



Seasonal Eating Demo with Hanh Tran Open Farm Day – October 19th, 2024

Homemade Apple Cider Vinegar Instructions

Step 1: Prepare apples - Wash the fruit with water (no soap!) and chop them up into smallish chunks, include the skins, cores, seeds, and stems. Fill your clean glass container half full of apples pieces.

Step 2: Create sugar water – Make a sugar to water solution with a ratio of 1 tablespoon of sugar (any type of sugar, brown is best, organic or not) Stir until the sugar appears to have dissolved into the water - Pour into the jar containing the apple. Add 1-2 Tbsp apple cider vinegar with 'mother' to start the fermenting process.

Step 3: Once the apples, water, sugar and ACV are all combined, cover your container with a breathable material (a lint-free tea towel, old pillowcase, or coffee filter) and secure with string or an elastic band. Set this in a dark location that is around 70 to 75°F, if possible.

Step 4: For the first two weeks, your fermenting apples should be stirred every day.

Step 5: after sitting another 2 -4 weeks, taste to see if vinegary, strain through a fine strainer, keep the liquid and compost the remainder of the solids. The ACV should be bottled then stored in a dark cool place. Even stored at room temperature, homemade apple cider vinegar will stay good for up to five years! However, the quality and flavor will likely be best within the first two years.

Using Apple Cider Vinegar

Apple cider vinegar can be used in wide variety of meals, recipes, taken straight on its own, or used in other natural health, home, and body care applications.

* As a salad dressing – drizzled over salad with olive oil or used in other salad dressing recipes. * Use apple cider vinegar in other recipes that call for vinegar, such as pickles. We also like to add a small drizzle to egg salad, potato salad, and similar dishes.

* Use ACV to make Oxymel which use 1 part of herbs, 1 part of raw honey, 1 part of ACV, blended well and fermented for 6-8 weeks. We use a lot of Oxymel to improve our health at home

* Take a small shot (1 to 2 Tbsp) before a meal to reduce blood sugar spikes

* Learn how to make homemade fire cider with apple cider vinegar. Made with garlic, onion, turmeric, ginger, honey, and spices, fire cider a fantastic tangy tonic that can support your immune system and naturally reduce the intensity and duration of cold and flu symptoms.

* ACV can be diluted and used as a hair rinse/ conditioner. It helps to remove built up minerals in your hair (such as from hard water) while also conditioning, balancing, pH, and healing hairs outer cuticle.

* Many herbalists and naturalists use ACV as a natural facial toner, or as an ingredient in other natural beauty and healing remedies!

* Acidic vinegar makes a great natural surface cleaner and disinfectant, such as in the sink, garbage disposal, stinky cutting boards, or even used to soften laundry.