

Uses for Vinegar

The uses for vinegar cover a wide range – internal and external medicinal applications, cleaning, odor control and a myriad of uses in and around the house. Biodegradable, mild organic acid. Non-toxic, safe to handle with pleasant, clean smell. Most white and cider vinegars have 5% acidity. Wine and specialty vinegars can have a higher acidity depending on their original base and method of fermentation.

Of the multiple types of vinegars, three are most common and covered herein;

- **White Vinegar (W)** – Commercially produced, often from corn and distilled to prevent continued fermentation. Can be sharp to smell and taste. White vinegar is clear and best used for cleaning and external uses.
- **Apple Cider Vinegar (C)** - produced from apple juice. Often contains “Mother” - friendly bacteria necessary for fermentation. Typically made in small, organic batches. Cider vinegar is best used for health and internal uses.
- **Red Wine Vinegar (R)** – traditional vinegars made from various red wines. Often aged and with a higher acetic acid content. Red Wine vinegars are best for drinks, recipes and food preservative.

▪ Recipes / Preservative

(R) Meat tenderizer – equal parts wine, red wine vinegar and dissolved bouillon.

(R, C) Juice drink – add a squirt to your beverage of choice for whatever ails you.

(C) Alternative to lemon juice.

(W) Vegetable rinse – 50/50 solution with water.

▪ Medicinal / Topical

(W) Sanitizer – anti-bacterial, anti-mold, anti-fungal.

(W) Treat cuts and abrasions by applying 50/50 solution.

(C, R) Drink vinegar (with honey as an option) in tea for cramps, constipation, diarrhea, fatigue, dizziness, headache, heartburn, hiccups, indigestion, nausea, sore throat, toothache, liver detox.

(W) Soak – make a compress of 50/50 solution for bruises, stiffness, swelling.

(C) Dab – straight or slightly diluted vinegar on cotton balls for hemorrhoids, skin rash, stings.

▪ Personal Hygiene

(W) Foot-soak – 50/50 solution

(W) Cleanser – skin lotion

(W) Deodorant

(W) Hair rinse

(C) Douche – 1 part vinegar / 3 parts water

▪ Cleaning / Laundry

(W) Rinse agent – fights E.coli bacteria.

(W) Countertop, work surfaces and cutting board cleaning.

(W) Kettle and vessel rinse for coffee makers, bottles and hard to reach surfaces.

(W) Grease cutter for containers and surfaces.

(W) Stain remover – full strength.

(W) Cloth diapers – neutralize odors and sanitize.

(W) Metal cleaner – make paste of baking soda and vinegar.

(W) Drain cleaner – vinegar poured over baking soda in drain (“volcano”).

▪ Garden / Household

(W) Cleaner – equal parts of vinegar / alcohol / water + few drops of liquid soap mixed in sprayer.

(W) Wash – 1 part vinegar / 13 parts water + few drops of liquid soap.

(W) Rinse – 50/50 solution for sponges, cloths, window cleaning, odor control.

(W) Insect deterrent.

(W) Cat deterrent.

(W) Rust remover.

Victorian-era prostitutes were known to use vinegar as a contraceptive but not to good effect. It is customary to name the inevitable offspring of this method Victor or Victoria and encourage them to become chefs, apothecaries and naturopaths in order to put vinegar to proper use.