

Hair-Raising Cider

From *Herbal Recipes for Vibrant Health*, by Rosemary Gladstar

This cider is an effective, easy to make, but the taste is not for those with gentle taste buds! Make a batch before the cold season starts (3 to 4 weeks ahead).

How to use the finished cider: Take 1 to 2 Tablespoons at the first sign of a cold and continue to take 2 to 3 tablespoons throughout the day (approximately every 2 to 3 hours) until the symptoms subside.

Ingredients:

- 1-quart vinegar (I personally like apple cider vinegar, but any kind will work)
- 1 onion, chopped
- 1 head of garlic, peeled and chopped
- ¼ cup grated fresh horseradish
- 2 tablespoons powdered turmeric
- Pinch or more of Cayenne powder
- 1 cup of honey (I like locally harvested raw honey!)

Combine the vinegar, horseradish, onion, garlic, turmeric, and a pinch or two of cayenne. Cover and let sit in a warm place for 3 to 4 weeks. Strain the mixture, blend in the honey, rebottle. Refrigerate until needed.

Note: The mixture will keep well & stay effective in the refrigerator for approximately 4 months. Over time, beyond 4 months, the mixture will lose some of its effectiveness, but it will not “go bad.” I would recommend tossing out any unused cider after 6 to 8 months and make up a fresh batch for the next season.

