

HERB INFUSED — VINEGARS —

Vinegar is a useful solvent for extracts. Its acidity helps draw out certain alkaloids. It also aides in dissolving plant cell walls & release mineral content.

Used as useful remedies in their own right like fire cider , or can be used with honey to make oxymel.

Taken in doses of 1/2 - 1 fluid ounce at a time.

Like tinctures , herbal vinegars should be stored in dark, light blocking glass bottles-in a dry, cool place. (They can last from 6mnths-several yrs)

Tools / Ingredients

Herbs

Apple Cider Vinegar

Mason Jars

Dose & Storage bottles

Strainers

Funnels

Labels

Select and Prepare Herbs:

- *Choose Herbs:* Select fresh or dried herbs. If using fresh herbs, rinse and pat them dry thoroughly.
- *Prepare Herbs:* If using fresh herbs, chop or bruise them slightly to release their essential oils. For dried herbs, use them as-is.

Prepare the Vinegar:

- *Choose Vinegar:* Pick a vinegar that complements the herbs. For instance, apple cider vinegar has a milder, slightly sweet flavor that pairs well with many herbs.
- *Heat Vinegar (Optional):* If you prefer to infuse herbs quickly, you can gently heat the vinegar to 120-140 °F (49-60 °C) before adding herbs. This step is optional but can help with faster infusion. Allow it to cool before proceeding.

Infusion Process:

- *Add Herbs to Jar:* Place the herbs into a clean glass jar or bottle.
- *Pour Vinegar:* Pour the vinegar over the herbs, ensuring they are completely submerged. Leave about an inch of headspace at the top of the jar to allow for expansion.
- *Seal:* Seal the jar or bottle tightly with a lid.

Infusion Period:

- *Store in a Cool, Dark Place:* Store the jar in a cool, dark place like a cupboard or pantry.
- *Shake Occasionally:* Shake the jar gently every few days to help mix the herbs and vinegar and to encourage the infusion process.
- *Infuse:* Let the mixture infuse for at least 2-4 weeks. The longer it sits, the more intense the flavor will become. Taste periodically to check the strength of the flavor.

Strain the Vinegar:

- *Strain Out Herbs:* After the infusion period, strain the herbs from the vinegar using a fine mesh strainer or cheesecloth to remove all plant material.
- *Transfer:* Use a funnel to pour the strained vinegar into clean, sterilized bottles or jars.

Label and Store:

- *Label:* Label the bottles with the type of herbs used and the date of infusion.
- *Store:* Store the herb-infused vinegar in a cool, dark place. Properly stored, it can last for several months.

- *Digestive Health: Vinegar, particularly apple cider vinegar, is known to aid digestion. It can help stimulate stomach acid production, improve digestion, and may alleviate symptoms of indigestion.*
- *Antioxidants: Many herbs used in infusions, such as rosemary, thyme, and sage, are rich in antioxidants. Antioxidants help neutralize free radicals in the body, reducing oxidative stress and supporting overall health.*
- *Anti-inflammatory Properties: Herbs like turmeric and ginger, when infused in vinegar, offer anti-inflammatory benefits. This can help reduce inflammation and associated symptoms.*
- *Antimicrobial Effects: Some herbs, such as garlic and oregano, have natural antimicrobial properties. When infused in vinegar, they can offer a mild antimicrobial effect that may help with minor infections or to boost the immune system.*
- *Detoxification: Vinegar is thought to support detoxification processes in the body. Herb-infused vinegars can enhance this effect by incorporating the detoxifying properties of various herbs.*

Skin and Hair Care Benefits:

- *Skin Toner: Herbal vinegars can be used as a natural toner for the skin. For example, chamomile-infused vinegar can soothe and balance the skin, while apple cider vinegar can help with acne and skin clarity.*
- *Hair Rinse: Herb-infused vinegars can be used as a hair rinse to add shine and balance the scalp's pH. For instance, rosemary or nettle-infused vinegar can stimulate the scalp and promote healthy hair.*

Medicinal Uses:

- *Soothing Sore Throats: A tablespoon of herb-infused vinegar mixed with water can be used as a gargle to soothe sore throats. Herbs like sage and thyme are particularly soothing.*
- *Supporting Metabolism: Apple cider vinegar, a common base for herbal infusions, is often touted for its potential to support metabolism and weight management.*

Emotional and Mental Well-being:

- *Aromatherapy Benefits: The aroma of herb-infused vinegars can have calming or uplifting effects, depending on the herbs used. For instance, lavender or mint-infused vinegar can be refreshing and soothing.*

Eco-Friendly and Economical:

- *Natural and Sustainable: Using herbs from your garden or local sources and combining them with vinegar is an eco-friendly and sustainable way to create flavorful and beneficial products.*
- *Cost-Effective: Making your own herb-infused vinegars can be a cost-effective way to enjoy high-quality, natural products without the premium price of store-bought options.*