

*Berrylands*  
**Elderflower Lemonade Syrup Recipe**

<u>Ingredients</u>	
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
<u>Equipment</u>	
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
<u>Procedure</u>	
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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