

Shrubs and Vinegar Extracts:

Tasty Medicine, Sour History

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M.E.E.T The Herbs

My herbal philosophy

- ▶ Medicine making is a medicine.
- ▶ Experience is the best teacher, make it something to remember and experience
- ▶ Everyday practice your craft, your art.
- ▶ Taste is the teacher, the new active ingredient is Taste.



What is a Shrub?



A woody plant that is smaller than a tree and has several main stems arising at or near the ground



A refreshing vinegar/fruit/ sugar drink, often called a drinking vinegar or an acetact.

History of shrubs

- Vinegar is made from wine and wine has been around for over 8,000 years. Wine as it ages turns in to vinegar with the help of special bacteria.
- The use of vinegar in preserving foods and drinks has been found in ancient Egypt at least 4,000 years ago.
- Vinegar was used to make dirty water drinkable, and as a source of vitamin C to prevent scurvy.
- Vinegar appears throughout the bible. In the old Testaments book of Numbers it speaks of the Nazirites, a special group of men and woman who were consecrated to God. They were forbidden to drink wine and other alcoholic beverages. Used drinking vinegar as a substitute.



The Name "Shrub"

- ▶ The Shrub you drink derives from the Arabic word Sharab , or beverage.
- ▶ Other products were developed from the same word such as *sherbets, sorbet and syrups*
- ▶ The use of shrubs come from Turkey and Persia, Originally they were beverages enjoyed by tee totaling Muslims, made of sugar, with citrus juice, flowers, herbs or nuts.
- ▶ In a world of pre refrigeration the only way to preserve fruit was alcohol or vinegar or sugar.
- ▶ Islam teaches avoidance of alcohol thy became commonly drank as a refreshing drink.



Shrubs in America

- ▶ Early cookbooks had prominent recipes for quick vinegar extracts and shrubs using locally available fruit.
- ▶ Commonly used raspberry's, currants and cherries
- ▶ Vinegar was common household item for preserving, canning and cleaning
- ▶ Vinegar shrubs appealed to many during the alcohol prohibition in the early ninth hundreds.
- ▶ Good house keeping magazine wrote in 1903 that " Goose berry shrub makes a delicious winey temperance drink" and gave a recipe
- ▶ The end of prohibition and the rise of refrigeration and carbonation drove out much of the shrub use.
- ▶ Rediscovered in the early 2000 by a writer for the Wall street journal. She wrote an article about Pennsylvania, Tait Farms, who been making shrubs since 1987

Martha Washington's Shrub

- ▶ This shrub comes from a hand written cookbook from Marthas mother in law. Probably from the early 1800s .Served to Georges buddies at this parties...
- ▶ 1 (750 ml) bottle of cognac
- ▶ 750 ml of white wine dry like pinot Gris
- ▶ 2 lemons crushed with peels
- ▶ 1.5 cups of sugar
- ▶ Add all in jar stir and let sit for several days
- ▶ Strain and bottle store in refrigerator.
- ▶ Yes some shrubs had alcohol instead of vinegar!



The vinegar solution

- ▶ **Apple Cider Vinegar is High in Acetic Acid, Which Has Potent Biological Effects**
- ▶ Vinegar is made in a two-step process, related to how alcohol is made
- ▶ The first step exposes crushed apples (or apple cider) to yeast, which ferment the sugars and turn them into alcohol.
- ▶ In the second step, bacteria are added to the alcohol solution, which further ferment the alcohol and turn it into acetic acid... the main active compound in vinegar.
- ▶ In French, the word "vinegar" actually means "sour wine."

What is Vinegar?

- ▶ Initially, yeasts ferment the natural food sugars to alcohol. Next, acetic acid bacteria (*Acetobacter*) convert the alcohol to acetic acid. Commercial vinegar is produced by either fast or slow fermentation processes.
- ▶ For the quick methods, the liquid is oxygenated by agitation and the bacteria culture is submerged permitting rapid fermentation. The slow methods are generally used for the production of the traditional wine vinegars, and the culture of acetic acid bacteria grows on the surface of the liquid and fermentation proceeds slowly over the course of weeks or months.
- ▶ The longer fermentation period allows for the accumulation of a nontoxic slime composed of yeast and acetic acid bacteria, known as the *mother* of vinegar.



Vinegar: The Benefits

- ▶ The main substance in vinegar, acetic acid, can kill bacteria and/or prevent them from multiplying and reaching harmful levels.
- ▶ Vinegar is acid and that can support better levels of acid in the stomach which can lead to protein and mineral absorption increase. An acid GI tract can help promote natural bioflora in the large intestine.
- ▶ It has a history of use. Apple cider vinegar has shown great promise in improving insulin sensitivity and helping to lower blood sugar responses after meals as a disinfectant and natural preservative.
- ▶ Studies suggest that vinegar can increase feelings of fullness and help people eat fewer calories, which can lead to weight loss.
- ▶ Several animal studies have shown that vinegar can reduce blood triglycerides, cholesterol and blood pressure, but this needs to be confirmed in human studies.



