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FOODS

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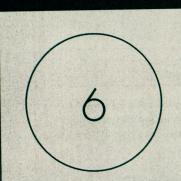
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HOOKED ON TONICS

First came kombucha.

Now the grocery store beverage

aisle is stocked with a

kaleidoscopic selection of wellness

elixirs, from probiotic liquid

kimchis to anti-inflammatory juices.

By various names and claims,

these drinks deliver bold flavor

SWITCHEL

The potent combo of apple cider vinegar, fresh ginger, maple syrup, and water known as switchel was like Gatorade for farmers back in Laura Ingalls Wilder's day. More recently, producers like Up Mountain in Vermont have brought the refreshing beverage back in vogue.

SHRUBS

Made by heating or cold-pressing fruit and sugar, then straining the liquid and adding vinegar, sweet-tart shrubs are just the thing to brighten cocktails, amp up seltzers, and add subtle tang to dressings and marinades. We love the bottlings from Kansas City Canning Co. and Floridabased Congaree and Penn.



