

Homemade Nasturtium Vinegar

Ingredients

- 1 cup nasturtium flowers, about 125 flowers, well packed (leaves are also fine, but the color will be less dramatic)
- 1 clove garlic, skin removed, smashed
- 1-1 ½ cup apple cider vinegar

Steps

1. Gently rinse the flowers under cool water, and allow them to dry before proceeding. Pack the flowers into the bottom of a pint-sized canning jar, along with the clove of garlic. Use a fermentation weight or a small clean stone to keep the flowers packed down. Fill the rest of the space in the jar with apple cider vinegar. Wait a few minutes while the vinegar seeps into the gaps between the flowers, and top off with the remaining vinegar. Put a lid on your jar, and place in a cool, dark location.

2. Let the vinegar sit for a week, during which time the flavor and color of the vinegar will be transformed from the nasturtiums. After a week drain the vinegar from the flowers and place it in an airtight jar or container, where it should be shelf stable for a good while. Use the nasturtium vinegar in dressings, on vegetables, in tofu marinades, and more. You can discard the petals, or use them in sandwiches and salads as a nasturtium pickle (although their shelf life is not as long as the vinegar).

