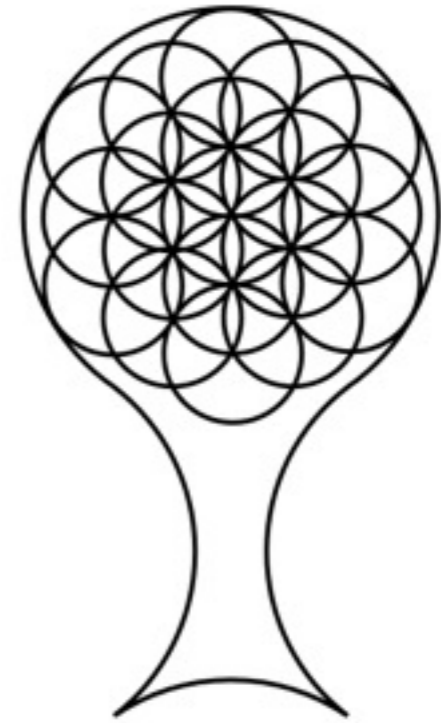


# Vinegar

---

[www.naturalfarminghawaii.net](http://www.naturalfarminghawaii.net)



# Recipe

---

- Mix 1 part Fermented Fruit Juice of Banana with 2 parts of water
- Cover with breathable lid
- Place in cupboard
  
- Add 'mother', wait 10-15 days
- No 'mother', wait 3 months



- 
- The most common starting material in some regions, because of its low cost, is malt; in the United States, corn (maize), such as the Heinz brand.[9] It is sometimes derived from petroleum

- 
- The phenolic composition analysis of vinegar shows the presence of gallic acid, 4-hydroxybenzaldehyde, catechin, vanillic acid, caffeic acid, syringic acid, vanillin, syringaldehyde, p-coumaric acid, m-coumaric acid, anisaldehyde, epicatechin, sinapic acid, salicylaldehyde, scopoletin, veratraldehyde and o-coumaric acid.
  - The active ingredient in vinegar, acetic acid, can effectively kill mycobacteria, even highly drug-resistant strains. Acetic acid could therefore be used as an inexpensive and non-toxic disinfectant against drug-resistant tuberculosis (TB) bacteria as well as other stubborn, disinfectant-resistant mycobacteria.

- 
- The electrical conductivity of many materials increases as an applied external electric field increases in strength. This is known as the "second Wien effect"
  - Vinegar has been reputed to have strong antibacterial properties. One test by Good Housekeeping's microbiologist found that 5% vinegar is 90% effective against mold and 99.9% effective against bacteria
  - Vinegar is ideal for washing produce because it breaks down the wax coating and kills bacteria and mold. The editors of Cook's Illustrated found vinegar to be the most effective and safest way to wash fruits and vegetables, beating antibacterial soap, water and just a scrub brush in removing bacteria.

- 
- Vinegar can be used as an herbicide.[62] Acetic acid is not absorbed into root systems; the vinegar will kill top growth, but perennial plants may reshoot
  - Vinegar eels (*Turbatrix aceti*), a form of nematode, may occur in some forms of vinegar unless the vinegar is kept covered. These feed on the mother of vinegar and can occur in naturally fermenting vinegar.

- 
- According to legend, in France during the Black Plague, four thieves were able to rob houses of plague victims without being infected themselves. When finally caught, the judge offered to grant the men their freedom, on the condition that they revealed how they managed to stay healthy. They claimed that a medicine woman sold them a potion made of garlic soaked in soured red wine (vinegar). Variants of the recipe, called Four Thieves Vinegar, have been passed down for hundreds of years and are a staple of New Orleans hoodoo practices

- 
- Prior to hypoglycemic agents, diabetics used vinegar teas to control their symptoms.[27] Small amounts of vinegar (approximately 25g of domestic vinegar) added to food, or taken along with a meal, have been shown by a number of medical trials to reduce the glycemic index of carbohydrate food for people with and without diabetes. [29][30][31] This also has been expressed as lower glycemic index ratings in the region of 30%



# Mother / SCOBY

---

- symbiotic colony of bacteria and yeast

