
FIRE CIDER

By: *RuthAnn Zimmerman*

Into a jar (any size) put equal amounts of coarsely chopped:

Hot peppers

Onions

Garlic

Horseradish

Ginger root

Fill the jar with raw Apple Cider Vinegar, turn the lid on tight and let set for 2-6 weeks, shaking occasionally.

After 2-6 weeks strain out the veggies from the vinegar. The vinegar will have drawn the nutritional benefits from the veggies and is now your fire cider.

- Store: In a cool dark place like the refrigerator, I store mine in the cold room for 18mo to 2 years.
- Use: At first sign of illness we take 1 ounce of Fire Cider, and then continue with 1-2 tablespoons every few hours as long as symptoms persist.

If children find the fire cider too spicy to take, mix with a bit of raw honey to make it more palatable.

*Optional but helpful ingredients:

Turmeric root

Cinnamon sticks

Black pepper corns

Thyme

Rosemary

parsley

Whole cloves

YouTube Video With more details on our channel;

Homesteading with the Zimmermans