

ELDERBERRY

Meaning: Elderberry is the dark purple fruit of the elder tree, often used in syrups and remedies for its health benefits, particularly in treating colds and flu.

1. Elderberry syrup is often recommended as a natural remedy for colds and flu.
2. The clusters of elderberry fruit are not only beautiful but also packed with antioxidants.
3. She made a delicious pie using fresh elderberries harvested from her backyard.
4. Elderberry extract is commonly used in dietary supplements for its immune-boosting properties.
5. During the summer, we enjoyed picking elderberries along the riverbank with friends.

Source: sentences.whatistheurl.com

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