

Common Elderberry
(*Sambucus Candensis*)



MEDITATIONS

The Common Elder (*Sambucus Candensis*) we know as a purple elderberry grows along roadsides and in open pastures and is a favorite food for birds (See it growing behind the barn and near Benches 4 and 5). Our pioneer ancestors used the flowers in fritters and pancakes and dried them for making tea. The ripe berries and juice from them are used to make wine, jams, jellies and pies, especially when mixed with fruit, such as apples.

Early settlers prized the juice for health and healing when they had sore throats and colds and today an extract from the fruit is available as a health supplement.

Heavenly Father:

There are so many gifts from you that grow in your world. Help us to know and use them wisely. In Jesus' name, Amen