

FIRE CIDER RECIPE WITH RAW HONEY

BACKYARD BEEKEEPING
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Fire cider is an old home remedy for the runny noses and sniffles before they develop into full-blown colds or flu. Even if you already have a cold or the flu, drinking shots of fire cider can help ease symptoms and might even reduce the duration of a virus.

It's best to use organic ingredients or locally grown whenever possible.

INGREDIENTS:

½ cup chopped fresh ginger root
1 whole bulb garlic
½ orange, sliced
1 small lemon, sliced
1 jalapeño pepper, sliced OR 1½ inches chopped fresh horseradish root
Handful of your favorite herbs*
Apple cider vinegar to cover
Organic, unpasteurized honey

DIRECTIONS: Combine all ingredients **except** for the honey (this will be added later) in a half-gallon glass jar. Cover with apple cider vinegar, and close with a tight-fitting lid. Store on the counter at room temperature for at least four weeks, and give the jar a shake every now and then to help with mastication and fermentation. Since some of the roots will expand, make sure you add plenty of apple cider vinegar to completely cover all the ingredients in the jar all the way to the top.

After four weeks, strain the fruits and vegetables from the liquid and reserve for other uses. These are great in stir-fries, salad dressings, or soups. Warm up about a cup of honey (or more, if you prefer) in a small saucepan on the stove, and mix it into the remaining liquid. Package in small bottles and store in the refrigerator or the cupboard. Your homemade fire cider should be hot, sour, and sweet – all the tastes from these immune-boosting ingredients that will help keep you healthy all winter long. Small bottles of fire cider also make wonderful holiday gifts for friends and family! Fire cider keeps for months.

*You can also choose to customize this fire cider recipe by including a handful of your favorites from this healing herbs list: cilantro, rosemary, thyme, parsley, turmeric, oregano, beetroot powder.

You can take a shot glass of your homemade fire cider as a daily tonic, or take a tablespoon of it every hour when you feel cold and flu symptoms coming on. Repeat as necessary until symptoms subside. In a pinch, you can start taking your fire cider home remedy after 24 hours of steeping. Keep an extra bottle or two of apple cider vinegar on hand, and just replace what you remove from the jar.



USES: Other ways to include this health-boosting fire cider recipe in your daily diet:

- + Add a few tablespoons to soups and rice dishes.
- + Add to salad dressings.
- + Drink a shot in some organic vegetable juice.
- + Pour a few tablespoons over roasted or sautéed veggies.

Not only does this fire cider recipe help you fight off colds and flu, it also makes a great natural decongestant and all-around health tonic. It can also help if you suffer from slow or sluggish digestion, as these warming and pungent ingredients can stimulate the digestive process.