



**Many Hands Organic Farm and  
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## Fire Cider

From Rosemary Gladstar

A very effective remedy for the cold season. Make a batch to have on hand before a cold sets in. This recipe is very tasty, yet "not for the weak of heart". From [Rosemary Gladstar's Herbs for the Home Medicine Chest](#) (Contributed by Donna Warren).

### Ingredients:

- 1 quart vinegar
- ¼ cup grated horseradish
- 1 chopped onion
- 1 head of garlic, peeled and chopped
- 2 tablespoons powdered turmeric
- Cayenne
- 1 cup honey (more or less to taste)

### Directions:

1. Combine the vinegar, horseradish, onion, garlic, turmeric, and a pinch or two of cayenne. Cover and let sit in a warm place for 3-4 weeks.
2. Strain the mixture, add the honey and rebottle. Refrigerate.

Take 1 to 2 tablespoons at the first sign of a cold and continue throughout the day (approximately every 2 to 3 hours) until the symptoms subside.