

Making a Fire cider



Fire Cider has its origins in the rich and ancient plant medicine making tradition of oxymels. An oxymel is:

- Derived from the Latin word *oxymeli* meaning acid and honey. The fundamental base ingredients of oxymels are (usually organic, raw, apple cider) vinegar and (raw) honey. The concept of Oxymel dates back to ancient Persian traditions and was used by Hippocrates in medicinal formulations (Zargaran et al. 2012). Oxymel is a sweet and sour and/or spicy herbal preparation used as a remedy for specific ailments or as a healthful tonic. It can be taken in doses as a remedy, consumed straight as a health tonic and Oxymel can be added to foods, as a way to enhance assimilation of food nutrients, bringing both lovely plant flavors and additional health benefits.
- Oxymels can be herbs decocted in syrups and room temperature herb infused preparations. Adding different ingredients changes the qualities that each Oxymel contains. Traditionally, Oxymel was used as a remedy, for general healthcare or to affect certain systems of the body. Oxymels are notably used in gastrointestinal tract and respiratory conditions, and they can also be crafted to help cool the body (<https://redrootcompany.com/pages/oxymel>)
- Vinegar can extract: sugars, tannins¹, vitamins, some minerals, glycosides², and bitter compounds from herbs into the menstruum³. Have a shelf life of 1-3 years if well stored in a cool, dry, dark place. ACV has been is being studied now for its support of positive health

¹a group of bitter and astringent compounds that separate out proteins. Found copiously in the yellowish or brownish organic substance present in some gallswood, bark, leaves and fruit of plants such as tea, coffee, grapes/wine, dark cocoa/chocolate walnut, cranberry, oak, rhubarb, etc. A, barks, and other plant tissues, consisting of derivatives of gallic acid, used in leather production and ink manufacture

Have been used by humans to tan animal hides for many 1,000's of years.

²chemical stores for plants many of which have of medicinal value, ex. glycosides from some of the Foxglove and Oleanders are used in treating irregular heart beats and heart failure.

³ the liquid solvent, such as alcohol: wine, beer, mead, vinegar or vinegar honey solution, glycerine, oil, etc.

outcomes in the areas of reduction of LDL cholesterol, generalized inflammation, triglycerides, oxidative stress, blood glucose levels, etc.

- Honey⁴ has been used as a preservative by humanity since time immemorial, and has also been purported to have many healing properties which contemporary chemistry has substantiated include high concentrations of antioxidant, antibacterial, anti-fungal, microscopic (phyto) plant nutrients, wound healing, and mucosa-soothing properties. Honey has prebiotics and is therefore supportive of digestion and nutritional assimilation.⁵
- It was probably Rosemary Gladstar's⁶ Armenian grandmother's recipe that revived the popularity of the oxymel now commonly duplicated and available in your local health food store known as a *Fire Cider*, this is the recipe that probably started it all⁷ from *Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family*, 2008:

Ingredients

1/2 cup ginger, fresh (grated)	1 tablespoon turmeric, ground
1/2 cup horseradish (fresh, grated)	10 cloves garlic (crushed or chopped)
1 onion (chopped)	2 peppers, jalapeño (chopped)
1 lemon (zest of)	2 tablespoons rosemary, dried (or 4-5 sprigs of fresh rosemary)
enough ACV to completely immerse all of the herbs	1/4 cup honey (plus more to taste)

Preparation Instructions

Put ginger finely chopped/ground, horseradish, onion, garlic, peppers, lemon zest, lemon juice, rosemary and turmeric in a quart canning jar. Cover with apple cider vinegar by about two inches. Use a piece of natural parchment paper or wax paper under the lid to keep the vinegar from touching the metal. Shake well. Store in a dark, cool place for one month and shake daily.

After one month, use cheesecloth to strain out the pulp, pouring the vinegar into a clean jar. Be sure to squeeze as much of the liquid goodness as you can from the pulp while straining. Add 1/4 cup of honey and stir until incorporated. Taste your cider and add another 1/4 cup until you reach desired sweetness. Bottle, tightly cap, and label with the date and ingredients! Fire cider should taste hot, spicy and sweet. It is great as a winter time tonic and as a remedy for colds and coughs. Often people use it as salad dressing, on rice, or with steamed vegetables.

⁴ Everything a bee produces has medicinal properties for humans, we recommend you read further on propolis and royal jelly.

⁵ but it can also harbor Botulism.



⁶ She has also since published an entire book devoted entirely to Fire ciders as of 2019.

