

# Recipes from WayfaringTraveler.com

## Thieves Vinegar from my wellness blog, feastandfamine.blogspot

Let's revisit a home remedy, centuries-old, which can be of quiet service to family and community. It's called, "Thieves Vinegar." A rip-roaring pandemic did rage through Europe in the Middle Ages, the "Black Death," the highly infectious bubonic plague. Millions died; towns and villages were quarantined, as the only known method to contain the infection. No one was allowed to enter, nor were inhabitants allowed to flee. In the midst of this apparent apocalypse (Think, Ingmar Bergman's, "The Seventh Seal"), a group of thieves, the story goes, performed the outrage of slipping past quarantine in dead of night to steal from corpses. They made off with gold and jewels, and lived to steal again.

When finally captured and convicted, the judge proffered a less gruesome death sentence, if... if they would reveal their secret. The medicinal herb vinegar, with which they disinfected their hands and which they took internally, is still formulated today and sold in French pharmacies! *Why*, for goodness sake, after all these hundreds of years?

The medicinal herbs have been studied and found to be potently anti-microbial, against viruses of all kinds, bacteria, fungi, without the side effects and loss of effectiveness of antibiotics. (This should in no way be construed as medical advice; see your physician.)

Stock in the following --

1 Gal. glass jar

4 Qt. organic apple cider vinegar

Funnel, non-aluminum

To store finished product: brown, green or cobalt glass bottles

Organic Herbs:

1 oz. clove powder

1 oz. lavender

1 oz. lemon balm (or nettles)

1 oz. oregano

1 oz. rosemary

1 oz sage

1oz. thyme

1-2 bulbs organic garlic, peeled, sliced through, any green (bitter) sprouting removed

Put herbs & garlic in gallon jar; top up with vinegar (it will take ~3 1/2 Qt. ) Cover jar opening with waxed paper and lid, or hold waxed paper in place with tight rubber band. (Vinegar fumes may otherwise corrode metal lid.) Let steep for 6-8 weeks, stirring once a week with a wooden spoon. Pour through strainer into large non-metal bowl or pot. Using non-metal ladle and funnel, pour into brown, green or cobalt bottles. (Well-washed olive oil bottles work well.) Store in a cool place, root cellar, or fridge.

There are several versions of Thieves Vinegar. The above recipe is pleasant to take and can be effective for symptoms of cold, fever and flu, or to have on hand in the event of scarier scenarios. The aromatic vinegar can be taken daily as a tonic and preventative, or more frequently after onset of illness. Take 1 tsp Thieves Vinegar and 1 tsp honey in a glass of water first thing in the morning (*or*, use 1 tsp maple syrup, which dissolves more readily.) Children could be given 1/4 - 1/2 tsp Thieves Vinegar in a glass or baby bottle of juice.

"Thieves" helps restore and maintain healthy digestion and elimination, and can help protect travelers from the tiresome, lingering infections now so common after plane flights.

Remember your stash of Thieves Vinegar if you wake, with things going bump in the night on the health front. Make your way to the kitchen; have some in juice or water, and tuck yourself, or a fretful child, back into bed.

Make enough to share with neighbors!