

Elder Flower

Botanical Name: *Sambucus nigra*

Family: Adoxaceae

Energetics: Cooling, moistening

Taste: Sweet, floral, mildly bitter

Actions: Diaphoretic, anti-inflammatory, mild sedative, immune supportive

Overview

Elder Flower is prized for its gentle diaphoretic and immune-supporting properties. Traditionally used to relieve colds, flu symptoms, and mild inflammation, it is safe for most ages when prepared appropriately.

Uses

Internal Uses

- Mild fever and cold/flu support
- Immune stimulation
- Anti-inflammatory and antioxidant properties
- Mild sedative and nervine support

External Uses

- Soothing compresses for minor skin inflammation
 - Herbal baths for mild detox and relaxation
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Medication Interactions

- Possible interactions with immunosuppressants
 - Use caution with blood sugar-lowering medications
 - Safe short-term in culinary and tea forms
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Contraindications

- Raw elder flowers (and berries) may cause digestive upset if not prepared properly
 - Pregnancy and breastfeeding: moderate culinary or tea use considered safe
 - Children: safe in teas and culinary preparations
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Caution & Safety

- Prepare as tea or infusion to avoid mild gastrointestinal upset
 - Monitor for mild allergic reactions
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Herbal Pairings

Blends Well With

- Elderberry (immune support synergy)
- Peppermint (digestive support)
- Lemon Balm (calming, immune synergy)
- Chamomile (anti-inflammatory and calming)

Avoid Combining With

- Immunosuppressive medications without guidance
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Possible Side Effects

- Mild digestive upset if raw or overconsumed
 - Rare allergic reactions
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Forms & Dosage

Tea / Infusion

- 1–2 tsp dried flowers per cup water
- Steep 5–10 minutes
- 1–3 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External Use

- Infused oil, compress, or herbal bath as needed
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Notes

Elder Flower is a gentle, aromatic herb for immune support, mild fever relief, and calming effects. Its delicate nature makes it excellent for teas and external soothing applications.

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