

# ELDERBERRIES ARE GOOD FOR YOU in syrups, jams, or cooked!

- ◆ High in anti-inflammatory anthocyanins
- ◆ Similar to blueberry in levels of antioxidants
- ◆ High in Vitamin C and fiber

## Elderberries in farm hedgerows are good for the environment

- ◆ They provide pollinator and bird habitat on farms
- ◆ They sequester carbon and their roots hold water in the soil and prevent runoff



## Blue elderberries are native to California & are grown by California farmers!

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.

# LEARN MORE

UC Sustainable Agriculture Research and Education Program (SAREP) is working with farmers to conduct research on blue elderberry as a new commercial crop for California. Learn more at:  
[elderberry.ucdavis.edu](http://elderberry.ucdavis.edu)

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