

Elder Blossom Syrup

yield about 1 quart/1 liter

Ingredients:

- *1 dozen large elder blossom flower heads*
- *1 Tablespoon citric acid*
- *1 large lemon, preferably organic, washed clean*
- *2 cups + 2 Tablespoon/500 ml water*
- *2 1/2 cups/ 500 g sugar*

Instructions:

1. Snip the tiny flowers off the stem (I ended up with 130 g when I made my syrup), and cram them into a quart size wide-mouth Mason jar or other non reactive lidded container.
2. Add citric acid to jar
3. Peel the lemon, taking care not to take any of the white pith. Add to the jar. Juice the lemon and add to the jar.
4. Mix sugar & water in sauce pan, and bring to boil, stirring occasionally to dissolve sugar. Let boil for 30 seconds.
5. Carefully pour the syrup over in the jar (carefully so as to not break the jar - another reason to use a Mason jar), just a little first, tilt the jar and then add more. Repeat. Let cool and cover. Let sit out for 2 or 3 days (depending on how hot it is. 3 days if it's cool, two days of it's warm. More than that and it will start to ferment, and who knows what you'll get!!!)
6. Strain the content into a clean bottle, using a fennel, a small fine sieve. Press on solids to extract as much liquid and flavor as possible. Cap bottle and store in fridge.

To make Elder Blossom Lemonade:

Add 2 tablespoons of syrup (+/- depending on taste) to a cold glass of water.

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Rappahannock Cook & Kitchen Gardener writes about eating seasonally & locally in the Northern Virginia Piedmont, including eating from the garden.