



Sparrow Farm Fire Cider

by Lisa Masé

Harmonized Cookery, Montpelier VT

Ingredients

- 1/2 cup diced ginger root
- 1/2 cup diced turmeric root OR 2 tbsp turmeric powder
- 1/2 cup chopped onion
- 1/4 cup minced garlic
- 2 chopped jalapeños peppers
- zest & juice from 2 lemons
- 5-6 medium sprigs fresh thyme
- 1/2 teaspoon black peppercorns
- raw apple cider vinegar
- raw honey

Directions

- Add all the ingredients except the vinegar and honey to a quart-sized mason jar. Pack them down lightly; the jar should be about three-quarters full. Use a fermenting weight to hold down the veggies/roots/herbs, or place heavy roots at the top so that they will weigh down the herbs (which float).
- Pour a generous amount of apple cider vinegar over everything.
- Cover and label the jar with a plastic cap or a metal jar with waxed paper underneath to prevent corrosion. Place in a warm location for at least 2 weeks. Shake once daily.
- When the cider is ready, shake it well once again and then drain out the veggies/roots/herbs using a fine-mesh sieve. Add honey to taste and store in the fridge.



How to use

Fire cider's antimicrobial benefits are vast. Take a teaspoon of it when you feel cold or flu symptoms. Use it during acute infection to treat the cold or flu, and enjoy it as a salad dressing if you like.