Homemade Fire Cider
By Chef and Organic Farm Assistant Saskia Polous

1 horse radish root, grated
1 large ginger root, finely grated
2-3 small turmeric roots (can also substitute dried) finely grated
1 sprig fresh rosemary or other fresh herb
1 onion, sliced
1 head garlic, chopped
4-5 small dried hot peppers
Peel and juice from 1 lemon
A tablespoon or so of peppercorns
Enough raw apple cider vinegar to fill a quart-sized glass jar
Optional: 1/4 cup raw honey

Pop all ingredients into a quart-sized glass jar. Pour apple cider vinegar in the jar until all the ingredients are fully covered and the vinegar reaches the top. Use a non-metal lid to seal (you don’t want the vinegar touching the metal). Stir to combine and store in a dark, cool place for about a month.

After 1 month, use a mesh strainer and cheesecloth to strain the cider into a clean jar. Squeeze out as much of the liquid as you can. Store in a sealed container in the refrigerator or in a cold, dark place for up to a year. Drink 1-2 tablespoons when needed, or mix with olive oil and honey for a great salad dressing!