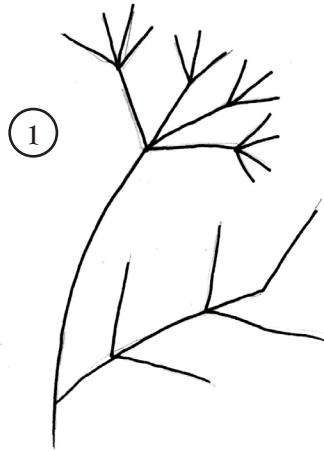
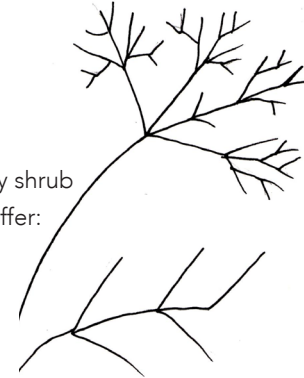


Elderberry

(*Sambucus spp.*)



The Elderberry shrub has much to offer:



Its yellow and white flowers can be dried and steeped into a tea.

*See page 90

Its ripened berries, rich in vitamins, can be turned into jelly.

