

# WILDGROWN™ SUMAC LEMONADE



*Staghorn Sumac, with its dark-red, cone-shaped berry clusters and vibrant autumn foliage, is a common sight on the roadsides and field edges of West Virginia. When picked at their prime, usually July through September, the berry clusters make a delicious, nutritious lemonade, guaranteed to delight.*

## RECIPE

FILL A PITCHER OR STOCK POT WITH DARK-RED BERRY CLUSTERS.  
COVER WITH COLD WATER.  
SQUEEZE THE CLUSTERS A FEW TIMES TO GET THE JUICES FLOWING.  
LET STAND IN A COOL PLACE FOR A COUPLE HOURS OR OVERNIGHT.  
(THE LONGER THE CLUSTERS SOAK, THE TARTER THE BREW.)  
WHEN THE FLAVOR IS TO YOUR LIKING, STRAIN THROUGH CHEESECLOTH.  
SWEETEN TO TASTE.  
(THOSE WITH ALLERGIES TO CASHEWS & MANGOES SHOULD AVOID SUMAC.)

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*TASTE NATURE*