

Fire Cider History

This traditional folk herbal remedy is believed to have been inspired by European herbalism practices. Fire cider is a vinegar-based tonic infused with a variety of potent and health-boosting ingredients making it a popular remedy during the fall and winter months to help



prevent colds and flu. It's known for its strong, spicy, and tangy flavor, boost circulation, and is a great tonic for gut health.

Making Your Own Fire Cider

You can tailor it to your taste preferences and health needs. Add more or less or certain ingredients to suit your palate. Layer your selections in a glass mason jar, top off with apple cider vinegar, sweeten with raw, local honey or not at all. Seal with lid and allow to infuse for 4-6 weeks in a cool, dark place. Strain and store in a glass bottle. You can keep it in the fridge, but it's not necessary. Your Fire Cider is shelf stable and should be used within 6 months!

What's in Yours

Onion, fresh ginger root, turmeric root, cranberries, smashed garlic cloves, lemon slices, thyme, Pueblo hatch chili, black peppercorns, red pepper chili flakes, organic elderberries, star anise, sweet mini peppers, organic apple cider vinegar.