

Elderberry

Sambucus nigra



It is a shrub or tree that can reach 10 meters of height, with vast ramification and arched branches.

The leaves are opposite and develop in March / April and its flowering is white, slightly yellowish that emanates a fruity fragrance.

The fruiting occurs in August and September, producing drupes about 6 mm in diameter, which acquire a black or blackish blue coloration when they reach maturation.

More info: http://www.amu.bio/_elderberry

Cultivation

Its propagation can be done by cuttings in July / August and through seeds of its berries in the autumn.

It prefers temperate climate and full sun, however it is resistant to frost.

It is not demanding in relation to the type of soil but prefers moist soils.

Needs pruning when the plant is young to remove dry and poorly formed branches.

History

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Utilization

This plant has several uses, namely gastronomic, cosmetic, medicinal, etc.

In cooking, their flowers and berries are used in soft drinks and sweets.

In medicine their infusions are recommended in the fight against colds, fever reduction, acute sinusitis, circulation problems, etc.

Its flowers are still widely used in cosmetics, in the manufacture of soaps, sensitive skin creams, lotions, etc.