Clinical indications for Vinegar Shrubs

- ▶ For increase the promotion of acid and digestive function.
- ▶ For Conditions of Bloating, Gas and indigestion
- ▶ For poor digestion and assimilation, especially iron, minerals and protein.
- ▶ For adding the anti oxidant properties of fruit into drinkable medicine
- ▶ To flavor herbal medicine or tincture based herbal medicine .
- ▶ To extract the pigments and minerals from herbs and plants and render them absorbable.

How to make shrubs

Simple ingredients

Fruit, Sugar and Vinegar

Fresh is the best method with fruit or veggies in season, adding sugar and waiting 24-48 hours for the sugar to extract the juices, Strain or use fruit pressing cloth to press out fruit syrup and vinegar.

General Recipe is 2 parts fruit, 1 part sugar and 1 part vinegar.

Depending on how sour you like it you add 1 part syrup to $\frac{1}{2}$ to 1 part Vinegar, Stir and store in clean jar for up to 3 months. Some get better with age especially dark fruit and apple cider vinegar. Others with veggies are best within a week. Have fun.



Types of Sugar

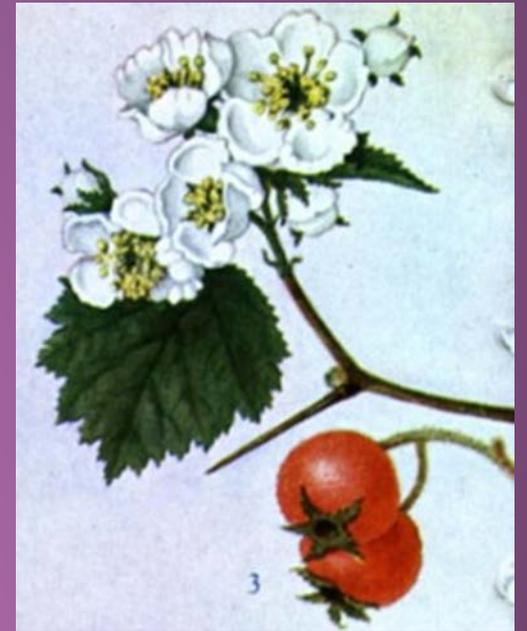
- ▶ All types of sugar can be used but think of what is going with
- ▶ Light sugars for delicate fruits, stronger sugars for strong flavors
- ▶ White Organic can, sucanat , brown, coconut sugar, agave, honey
- ▶ Non sugar substitutes, can not use stevia for extracting
- ▶ Xylitol is a good possibility, 40% less calories, technically it is not a sugar but a fatty alcohol. Good for teeth and membranes.
- ▶ Xylitol may cause diarrhea is small group of persons.

Types of Vinegar

- ▶ Many types all should have 5% acetic acid.
- ▶ Apple cider vinegar is the gold standard, use a real brand like Braggs. Some type is regular vinegar with caramel color added.
- ▶ White, the lightest
- ▶ White balsamic the next lightest
- ▶ Wine vinegar
- ▶ Rice vinegar
- ▶ Balsamic dark
- ▶ Flavored vinegars are fun to use , my favorite are balsamic cherry, date, grapefruit and lemon.

HAWTHORN FLOWER , CHERRY AND POMEGRANATE

- ▶ A Super fruit heart tonic.
- ▶ Cold water infusion of 5 cups of fresh Hawthorn flower and leaf
- ▶ Crush in cold water and store in refrigerator for 2 day
- ▶ Strain and simmer till you get 1000 mls of decoction
- ▶ Add 500 mls of pure cherry juice
- ▶ Add 500 mls of pure pomegranate juice
- ▶ Add 2 cups of sugar,
- ▶ Add 2 cups of Cherry Balsamic vinegar
- ▶ Combine and together and bottle



STRAWBERRY, THYME AND BLACK PEPPER

- ▶ Refreshing blend of spring with a kick.
- ▶ 3 cups Organic strawberries (1 lb)
- ▶ 10 sprigs of fresh Thyme , stripped off stem
- ▶ ½ tsp of crushed black peppercorns
- ▶ 1.5 cups of white sugar
- ▶ 1.5 cups of Serrano Honey Vinegar (Bennessare)
- ▶ Slice and chop strawberries into bowl with thyme and pepper. Mix in bowl and store in fridge for 24 hours, Strain and add vinegar



CELERY, GOLDEN BEET WITH LEMON GRASS AND ANGELICA

- ▶ A veggie shrub with exotic spices and herbs
- ▶ Peel and slice 5 small golden beets
- ▶ Add 2 stalks of Celery and blend with 1 cup cider vinegar till pulp.
- ▶ Add to white vinegar, ½ cup, 1 TB fresh ginger, 3 TBs of chopped angelica stalk and 3 TBs of lemon grass stalk
- ▶ Wait 2-3 days, then strain vinegar. Strain the beet celery and add 1 cup sugar, blend
- ▶ Add ½ cup herb vinegar, Blend and let settle for 1 day.



