

Pine-Infused Vinegars

GOAL

Make your own naturally sourced vinegar products by using native pine. Florists and farmers produce many natural, organic cooking and cleaning products. This lesson will teach you how to make vinegar for both cooking and cleaning.

PREPARE

Gather your materials and find a clean workspace.

Cooking Vinegar

When using pine needles to make an edible product, it's important to consider the age of the needles. Old pine needles (about 1-2 years) contain huge amounts of healthy vitamin C, but they also contain lots of *tannin*. Tannin is a bitter-tasting compound found in many plant leaves. Tannins also cause that dry, astringent feeling in your mouth when you take a sip of tea or coffee. Young pine needles have less vitamin C, but they also have less tannin and thus a less bitter taste!

Cleaning Vinegar


Have you heard of Pine-Sol? Pine-Sol is a mixture that cleans and disinfects many types of surfaces. The recipe is actually quite simple – just pine and vinegar!





MATERIALS


Fresh Pine Needles	White Vinegar	Apple Cider Vinegar	Glass Jar	Knife
				

STEPS

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Wash and pat dry the pine needles. Chop pine needles into 1-inch pieces. Fill a clean glass jar halfway with chopped pine needles.
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Pour in enough vinegar (*white vinegar* if making a cleaning vinegar, *apple cider vinegar* if making a cooking vinegar) to completely cover the needles.
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Cover with an air-tight lid and store in a cool, dark place for about 1 month.
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Strain the vinegar into a separate glass jar. Now you have your own pine-infused herbal vinegar!

