



Why should I buy fresh-frozen American Elderberries from the King's Ridge?

First, I'll start by saying that most dried Elderberries are European Elderberries. American Elderberries are naturally lower in cyanogenic glycosides (compounds that can cause upset stomach) than their European counterpart. While heating elderberries during the cooking process inactivates these compounds, American Elderberries naturally start at lower concentrations.

American Elderberries have been shown to have additional types of polyphenols and anthocyanins (antioxidants) and of total anthocyanins versus European Elderberry. Also, a majority (>60%) of anthocyanins in American Elderberry are acylated (meaning they are more stable through the cooking process and will have higher shelf stability) whereas European Elderberry possesses no acylated anthocyanins (Lee, 2007).

Fresh-frozen Elderberries are not dehydrated meaning they are not subjected to long spans of hot temperatures which may potentially degrade anthocyanins. Fresh-Frozen berries also do not need cooked extensively to resolubilize extract back out of dehydrated state – meaning shorter exposure to high temperatures during the cooking process (min is a couple minutes above 150°F and they may be simmered with spices at lower temperatures for 30 minutes). Our operation is oriented around optimizing berry quality and anthocyanin content and bringing our customers the best end product possible.

Taking it one step further, our Cold Pressed Elderberry Juice eliminates heat-based extraction all together and may be simmered directly with spices at low temperatures for 20 to 30 minutes to desired flavor profile. Cold Pressed Juice takes the work out of straining or steam-juicing and saves valuable time!

Purchasing American Elderberries also supports local small business and sustainable farming practices right here in the Midwest. We look forward to supplying your elderberry needs – from our family to yours!

Lee J., Finn C.E. Anthocyanins and other polyphenolics in American elderberry (*Sambucus canadensis*) and European elderberry (*S. nigra*) cultivars. *J Sci Food Agric*. 2007 Nov; 87(14):2665-75. doi: 10.1002/jsfa.3029. PMID 20836175.

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“The earth is the LORD’s and the fullness thereof, the world and those who dwell therein,” – Psalm 24:1