



LIVING AND LOVIN HERBS PODCAST

Brenda's Fire Cider Recipe

Ingredients

1/2 cup fresh chopped organic ginger root

1/2 cup fresh chopped organic horseradish root

3 medium organic onion, chopped

10 cloves of organic garlic, crushed or chopped

2 organic jalapeno peppers, chopped

2 sliced lemons and or oranges (organic)

Several sprigs of fresh organic rosemary or 2 tbsp of dried rosemary leaves

1 tbsp organic turmeric powder or 2 fresh roots chopped

1/4 tsp organic cayenne powder

1 – 3 - 32 oz bottles of organic apple cider vinegar – the amount needed will depend on the volume of material stacked in jar. (Re Brand: I use “Braggs” but there are other unfiltered organic apple cider brands out there.)

¼ cup Raw local honey to taste (add after the 6 weeks of fermenting is done)

* See list of herbal variations that I've added to my recipe. These are not necessary, but the * indicates the ingredients that I've used in the past.

Directions

Chop and slice all of your roots, fruits, and herbs and place them in a large jar. (I use a gallon jar with a lid – bought on Amazon.) Fill jar with the apple cider vinegar until everything is covered. You may have squish material down to cover with vinegar.

Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or a plastic lid will work. Shake well. Store in a dark, cool place for 6 weeks and remember to shake daily.

After 6 weeks, use cheesecloth to strain out the raw fermented ingredients. Discard the vegetables and pour the fermented vinegar into a clean jar. Be sure to squeeze as much of the liquidly goodness as you can from the vegetables while straining.



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Next...comes the honey. Add 1/4 cup of honey (or more if still too strong) and stir until incorporated. Store at room temperature in dark cupboard or refrigerator.

Herbal Ingredient Variations

These organic herbs and spices would make a wonderful addition to your Fire Cider creations. You can find them all and more in our shop!

- Thyme
- Horseradish Root Powder
- Rose Hips*
- Star Anise
- Schisandra Berries
- Astragalus
- Parsley
- Burdock root*
- Oregano, Peppercorns*
- Beet Root Powder
- Habanero Powder
- Echinacea root (fresh or dried) *
- Echinacea flowers (can use contents of 3 tea bags) *
- Whole Chili Peppers*
- Orange slices*
- Grapefruit,
- Lime slices*
- Ghost peppers*
- Cinnamon Sticks*
- Dried Turkey Tail Mushrooms*

Drinking Instructions:

1 – 3 shot glasses per day when you feel cold or flu symptoms coming on. Repeat until symptoms go away.

I am not a doctor, if you continue to feel bad or get worse – **go see a licensed medical professional.** This recipe is for educational purposes only and not meant to treat or diagnose anyone.