

WEL216: Making Fire Cider

Materials Students Will Need to Purchase or Gather at Home:

- (1) 32 oz mason jar with lid
- 2 cups raw apple cider vinegar (with the mother)
- ½ cup red onion (diced)
- ½ cup garlic cloves (chopped or crushed)
- ½ cup fresh ginger (grated or sliced)
- ¼ cup horseradish root (grated, or powdered as a backup)
- 1 each of citrus fruits (lemon, orange)
- Optional additions: turmeric root, extra citrus peel, rosemary, thyme, black pepper
- Bunch of whole cloves
- 2–3 cinnamon sticks
- 1 cutting board + knife
- 1 bowl + spoon for mixing
- Notebook or journal for recipe reflections