Fire Cider!

A north American preparation shared in recent years by the well-loved US herbalist Rosemary Gladstar and others who say its roots lie deep in folk medicine, this is a hot sweet and strong immune tonic full of kitchen ingredients that we use all the time but in this kind of remedy impart healing support at times when we might need it more - change of season like now, or when we are tired or rundown and immunity to external illness might be lower.

The usual ingredients are onions, garlic, chillies, horseradish - and then we can mix in whatever healing herbs we love and have to hand (like Rosemary, Thyme, Elderberries). These plants have a combined power with decongestant, immune-building and circulatory moving actions and it’s a great food-medicine to have to warm you up on cold days and bring a bit of digestive fire.

Some good info here: http://mountainroseblog.com/fire-cider/

Our recipe:
Communal chopping of our herbs and spices, grown or gathered or obtained locally. Add to the jar of apple cider vinegar (replete with its own healing actions in our bodies).
Let steep for a month, then open and strain out, mixing in raw honey if you like for sweetness and added antimicrobial activity. Store in a dark glass container.

To use: drink a teaspoonful a day, add to food or juices - take it especially if you feel a cold or any illness coming on... also excellent as a seasoning for stir fries.