



HERBS

Medicinal and Culinary

Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Sambucus**
Plant Family: **Adoxaceaea**

Species: **caerulea**
Common Name: **Elderberry, Blue**

Garden Care

Stem cuttings or root division is the best way to propagate Elderberry.

Herbal Actions

Actions Description	Actions Description Detail
Alterative	Supports the body in healthy cellular metabolism and its natural process of detoxification, cleansing and elimination. Also known as a blood cleanser.
Anticatarrhal	Supports the body to dissolve, remove, or prevent the excess formation of mucus in the respiratory passages.
Diaphoretic	Stimulates perspiration through peripheral vasodilation or stimulation of sweat glands.
Anti-inflammatory	Alleviates inflammation.
Antiviral	Inhibits growth and production of viruses.
Cardiotonic	A tonic herb that has beneficial effect on the heart and blood vessels.
Diaphoretic	Stimulates perspiration through peripheral vasodilation or stimulation of sweat glands.
Expectorant	Aids in the removal of mucus (along with trapped debris and pathogens) from the lungs.
Immunostimulant	An herb that is typically used in short term infections to stimulate the immune system.
Nervine	An herb that has a positive effect on the nervous system.
Antirheumatic	Relieves the pain and discomfort of musculoskeletal inflammation through a variety of actions.

Herbal Energetics

Energetics Description
Dry
Warming

Parts Used

Parts Description
Flowers
Fruit

Type of Plant

Type Description
Herbaceous
Perennial

Habitat

Habitat Description
Water Medium
Sun
Part Sun/Shade
Moist Soil

Contraindications

Description
Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.
Roots and stems are poisons.

Preparations

Preparations Description
Tincture
Compress
Poultice
Tea
Edible
Honey
Douche
Infused Oil
Vinegar
Steam Inhalation