

Ca\$h Money

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Champlain College

Day 13: Greenest

Based on:

<https://dontwastethecrumbs.com/2014/10/diy-homemade-apple-cider-vinegar-using-peels-and-cores/>

Homemade Apple Cider Vinegar (using leftover apple peels, bruised parts of an apple, and cores)

Supplies:

- Apple peels, cores, or discolored parts
- 1-2.5 T granulated sugar
- 1-2.5 c water, boiled and allowed to cool
- One jar
- One canning lid (only the ring portion)
- One coffee filter

Steps:

1. Wash the apples pieces very well
2. Fill your jar with the apple pieces no more than $\frac{3}{4}$ full
3. Add enough water to completely submerge the apple pieces
4. Add in the sugar (1 T for every cup of water added)
5. Stir, then cover the jar with the coffee filter and screw on the lid
6. Let apples sit in warm, dark place for two weeks and then strain out the apple (and compost the apple remains!)
7. Put another coffee filter on until the vinegar is to your liking - then put on the full jar lid and store in the fridge

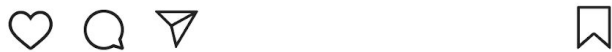
While this isn't a meal, it is a great way to use the apple pieces that are in season currently. My roommate and I have a lot of local apples, which results in a lot of cores being composted right away. If we could use those apple pieces to make vinegar rather than buying vinegar, that would reduce food waste. Additionally, we can use this vinegar for food or even for a natural facial toner to bring back the previous day's activities with beauty products.



The apple on the left has a black spot, so I used that section and the core. The apple on the right was left out too long and was turning mushy, so I used the whole cut up apple.



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Steps:

Wash the apples pieces very well

Fill your jar with the apple pieces no more than 3/4 full
Add enough water to completely submerge the apple pieces

Add in the sugar (1 T for every cup of water added)

Stir, then cover the jar with the coffee filter and screw on the lid

Let apples sit in warm, dark place for two weeks and then strain out the apple (and compost the apple remains!)

Put another coffee filter on until the vinegar is to your liking - then put on the full jar lid and store in the fridge

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20 SECONDS AGO

