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## Fire Cider

This is not technically a ferment but is an infusion in vinegar.

An immune-boosting, anti-bacterial, anti-viral tonic made with herbs and spices to help ward off or soothe colds and flu. Recipes are many and varied and you can leave out or add in ingredients as desired. Here's a recipe to get you started :

1/2 cup fresh grated ginger root  
1/2 cup fresh grated horseradish root  
1 medium onion, chopped  
10 cloves of garlic, crushed  
Zest and juice from 1 lemon  
2 teaspoons cayenne pepper  
2 tablespoons of dried rosemary leaves  
1 tablespoon dried thyme  
1 tablespoon turmeric powder/ grated root  
raw apple cider vinegar (with the "mother")  
raw honey to taste

Other ingredients you might want to add:

Ginseng, Beet Root, Apple, lime juice, sage, parsley, jalapeno, crushed black pepper, bee pollen, Star Anise, Schisandra Berries

## Instructions

Add the prepared herbs, spices, and lemon juice and zest to a one litre sized jar (everything except the honey). You can chop or blend the ingredients. Top off the jar with apple cider vinegar leaving some room at the top for shaking the jar. Cover the jar. If using a jar with a metal or plastic lid place a piece of wax paper or parchment paper under the lid to keep the cider from touching the metal lid. Shake very well to get everything mixed together, then store in a cool, dry place (like a pantry or cupboard) for a month. Remember to shake the jar daily! After a month, strain out the pulp through a cheesecloth, pouring the cider into a clean jar. Squeeze out as much liquid from the pulp as possible. Add 1/4 cup honey to the strained cider and stir well. Taste the cider and, if needed, add more honey to reach desired sweetness.

## Notes

Take 1 tablespoon a day as a preventive measure, or 3 tablespoons at the first sign of a cold.