

# Elder Flower

**Botanical Name:** *Sambucus nigra*

**Family:** Adoxaceae

**Energetics:** Cooling, moistening

**Taste:** Sweet, floral, mildly bitter

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

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## 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.

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## 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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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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