

TRADITIONAL FIRE CIDER

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First taught in the United States by Rosemary Gladstar in the 1980s, **Fire Cider** combines common kitchen ingredients, tangy apple cider vinegar and sweet, nutrient dense honey to provide a powerhouse punch of immune-boosting defense. An **oxymel** by traditional terminology, Fire Cider gets its name from the warming qualities of its most common ingredients: horseradish, ginger, garlic, onion, and hot peppers. Slurp a tablespoon straight, splash on cooked veggies, or whisk with olive oil for a vinaigrette that **stimulates digestion** (ginger, pepper), **clears congestion** (horseradish, pepper), **provides antibacterial defense** (garlic, onion), and **supports the immune system** (onion, optional herbs). I love adding fresh turmeric root & cracked black peppercorn for additional **anti-inflammatory** properties. Folk herbalism is all about using what you have - whether from the grocery store, growing in your garden, or recently fallen in a local park. Play around with different herb combinations and flavor profiles and be sure to share your creations with friends and family!

BASE INGREDIENTS

1/2 cup chopped horseradish root
1/2 cup chopped ginger root
1/3 cup chopped onion
1/4 cup chopped garlic
1/4 cup chopped turmeric root
2-3 hot peppers
1 TBSP cracked black peppercorn

OPTIONAL ADDITIONS

Elderberry (supports immune function), **Lemon Slices + Peel** (calcium, potassium, Vitamin C), **Pine Needles** (decongestant, expectorant, Vitamin C), **Orange Slices + Peel** (Vitamins A&C), **Oregano** (antiseptic), **Rosemary** (stimulate circulation, reduces inflammation), **Thyme** (antiseptic, expectorant)

CANNABIS INFUSED HONEY

3.5 grams Cannabis
1/2 cup honey
8 oz. ball jar

Decarboxylation activates Cannabis by gently evaporating the acidic carboxylate (the 'a') in THCa, leaving behind THC.

To Decarboxylate: loosely break up Cannabis (no need to grind it) and place in an oven safe dish. Tightly seal with multiple pieces of aluminum foil. Place in oven heated to 240°F for 1 hour. Allow to cool before uncovering.

Place decarboxylated Cannabis in jar and cover + 1 inch with honey. Stir to release all air bubbles. Place in a dark cabinet with fire cider to infuse, flipping daily.

INSTRUCTIONS

- 1) Place basic Fire Cider ingredients and chosen additions in a **quart** jar, filling it roughly 3/4 way full.
- 2) Fill jar with Apple Cider Vinegar, making sure ingredients are well covered. Place a sheet of wax paper under lid to avoid a metallic taste.
- 3) Place in a dark cabinet, gently shaking every couple of days to agitate ingredients. Allow to infuse for 4 - 6 weeks.
- 4) When ready, strain Fire Cider into another quart jar. Add infusing Cannabis honey and shake well until plant matter moves with ease throughout the mixture. Strain.

WWW.FREEFIRECIDER.COM

In 2012, Shire City Herbals trademarked this traditional folk recipe while no one was watching, and has since forced herbalists to remove products and/or change names. Free Fire Cider is a movement to keep this medicine in the hands of the people. Please pass this recipe on.