



## CHEAT SHEET

# Cold Weather Fire Cider

One of my favorite folk remedies for fighting off colds in the early stages and boosting immunity in the cold weather season is fire cider. Though it originated in this country over a century ago, it is still a helpful remedy in modern times. Raw apple cider vinegar is a fermented food with a pH between 4.5 and 5.5. Its acid content, primarily acetic with some malic, is antimicrobial in nature. And vinegar in general has antiglycemic properties, reducing insulin spikes when taken with starches or sugars. Fire cider traditionally contains a collection of pungents loaded with health-protective benefits: garlic (antioxidant, antiviral, antimicrobial, anti-parasitic), onion (antioxidant, antiviral, antibiotic, anti-inflammatory), and horseradish (inhibits bacterial infection, increases circulation). It's also common to include capsaicin-rich peppers in the form of cayenne powder or fresh hot chilies – warming and stimulating. I've boosted this recipe with additional ingredients high in vitamin C: lemon, orange, and rosehips (whole chilies are also loaded with vitamin C); and both ginger (antiemetic, digestive aid, antimicrobial, antiviral, immune-boosting) and curcumin-rich turmeric (also a member of the ginger family) – warming, anti-inflammatory and antioxidant. Most of these ingredients are readily available and the method for making fire cider is an easy one –though you do need to plan ahead as it needs to sit for at least three weeks. Once it's prepared, you can take it straight or diluted in a little water or apple cider (1-2 tablespoons), use it in homemade salad or vegetable dressings, or use it to make delicious cocktails – alcoholic or non-alcoholic. It makes a tasty and beneficial addition to your winter larder.

Helping You Make Tastier,  
Healthier Food in Less Time

### INGREDIENTS

- ½ yellow or red onion, chopped
- ½ peeled lemon, quartered
- ½ peeled orange, quartered
- 1/2 cup grated fresh horseradish root (if you can't find the fresh root in your grocery store, use ½ cup prepared, well-drained)
- 1/3 cup grated fresh ginger root
- 1/8 cup crushed and chopped garlic
- 2 tablespoon dried rosehips, optional
- 1 chopped jalapeno pepper, with seeds (or habanero for more heat)
- 2 tablespoon turmeric powder
- Cayenne, to taste
- Slightly warmed raw apple cider vinegar, to cover all (about 3+ cups)

### INSTRUCTIONS

Combine all herbs in a sterile quart-sized mason jar and pour warm vinegar over all.

Mix well.

Cover bottle opening with a double layer of plastic wrap and screw on the lid.

Leave in a sunny place for 3-4 weeks, shaking daily to mix.

Strain and compost all veg material and mix in a small amount of raw honey, to taste.

Store in bottles in the refrigerator.

### References

Johnston, Carol, PhD, RD and Gaas, Cindy, BS. "Vinegar: Medicinal Uses and Anti-glycemic Effect", *MedGenMed*: 8(2):61, May 30, 2006.

Bowden, Jonny. *The 150 Healthiest Foods on Earth*. Fair Winds Press, 2007. Print.

