plant next to your neighbor's yard!

Easy to grow



- cuttings taken in late winter
- older bare root transplants dug in early spring or late fall

From hardwood cutting to small bush the first year



A photograph of a field of green plants, likely a crop field, with several large, rounded clusters of white flowers in bloom. The plants have green, serrated leaves. In the background, there are more rows of plants and a clear blue sky.

2nd & 3rd year growth in zone 3

3 year old stalk ripens
late August/early
September

2 year old stalk
blossoms in
August/September,
ripens late
September



Mature height 10-12' tall

Cymes & Umbrels

- Cyme
pronounced
'saim'
- from Greek *kuma*
'anything swollen'
- Refers to cluster of
blossoms or berries
- Umbrel (British)
think "Umbrella!"









Some people get a little possessive of their berries



Plantra

1/2"

netting







Harvest cymes by breaking off
with hands or snip with scissors







Pick into bucket, or large
paper or plastic bags



Off
to
market



Summer's
Short
How can we
preserve
all this fruit?





Dehydrate



Freeze



More Ideas



Juice/Jelly/Wine/Syrup

Flavoring



Mouthwatering Morsels!



Dumplings



Granola



Struesel cake



Health Benefits

- Antioxidant
- Lowers Cholesterol
- Improves Vision
- Boots Immune System
- Improves Heart Health
- Fights Bacterial and Viral Infections

Precautions

1. Consuming raw elderberries causes extreme GI distress in many people. Try a few berries raw before overindulging.
2. Pregnant/nursing women should avoid as well as anyone with serious medical conditions.

Try some tea!



Hot tea: add 1 tsp dried blossoms to hot water, add honey to taste



Iced Tea

Add several clusters of fresh elderberry blossoms to loosely fill 1/3 of a gallon container

Or 1/3 c dried elderberry blossoms

- 1 c evaporated cane sugar
- 1 gallon water
- Place ingredients in a glass jar and let sit for 4-12 hours
- Drink cold and enjoy!

Make your own tonic



Compared to: Sambucol Black Elderberry Syrup, 7.8 fl oz \$19.71 at Walmart

Active Ingredients: 2 Teaspoons (10 ml): *Calories 30; Total Carbohydrate 8 g; Sugars 8 g; Elderberry Extract (Berry) 3.8 g; Glucose Syrup; Purified Water; Citric Acid; Potassium Sorbate*

Directions: *For daily maintenance: Adults and children over 4 years: Take 2 teaspoons daily. For intensive use: Adults and children over 4 years: Take 2 tablespoon 4x daily.*

Elderberry Elixer

*For use as a concentrate for drinks or
syrup for pancakes, or by the
spoonful for medicinal purposes*

Ingredients

- 1 cup fresh or frozen ($\frac{1}{2}$ c dried) elderberries
- 3 cups of water
- 1 tbsp fresh or dried ginger root (or powder)
- 1 cinnamon stick (or 1 tsp cinnamon powder)
- $\frac{1}{2}$ tsp cloves or clove powder
- $\frac{1}{2}$ cup raw honey (* not for infants under 12 months)

Instructions

1. Pour water into a medium saucepan and add elderberries, ginger, cinnamon and cloves.
2. Bring to a boil and reduce to a simmer until the liquid reduces to almost half (about 30 minutes).
3. Remove from heat. Mash berries to release juice and let cool for 15 minutes. Pour through a strainer into a glass jar or bowl.
4. Discard the elderberries (feed to chickens or compost) and let the liquid cool to lukewarm.
5. Add 1 cup of honey and stir well. (Note: honey is added after the mixture has cooled to keep raw enzymes intact).
6. Pour mixture into glass jars to be stored in the fridge for up to three months.

Prevention (can be taken daily)

1. Kids (13 months-12 years old): $\frac{1}{2}$ to 1 teaspoon
2. Adults: $\frac{1}{2}$ to 1 Tablespoon

Recovery Take the normal dose every 2-3 hours until symptoms disappear.



Special thanks to our Sponsor

And God said, Let *grass* come up on the earth, and *plants* producing *seed*, and fruit-trees giving **fruit**, in which is their *seed*, after their *sort*: and *it was so*.

And *grass* came up on the earth, and every *plant* producing *seed* of its *sort*, and every *tree* producing **fruit**, in which is its *seed*, of its *sort*: and God saw that *it was good*. (Gen. 1:11, 12)



Visit The Honeyberry Farm at Bagley, MN, or
online at *www.honeyberryusa.com*

Other Fruits



Apples – Haralson, Yellow
Transparent, Centennial crab

Apricots - Debbie's Gold, Wescott

(Blueberries/Lingonberris – we don't
grow as they need acidic soil)

Chokecherry - native

Grapes - King of the North, Beta,
Othello, La Crosse

Kiwi – Red Beauty (f), Arctic B. (m)

Plums - Compass Cherry, Pembina,
Pipestone, Toka

Pears - Ely, Cabot, Patten, Hudar, Ure,
Quebec

Raspberries – Addison (Primocane
trial), & Pequot Lakes Blackberry

Arctic Raspberry - Anna/Beta

Strawberries - Honeoye (Guerney's
Whopper), Larime

