



# How to make Apple Scrap Vinegar

1. Place your apple peels, cores and scrap pieces of apples into a clean wide mouth Mason jar until 2/3 of the way full. Cover with non chlorinated water until apples are completely submerged.

2. Place a breathable material on top of the lid and hold it in place with either a metal band or a rubber band to keep out contaminants and most importantly, to keep out the fruit flies.

## [Link to my Half Gallon Jars](#)

3. Store it on the counter top or where you'll remember to keep an eye on it for 2 to 3 weeks. Check that the apples have remained below the surface of the water every few days. \*This is the first ferment See below for tips to know it's ready to strain

4. After 2 to 3 weeks (you can even go 4 weeks, just keep an eye on your liquid level being above the apple scraps), strain out the solids and put the liquid into a clean Mason jar and place a breathable cloth or lid on it. Put it in a dark area and let it continue to ferment until it becomes vinegar, usually about 4 to 6 weeks. \*this is the second ferment and this stage goes on until the vinegar is all used up

### **When is Home Apple Cider Vinegar Ready to Use**

**It should turn from a pale yellow to a darker golden color. It should smell like vinegar, with a strong odor (not a bad rotten smell) but that tang of vinegar. You should see some cloudy sediment when you shake the jar, almost cob-webby in appearance. Did you know that apple cider vinegar (the real stuff with the mother in it like we just made at home) is one of the most versatile items you have in your home? Seriously, from helping with your health (we got studies to back this one up) to skin care, to cleaning, to cooking and baking (one of my favorite ways to use it) and to help rid the kitchen of fruit flies?**