⁷ to read more about the politics of firecider, "Herbalists defended their brew in court. They won" <https://www.bostonglobe.com/metro/2019/10/20/herbalists-defended-their-brew-court-they-won/r94hvWnBghLvdwsnw7W7JN/story.html>

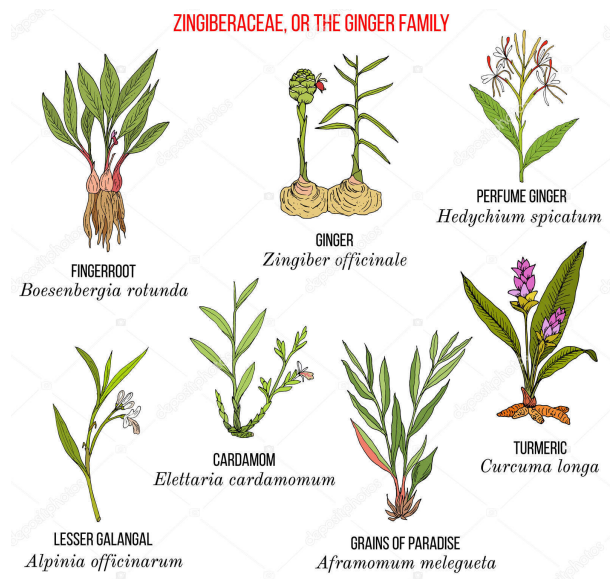
Many people add to this recipe other ingredients like thyme, citrus, burdock, elderberry/flower, cayenne, other alliums or hot pepper varieties, etc. (*Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family*, 2008)

Internal actions and properties of Ginger rhizome (*Zingiber officinale*):

Digestive, adds fire, warming, Antioxidant, anti-inflammatory, anti nausea, anti carcinogenic, Anti-inflammatory

(for more info see Bode AM, Dong Z. The Amazing and Mighty Ginger. In: Benzie IFF, Wachtel-Galor S, editors. *Herbal Medicine: Biomolecular and Clinical Aspects*. 2nd edition. Boca Raton (FL): CRC Press/Taylor & Francis; 2011. Chapter 7. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK92775/>)

The ginger plant has a **thick, branched rhizome (underground stem) with a brown outer layer and yellow centre** that has a spicy, citrusy aroma. Every year, it grows pseudostems (false stems made of tightly wrapped leaf bases) from the rhizome which bear narrow leaves.-Kew Gardens



All of the ginger family depicted here would be useful and delicious in a fire cider!

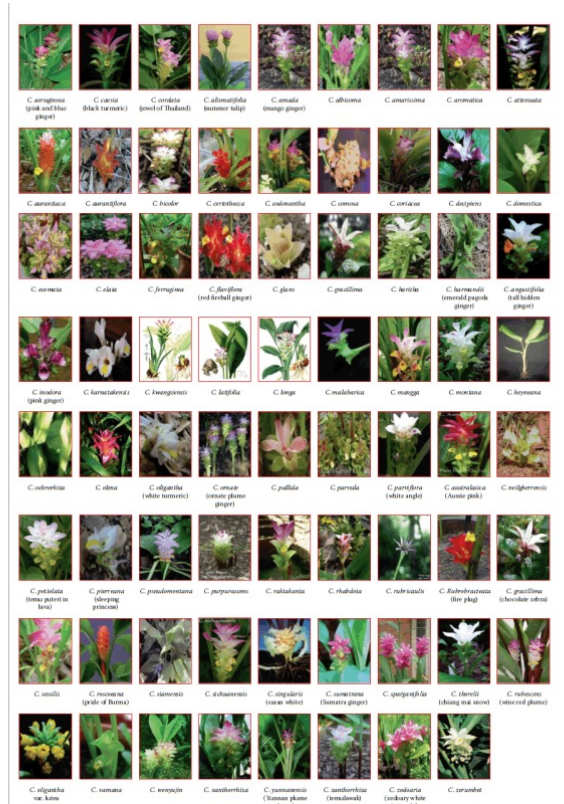


Internal actions and properties of Tumeric (*Curcuma longa*):

In Ayurvedic practices, turmeric is thought to have many medicinal properties including strengthening the overall energy of the body, relieving gas, dispelling worms, improving

digestion, regulating menstruation, dissolving gallstones, and relieving arthritis. Many South Asian countries use it as an antiseptic for cuts, burns, and bruises, and as an antibacterial agent. In Pakistan, it is used as an anti-inflammatory agent, and as a remedy for gastrointestinal discomfort associated with irritable bowel syndrome and other digestive disorders. Indians use turmeric, in addition to its Ayurvedic applications, to purify blood and remedy skin conditions.

In Ayurvedic medicine, turmeric is a well-documented treatment for various respiratory conditions (e.g., asthma, bronchial hyperactivity, and allergy), as well as for liver disorders, anorexia, rheumatism, diabetic wounds, runny nose, cough, and sinusitis (Araujo and Leon 2001). In traditional Chinese medicine, it is used to treat diseases associated with abdominal pain (Aggarwal, Ichikawa, and Garodia 2004). From ancient times, as prescribed by Ayurveda, turmeric has been used to treat sprains and swelling (Araujo and Leon 2001). In both Ayurvedic and traditional Chinese medicine, turmeric is considered a bitter digestive and a carminative. Unani practitioners also use turmeric to expel phlegm or kapha, as well as to open blood vessels in order to improve blood circulation. It can be incorporated into foods, including rice and bean dishes, to improve digestion and reduce gas and bloating.