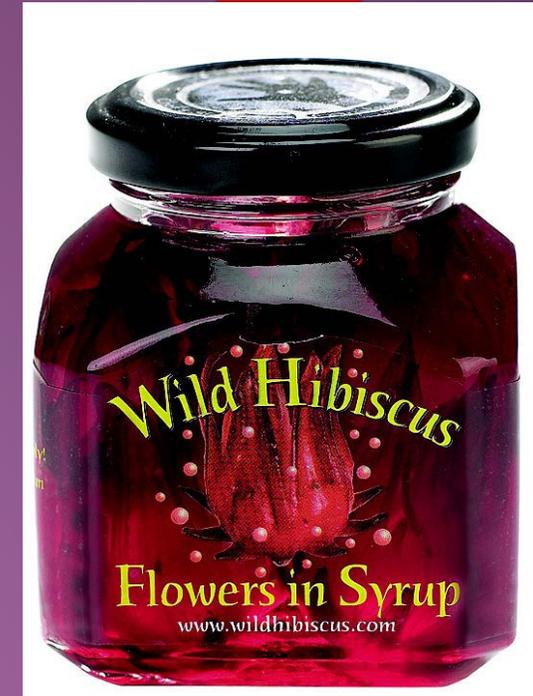
Nagel's Peach/Basil/Lemon /Mint Shrub with Xylitol sugar.

- ▶ Classic combination of Peaches and Basil, my version has fresh holy basil when it is in season. Make it cooling and rejuvenating. The xylitol is a well know sugar substitute that is 40% lower in calories than sugar and friendly on gut and teeth.
- ▶ 2 , 10 once bags of frozen organic peach slices
- ▶ Lemon zest from 2 lemons.
- ▶ At 1 cup boiling water and 2 cups of Xylitol Sugar. Stir and refrigerate for 24 hours, stirring a few times a day.
- ▶ Infuse in white balsamic vinegar 375 ml (12 oz) , 10 fresh mint mint leaves, 1 cup of garden basil, or ½ cup of holy basil and garden basil. Steep in vinegar 24 to 48 hours , strain when the taste is right.
- ▶ Strain peach thru strainer, add strained vinegar, store in tight jar in fridge of up to 3 months.
- ▶ To Serve add ice bubbly water and lemon zest, for sweeter version add lemon bubbly water/juice.



Blackberry/hibiscus/ Lemon/ Earl Grey super fruit Shrub

- ▶ Any dark pigmented fruit is a super fruit, blackberry having one of the highest ORAC value per serving, and is cheap and plentiful in season, Its dark taste is great with bold and health apple cider vinegar. The hibiscus is a super red antioxidant , lipid lowering , blood sugar lowering fruit that pairs well with blackberry. Earl Grey adds a bergamot note and slight stimulating action.
- ▶ 2, 10 bags of frozen organic blackberries
- ▶ Mix with 1.5 cups of organic white sugar, 2 TB earl grey tea leaf,
- ▶ Zest and juice of one organic lemon. Keep in refrigerator 24 hrs.
- ▶ Strain and add 1 cup of apple cider vinegar and 1 jar 8 oz wild hibiscus flowers in syrup (Australia) keep hibiscus out for garnish
- ▶ Store in refrigerator , best if wait a week to let flavors blend.
- ▶ Serve with bubbly water and a hibiscus flower soaked in water as garnish.



Carrot/ Ginger/ Grapefruit/ Gobo Shrub

- ▶ Here is a shrub made out of a fruit and naturally goes well with bitter burdock root as in the classic Japanese dish Kinpira. Savory and lower in added sugar, high in eye supporting carotenes.
- ▶ 1 lb of grated organic carrots, adding mild white grapefruit vinegar, ideally rice vinegar with fresh burdock slices , 2 ounces and 1 tsp of fresh grated ginger root. to 12 ounces of vinegar. Leave cool for 2 or more days. The vinegar will break down the cellulose in the carrot and release carrot juice.
- ▶ Strain and add ½ cup sugar and stir
- ▶ Store in fridge best used quickly and not stored.
- ▶ Serve with bubbly grapefruit juice and carrot shreds and grapefruit zest.



Resources

- ▶ Shrubs: an old fashioned drink for modern times
- ▶ by Michael Dietsch
- ▶ Glen Nagel, ND
- ▶ gsnagel@msn.com
- ▶ See www.ncnm.edu/continuinged.

