



Garden to Table

How to Make Fire Cider



What is Fire Cider?

- Introduced by Rosemary Gladstar in the early 80's
- Tonic with health benefits for your immune system
- Remedy for colds & flu
- Made from raw, simple, and powerful ingredients, many of which come from our gardens





It's a Miracle Brew!

- Antiviral
- Antibacterial
- Antifungal
- Decongestant
- Immune booster
- Energizer
- Powerful antioxidant

Thanks to the key ingredients:

- Garlic
- Onions
- Horseradish
- Ginger
- Peppers
- Turmeric



Fire Cider Tips

Preparation

- Wear gloves while chopping turmeric and peppers
- Work in a well ventilated area
- Chop large quantities of ingredients and store in freezer for later batches

Storage

- Keep in cool, dark location for 3-4 weeks for fermentation
- Store the cider in the refrigerator with a tight lid



Rx from Dr. Taylor

One tablespoon of fire cider each day

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Time outside in your garden

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A happy and healthy life

FDA Warning: Consult with your doctor before taking any supplements



Thank you!

Questions

