



Photo: © Br. Alfred Brousseau, Saint Mary's College

Common Name: Elderberry

Scientific Name: Sambucus Mexicana

Kumeyaay Name: Kupall

Description: The Elderberry is a small tree shrub. It has five to nine leaflets on each branch. The leaves are green. The berries can be red, blue, or white. It has creamy white flowers that look like umbrellas and bloom in the spring before the berries come out.

The Kumeyaay used this plant: The Elderberry blossoms were brewed into tea for fever. The berries were eaten fresh and dried to eat later. The branches were used for arrow shafts and to make flutes!

You can read about this plant in *Indians of the Oaks* on pages: 213-215

In the book you can read: "They are very good for fever," answered her mother, "when they are stewed. I always carry some with me. I have some now. And they make a nice broth for tiny babies. We Indians give our babies elder broth before we give them milk. That is why Indian babies are strong." (p. 214)

By Brooke