**Spring Garden Recipe – Elderflower ‘Champagne’**A lovely refreshing drink for summer and safe for children to drink



**Ingredients:**7 Elderflower heads

4.5 litres of water

565gms sugar

Thinly sliced rinds and juice of 2 Lemons

2 Tablespoons of white vinegar

**Equipment:**1 Large Container and Strainer/Sieve

3-4 Large Plastic Mineral Bottles ( glass can shatter from the fizz)

**Method:**Boil the water and pour over the sugar.

When cold put in the flowerheads, the rinds of lemons thinly sliced, lemon juice and vinegar. Cover with a clean tea towel and leave to stand for 24 hours. Strain and bottle. Cork well as this is very fizzy. Some people don’t tighten the caps too much for a couple of days and then tighten them as tightly as possible.

**NB: It is important to pick the flowers early in the season.
If left until the end of flowering the ‘Champagne’ might not fizz.

And pick on a nice dry sunny morning.**

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