



NOVEMBER'S RECIPE

SPICED VINEGAR



) (

MOON BY MOON

november tugs us inwards. it brings with it the weight of longer nights and a longing for quietude. there is a chill to the air which is able to reach the bones. the trees undress and the stars seem to shine brighter in the crispness of the dark hours. we have officially left the seasons of sun & entered into those of the moon...

as such, it is now an important time to gather the final bits of warmth & sun to us as it will only be colder & darker from here on out. we can do this in many ways, but one of my favorites is to make a spiced vinegar more commonly called, fire cider.

this wonderful remedy helps us stay warm from the inside out & contains pungent, medicinal foods from the kitchen to help our immune systems stay strong throughout the year. there are many, many ways to make fire cider, but below you will find a tried & true recipe. feel free to experiment, or make a even few batches with different ingredients!

you can add this vinegar into your cooking rituals, take little shots at the onset of or during an illness, add a dash into the bath to get some deep warmth... it is very versatile so play around with it

~

: INGREDIENTS :

1 large red onion, chopped
3 heads garlic, chopped
1 organic lemon with peel, diced
½ cup fresh ginger root, thinly sliced
½ cup fresh turmeric root, thinly sliced
¼ cup fresh horseradish root, thinly sliced
¼ cup fresh thyme, chopped
2 teaspoons fresh ground black pepper
A few sprigs of fresh rosemary
A few fresh cayenne or jalapeño peppers
Organic, "with the mother" apple cider vinegar
1/2 gallon sized mason jar
Parchment/wax paper
Raw honey

* Other ingredients could include: astragalus root, burdock root, cinnamon, coriander seed, dandelion root, echinacea root, nettle, spilanthes, star anise...

: INSTRUCTIONS :

-- place all ingredients in a 1/2 gallon jar + cover with apple cider vinegar
-- be sure to cover the herbs by at least few inches, then cut a square of parchment or wax paper & cover the jar before tightly capping it & labeling your jar
-- store in a cupboard for a few weeks, shaking the jar when you remember to
-- 3 weeks-one month is a good steeping time ~ just remember, the longer it sits for the stronger it will be!
-- strain the liquid into a clean bowl with a sieve or cheesecloth
-- you can add some warmed raw honey to taste (about 1/3 cup is usually just right)
-- mix thoroughly & bottle, with a label
-- keep either in your fridge or a cupboard & enjoy!