

Cherry Blossom Vinegar

Making this cherry blossom vinegar is easy. Cherry blossoms are abundant and a joy to harvest. I gently pluck and eat the silky petals as I go, knowing that soon they will be gone.



- Roughly 2 cups (or one full lunch bag) of fresh cherry blossoms
- 16 oz raw apple cider vinegar

- 1 Find a tree that is okay to harvest from, making sure the area has not been chemically sprayed or contaminated.
- 2 Carefully harvest flower buds and open blooms, and place them into your basket or paper bag. Please note that it's best to avoid harvesting leaves with the flowers since many of the plants in this genus have cyanogenic properties, which can be concentrated in the leaves.
- 3 The amount you harvest depends on your intention. My cherry blossom vinegar goes fast and I love giving a jar as a gift. I typically fill 4–6 quart sized mason jars with $\frac{2}{3}$ of the way flowers and top them off with raw, organic apple cider vinegar. Apple cider vinegar has long been used as a solvent in medicine making. While the vinegar extractions don't break down many plant constituents as effectively as alcohol, they do extract sugars, tannins, glycosides, bitter compounds, alkaloids, vitamins, and minerals.
- 4 If you use a glass jar with a metal lid, be sure to use parchment or wax paper between the jar and lid, otherwise the vinegar will eat away at the metal.
- 5 Infuse your blossoms for a minimum of 2–4 weeks. If you harvest pink blossoms, your liquid will turn a gorgeous goldeny-fuschia color.
- 6 When you're ready, pour off and strain the cherry blossom vinegar for a treat that contains the energy of early spring. I like to give the infused flowers back to the earth or add them to salads or as a garnish for drinks.