

A close-up photograph of several clusters of blue elderberries (Sambucus nigra ssp. cerulea) on dark, woody branches. The berries are small, round, and have a dusty blue-purple hue. The background is softly blurred, showing more of the same berries and branches.

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.

Elderberries in agricultural hedgerows are good for the environment

- ◆ They provide pollinator and bird habitat on farms
- ◆ As long-lived perennials, they sequester carbon and their roots hold water in the soil and prevent runoff



Blue elderberries are native to California, and are grown by California farmers!

LEARN MORE!

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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>

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