



# Relate With Nature Herbal Magazine: Elder Berries & Flowers (Volume 3)

*Robin Nelson-Shellenbarger*

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This month is all about Elder! Pick up a copy to learn all the things you can do with Elder. Growing Elder can be pretty easy once you get it started. Learn how to grow your very own elderberry tree. Elderberry syrup can be used for sore throats, coughs and general colds and the flu. Did you know elderberries can be used as a natural dye to dye fabrics and natural fibers? Elderflowers can be used to make a facial toner for a variety of skin ailments. Or even made into syrup, wine, tincture and other medicinal remedies. Learn all about Elder this month and do lots of activities this book encourages about elder. Take walks to find some or try and grow your own. Learn the many ways to make medicine or culinary recipes with elderberries and flowers. Try out the flash cards and memory games that are included in the document and even color an elderberry branch.

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