

*Berrylands*  
**Elderflower Lemonade Syrup Recipe**

**Ingredients**

4 Ounces	Fresh, White Elderflower Heads		
4 Pounds	Sugar	=	8 Cups
2 Quarts	Water	=	8 Cups
1 Tablespoon	Citric Acid (Optional, as preservative)		
10 Unwaxed	Lemons		

**Equipment**

1 Large	Mixing bowl		
1 Large	Saucepan		
1 Large	Mixing spoon		
1	Vegetable peeler		
1 Sharp	Kitchen knife		
1 Clean	Towel or cling wrap to cover bowl		
1 Piece	Muslin or cheesecloth (for straining)		
1 Large	Pitcher		
1 Canning	Funnel		
4 Sterile	Canning jars and lids		

**Procedure**

- 1 Inspect elderflower heads carefully. Remove any insects and discolored, brown flowers.
- 2 Hold a flower head over the mixing bowl. Gently strip florets from flower heads, being careful to minimize the amount of green stem attached to florets. Repeat for each flower head.
- 3 Put sugar in saucepan
- 4 Add water to saucepan
- 5 Heat saucepan to dissolve sugar in water
- 6 Wash lemons and remove zest with vegetable peeler, being careful to avoid pith. Add zest to mixing bowl
- 7 Slice lemon, cut away pith from slices and discard. Add lemon slices to mixing
- 8 Pour simple syrup liquid over elderflower florets in mixing bowl
- 9 Stir mixture gently
- 10 Cover mixing bowl with towel or cling wrap and leave overnight
- 11 Fasten muslin or cheesecloth over neck of large pitcher
- 12 Strain syrup through muslin or cheesecloth
- 13 Fill canning jars with elderflower syrup, leaving a half-inch head space
- 14 Attach lid and band to each jar
- 15 Elderflower syrup will keep for several weeks in a refrigerator. If you want to preserve a supply for winter use, then process the canning jars. (Six (6) pounds pressure cooker for 10 mins.)
- 16 Dilute Elderflower Lemonade Syrup at least 3:1 with plain or carbonated water. Serve over ice.

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