



Ginger Syrup Switchel

Ingredients

2 tablespoons apple cider vinegar
2 tablespoon ginger syrup
Pinch of salt (optional)
1 cup sparkling (or still) water

Directions

This vinegar and ginger drink became known as Hay-maker's Punch in the 19th century when it was served to quench farmers' thirst during the hay harvest. For a more traditional take, see the switchel recipe using our dried ginger.

1. Combine ginger syrup and apple cider vinegar in a glass or jar.
2. Shake or stir before serving.
3. Pour over ice or mix with additional sparkling water, if desired.
4. Start with the recipe and then adjusting to your liking.