



HOME OF *American Rights*

## *Supplies List for Summer Saturdays: Food, August 15*

### *Design Your Farm:*

- Design Your Farm Download

### *Drinking Vinegar or Switchel:*

- ½ cup vinegar of your choice (different types of vinegars have different tastes and combine differently with other ingredients.. We like apple cider vinegar, but you may want to experiment, also, with white vinegar, white wine vinegar, rice vinegar, etc.)
- ½ cup sweetener of your choice (different types of sweeteners will add different minerals and flavors to the beverage. Brown sugar works well with ginger, and honey adds a floral kick to berry-flavored drinking vinegars.)
- ½ cup of water
- ½ cup of fresh or frozen berries
- OR: 1 tablespoon of grated fresh ginger
- A sieve/strainer or cheesecloth

### *Pickled Tomatoes*

- 1 pint (8 oz.) of cherry tomatoes
- 1 cup of water
- 1 cup of vinegar (apple cider, red wine, or white wine vinegar)
- 1 tablespoon of kosher salt
- 2 cloves of garlic (You will need to smash them.)
- ½ teaspoon of whole black peppercorns
- ½ teaspoon of whole mustard seeds