Elderberries are good for you in syrups, jams, or cooked!

- Their dark purple color comes from anthocyanin, a type of flavonoid with powerful anti-inflammatory & immune system benefits
- Blue elderberry has a similar level of antioxidants to blueberry, and higher than cranberry
- They are high in Vitamin C and fiber

Most elderberry products on the market are made from imported European black Sambucus nigra ssp. nigra, but California farmers are planting blue elderberry Sambucus nigra ssp. cerulea in hedgerows for locally-grown berries, flowers & value-added products.

UC Davis researchers found that California native blue elderberry contains similar flavor and phenolic compounds to European black elderberry, suggesting it could perform just as well in health-promoting products.
Blue elderberries are native to California, and are grown by California farmers!

UC Sustainable Agriculture Research and Education Program (SAREP) is collaborating with farmers to conduct research on blue elderberry as an emerging commercial crop for California, with a focus on production in hedgerows.

For more information and to receive updates about elderberry workshops and events, visit our website:

https://elderberry.ucdavis.edu