(for more info see Prasad S, Aggarwal BB. Turmeric, the Golden Spice: From Traditional Medicine to Modern Medicine. In: Benzie IFF, Wachtel-Galor S, editors. Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition. Boca Raton (FL): CRC Press/Taylor & Francis; 2011. Chapter 13. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK92752/>)



Internal actions and properties of horseradish (*Cochlearia Armoracia*)

Stimulant, aperient (relieves constipation), rubefacient (reduces redness of skin when applied topically), diuretic (helps one to clear through increasing the flow of urine) and antiseptic. (to learn more consult *A Modern Herbal* by M. Grieve, which can also be found on Botanical.com)

Internal actions and properties of garlic (*Allium sativum*)

Decreases incidence of colds, Diaphoretic (induces perspiration), diuretic, expectorant (helps phlegm to come up), stimulant. Many marvelous effects and healing powers have been ascribed to Garlic. It also possesses stimulant and stomachic properties. (to learn more consult *A Modern Herbal* by M. Grieve, which can also be found on Botanical.com))



Internal actions and properties of onion (*Allium cepa*)

Antiseptic, diuretic. The juice made into a syrup is good for colds and coughs. Hollands gin, in which Onions have been macerated, is given as a cure for gravel and dropsy. (to learn more consult *A Modern Herbal* by M. Grieve, which can also be found on Botanical.com))

Internal actions and properties of hot pepper (in this case, Cayenne or *Capsicum minimum*)

A powerful local stimulant, with no narcotic effect largely used in hot climates as a condiment, and most useful in atony of the intestines and stomach. It should not be used in ordinary gastric catarrh. For persons addicted to drink it seems to be useful possibly by reducing the dilated blood-vessels and thus relieving chronic congestion. It is often added to tonics and is said to be unequalled for warding off diseases. Herbalists use it largely in pill form and powdered. The powder or the tincture is beneficial for relaxed uvula. A preparation in use in the West Indies called Mandram, for weak digestion and loss of appetite, is made of thinly sliced and unskinned cucumbers, shallots, chives, or onions, lemon or lime juice, Madeira, and a few pods of bird pepper well mashed up in the liquids. It can be used as a chutney. (to learn more consult *A Modern Herbal* by M. Grieve, which can also be found on Botanical.com))



Internal actions and properties of lemon (*Citrus Limonum*)

Lemon juice is probably the best of all antiscorbutics, being almost a specific in scurvy. English ships are required by law to carry sufficient lemon or lime juice for every seaman to have an



ounce daily after being ten days at sea. Its value in this direction has been stated to be due to its vitamins. It is valuable as a cooling drink in fevers, and for allaying thirst. When unobtainable, a solution of 8 drachms of crystallized citric acid in 16 OZ. of water, flavored with oil of lemon, may be substituted. The juice may be used in diaphoretic and diuretic draughts. It is highly recommended in acute rheumatism, and is sometimes given to counteract narcotic poisons, especially opium. Preparations of the rind are used as an aromatic addition to tonics, and also the syrup of the fresh peel, and the juice. (to learn more consult *A Modern Herbal* by M. Grieve, which can also be found on Botanical.com))

Internal actions and properties of rosemary (*Rosmarinus officinalis*)

Tonic, astringent, diaphoretic, stimulant. Oil of Rosemary has the carminative properties of other volatile oils and is an excellent stomachic and nervine, curing many cases of headache. Hungary water, for outward application to renovate the vitality of paralysed limbs, was first invented for a Queen of Hungary, who was said to have been completely cured by its continued use. It was prepared by putting 1 1/2 lb. of fresh Rosemary tops in full flower into 1 gallon of spirits of wine, this was allowed to stand for four days and then distilled. Hungary water was also considered very efficacious against gout in the hands and feet, being rubbed into them vigorously. A formula dated 1235, said to be in the handwriting of Elizabeth, Queen of Hungary, is said to be preserved in Vienna. Rosemary Wine when taken in small quantities acts as a quieting cordial to a weak heart subject to palpitation, and relieves accompanying dropsy by stimulating the kidneys. It is made by chopping up sprigs of green Rosemary and pouring on them white wine, which is strained off after a few days and is then ready for use. By stimulating the brain and nervous system, it is a good remedy for headaches caused by feeble circulation.



The young tops, leaves and flowers can be made into an infusion, called Rosemary Tea, which, taken warm, is a good remedy for removing headache, colic, colds and nervous diseases, care being taken to prevent the escape of steam during its preparation. It will relieve nervous depression. A conserve, made by beating up the freshly gathered tops with three times their weight of sugar, is said to have the same effect. A spirit of Rosemary may be used, in doses of 30 drops in water or on sugar, as an antispasmodic. Rosemary and Coltsfoot leaves are considered good when rubbed together and smoked for asthma and other affections of the throat and lungs. (to learn more consult *A Modern Herbal* by M. Grieve, which can also be found on Botanical.com))