



Drinking? Vinegar?

Preserving your fruit harvest!

What's a "shrub"



History of Shrubs



Vinegar has been utilized to preserve fruit since Babylonian times

- The word “shrub” comes from the Arabic word “sharbah” meaning “drink”
- Shrubs were utilized by sailors through the 16th, 17th and 18th centuries to avoid scurvy on long boat trips
- Drinking vinegars have persisted through the 19th and 20th centuries, being sold as alcohol diluents and health tonics.

*Source:

<http://ultimatehistoryproject.com/shrubs-and-switchels-a-history.html>

Modern Benefits

Prolong the shelf life of your fruit harvests/purchases

- A shrub stored in a sterile container can last up to 6 months in the fridge

Create fun, interesting beverages

- Mix with club soda, sprite, or lemonade for a refreshing summer beverage
- Add to your favorite cocktail for a smack of flavour

Add to your wellness routine

- A great source of vitamin C
- Can help settle indigestion and upset stomach



Basic Process



Gather Ingredients:

Fresh Fruit (about 2 cups)

- Berries tend to work best, but options are limitless
- Great way to utilize near expired or imperfect fruit
- Make sure fruit is clean, de-seeded, and chopped (if necessary)

Sugar (1.5 - 2 cups)

- White or castor is most commonly used
- Can use raw or brown sugar as well

Vinegar (about 2 cups)

- Can use any type/combination
- Clear/white vinegars maintain a more vibrant color
- A splash of balsamic vinegar adds a nice, deep taste



Basic Process, cont

1. Add prepared fruit to a large, sterilized, glass container
 - a. This is also where you would add any other ingredients, like ginger or lemon juice
2. Heat vinegar on the stovetop to right below boiling (about 190 degrees)
3. Pour heated vinegar over fruit and allow to cool/infuse for 24 hours - 4 weeks depending on desired flavor
4. After fruit/vinegar infusion is complete, strain contents through a cheesecloth or coffee filter at least twice (or until no longer cloudy)
5. Add fruit/vinegar infusion and sugar to a saucepan and heat until sugar has dissolved
6. Remove from heat and let cool to room temperature
7. Place finished shrub in a sterilized container, cap tightly, and keep in fridge for up to 6 months

In Conclusion

The possibilities are
endless!

Fruit and flavour
combinations are vast!

Have an idea?
Give it a try!

