

# HERBAL VINEGARS

Herbal vinegars can be grouped in two categories: Medicinal and Culinary. In most cases, they are NOT mutually exclusive. Herbal vinegars, chosen for taste, may have a very healthy impact on the diet. Vinegars are a traditional and ancient way to preserve herbs for use when they are not available (out of season, etc.). They add flavor to foods and also preserve an herb's oils and vital ingredients. Use as a base for salad dressings, in fresh salsa, to spice up beans and in soups and stews! Feel free to follow your muse and experiment with herbs to your taste!

## TO MAKE HERBAL VINEGAR.

1. Simply choose a clean jar with a tight-fitting lid. If the lid is metal, cut a small piece of wax paper to put over the jar mouth when you are through. This will prevent the vinegar from corroding the metal lid!
2. Pack your herbs in. (If you are nervous about the taste of the herb or the medicinal qualities, simply use a sprig.). If making culinary vinegar, fill the jar half full, and then pour in the vinegar until it covers all of the herbs. Place wax paper on top and close the lid.
3. Store for 2-4 weeks in a dark place. Light degrades the efficiency of vinegars and herbs alike. Pour off or remove herbs from jar (leaving one or two for looks if you like). Enjoy in soups, salad dressings, or as a medicinal gargle.

## OUR FAVORITE HERBAL VINEGARS

**Rosemary.** This herb packs a powerful punch! Used medicinally to help stimulate digestions (helps the gall bladder produce bile, necessary for proper liver function). Rosemary also has anti-bacterial and anti-fungal properties (topical and internal). Rosemary aids in circulation! Tastes great with pork and lamb dishes.

**Sage.** Sage is most popular around the holidays, as it compliments fowl and turkey well. It is also a great anti-bacterial. Vinegar can be used as a gargle for laryngitis and tonsillitis. It has a wonderful taste that compliments most French cooking and stews.

**Thyme.** Humble thyme, the flavor is well suited to vinegar since it becomes more concentrated. The major medicinal aspects of this herb are vermifugal (kills worms) and kills infections.

**Fennel.** Sweet and fresh! Fennel compliments pork, sausage and makes a great addition to a sauce, in vinegar form. It has components that soothe digestion (anti-spasmodic again in smooth muscles). This herb is also helpful against colic and gas in infants and adults alike. It helps promotes lactation in new mothers.

**Hot Peppers (capsicum).** Used externally to stimulate muscles and ease arthritis. Internally, it can ward off chills, aid circulation and prevent the early onset of a cold. It supports immune function since hot peppers have a very high concentration of Vitamin C. In cooking, this hot pepper vinegar has been used to flavor meat stews and bean soups for decades!

**Lemon Balm.** This lovely tingly, lemony taste is rumored to be a spirit lifter. Use the herbal vinegar as a salad dressing base. It is also great with pickled beets!

\*Please note: This information sheet is not meant to diagnose or treat any ailment. It is simply a fun, easy and tasty way to use your herbs.



Overland Park  
8424 Farley  
913.642.6503

Shawnee  
7036 Nieman  
913.631.6121

Liberty  
830 W Liberty Dr  
816.781.0001