



Hello, Fellow Fire Cider Lover!

Fire Cider is easy to make, fabulously healing and sooOooOOoooo delicious! We enjoy fire cider as both food and medicine, savoring it in salad dressings, tea (instead of a squeeze of lemon) as well as dropped under our tongues, all the more for a serious boost of immunity. Experiment! Explore! Play! This is what healing looks (and tastes!) like, especially shared with your beloved community.

Time: 10 to 30 minutes prep; 1 month to infuse

Tools: A **vessel** (a wide-mouth mason jar is ideal), **cutting board**, **sharp knife**, **plastic gloves** (to protect your fingers from the capsaicin in the hot peppers, especially if you're making a lot of them and/or the peppers are *hot* peppers), a **label** for your vessel and **wax paper** to protect your jar lid from the vinegar's acid.

Ingredients: **Raw apple cider vinegar** (enough to cover) (probiotic, alkalizing, antimicrobial), **ginger** (leave the skin on if it's organic, add turmeric if you've got it) (warming, stimulates circulation & breaks up congestion), **garlic** (chopped and let rest 15 min for immune-enhancing allicin to form), **onion** (yellow or red; shallots and leeks are great, as well) (antimicrobial antibacterial, antiviral, immune-enhancing, anti-inflammatory), **horseradish** (stimulates digestive fire, promotes perspiration & mildly antibacterial), **hot peppers**, (the spicy capsaicin increases circulation), **vitamin c** (citrus is common, rose hips & pine needles are abundant, local & delicious) (immune-enhancing), **honey** (raw is best) (antimicrobial, antiseptic) as well as any **food-as-medicine herb** you lean into to increase circulation & boost immunity, like **thyme & oregano**, both antimicrobial & anti-inflammatory.

Chop or Grate: All your ingredients and place them into your vessel. Cut into large and/or small pieces, uniform or not; we do it a little differently each time & there's no one way. The smaller you chop, the more can fit in your vessel! Resist adding the honey yet :)

Real Talk on Proportions: Each of us is unique and each fire cider is unique; no one knows you better than you! If you love ginger, go heavy on the ginger. If you don't love capsaicin spice, go light or leave it out. Consider making several fire ciders with differing proportions to experience the unique healing they all impart.

Infuse: Pour apple cider vinegar over all your ingredients with at least one half-inch of extra vinegar on top. Store at room temp for at least 1 month. Taste as you go! The flavors will deepen and intensify with more time.

Strain & add Honey: After 1 month, strain the herbs from the liquid. Add warm raw honey to taste! Your fire cider can live on the shelf or in the fridge. Optional: cover your ingredients with more apple cider vinegar and blend smooth to savor every molecule.

for more delicious details & our video tutorials, hop on over to
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*In some Native languages the term for plants translates to "those who take care of us."
~ Robin Wall Kimmerer*