

# Apple Vinegar

## Making your own vinegar

Do you have too many apples in the garden and don't know what to do with them? Even though you like them as a fresh snack or a very popular apple pie, are you still afraid that they will rot? What about making a vinegar?

Ingredients:

- 500 g organic apples  
(to avoid the chemicals in the apple skin and make healthy vinegar)
- 2 tablespoon sugar
- 1 l water
- 1 tablespoon vinegar

Equipment:

Pot (1 l), tablespoon, 1 large jar (2.5 l), paper towels, grater, household clingfilm, strainer, jug, 2 small jars (1 l), gauze, scissors, 2 elastics bands, funnel, small vinegar bottle (0.2 l)

1st day:

- Boil 1 l of **water** (to kill the undesirable microorganisms) in the pot for at least 3 minutes, add two tablespoons of **sugar** (in hot water it will dissolve very quickly) and cool to room temperature.
- Grate 500 g **apples** so that the sugar from the apples can go into the water.
- Add them into the big jar and pour the solution with the sugar over the apples.
- Cover the jar with clingfilm and tighten with elastic band.
- Leave at room temperature.



### After 3 weeks

- Strain the contents of the jar into two smaller jars.
- Add one tablespoon of **vinegar** (cultures of microorganisms) into one jar.
- Cover the jars with a gauze to avoid dust and insects.
- Tighten with an elastic band and leave at room temperature.




### After 6 weeks

- Separate the vinegar from the sediment and pour it into bottles.
- Compare the results. The process is faster when you add some micro-organisms.



Observe the process every day. Write a diary about the changes. Draw or take a picture about the changes.

Date/day	Picture	Describe the changes
1st day		Prepare everything to make a vinegar.