**Fire Cider**

*Based on the recipe by Chestnut School which was based on Rosemary Gladstar’s recipe*

Ingredients:

64 oz Apple Cider vinegar

10 oz. Honey

Large onion

2 Garlic Bulbs, coarsely chopped

4 oz by weight, ginger, coarsely chopped

2 oz by weight, turmeric, coarsely chopped

5 oz horseradish, chopped into 1” pieces

Large pomegranate

½ cup fresh hot peppers, chopped

3/4 cup dried hibiscus or Jamaica flowers

½ tsp. Black Pepper

1 stick Cinnamon

Put everything except the honey, Cinnamon and hibiscus into the blender and blend. Be careful of the fumes, they’re strong! Pour into a jar and add the three remaining items. Mix well. Let steep for about 2 weeks, stirring occasionally. Strain. Take a tsp. every day as a preventative. Use the strained material as a relish.

The ginger, garlic and turmeric are antimicrobial. The pomegranate and hibiscus have bioflavonoids, which are good for circulation and hypertension. Peppers stimulate the circulation. Black pepper makes everything absorb better, especially the turmeric. Horseradish clears the sinuses. Onion is hydrophilic and pulls pathogens out of the digestive track as well as being a good prebiotic for the gut. Cinnamon is warming and stimulating to the digestive system as well as being antimicrobial. It’s also good for high blood sugar. Honey makes it tasty and it’s demulcent.