

Fire cider is an old preventative and remedy for colds and flu. The term fire cider was first coined by Rosemary Gladstar in the 1970s. Since that time a company has trademarked the name and sells a product very similar to what Rosemary Gladstar taught in her classes. However, spicy vinegar has been used for hundreds of years to both prevent and fight a cold or flu. This recipe is not exactly the same as the one Rosemary Gladstar taught. Feel free to tweak the recipe based on what you have on hand (or can reasonably purchase) and what needs your family has.

Ingredients:

1 quart apple cider vinegar

½ cup grated horseradish

½ cup chopped ginger root

½ cup chopped onion

½ cup chopped garlic

1 tsp cayenne

½ cup chopped turmeric

Rosemary, thyme, cinnamon, astragalus (optional)

Raw Honey (optional)

In a quart size mason jar add horseradish, chopped ginger, chopped onion, chopped garlic, chopped turmeric, cayenne and any other herbs you choose (rosemary, thyme, cinnamon or astragalus). Fill jar with apple cider vinegar. Put the lid on and give it a shake. Try to shake the fire cider daily for 14 days. After 14 days, strain out the herbs and store the fire cider in the refrigerator. This will keep for several months.

To take, you can mix it with some water and honey or take it straight.