



## Shrub: a Fruity Addition to Drinks

Preserving food for the winter can take on many forms. From canning and freezing to drying and fermenting, there are lots of ways to keep produce longer than its shelf life when fresh.

One preserving method that's recently been gaining popularity is the fruit shrub. Shrub was popular hundreds of years ago, as a fruit-infused drink addition. To make a shrub, fruit juice concentrate was preserved with citrus juices or vinegar and sugar. As refrigeration became common, shrubs fell by the wayside. But within the past few years, there's been a resurgence in interest in shrubs made with vinegar – sometimes called *drinking vinegars*.

Shrubs are typically made from soft fruits and berries, in the height of the growing season. But we've got a few fall and winter shrub ideas. They can add a fruity, tangy, and sweet splash to mixed drinks or sparkling water. Each shrub will vary in its sweetness and intensity. Try a ratio of 4 or 5:1 to sparkling water. Test out these ideas for the holiday season, or in the doldrums of winter!



*Get some local seltzer to mix with your shrubs, from Pittsburgh Seltzer Works. 412.431.1878*

## Cranberry Lemon or Lime Shrub

3 c. cranberries (fresh or frozen)

1 c. sugar

¾ c. white wine or champagne vinegar

1 tsp. lemon zest (for lemon recipe)

2 tbsp. lemon juice (for lemon recipe)

1, 2" strip of lime zest (for lime recipe)

In a medium saucepan, bring all ingredients except vinegar to a simmer over medium high heat, with 3 c. water. Reduce heat to low and simmer for about 20 minutes or until most cranberries have burst.

Remove from heat and strain, pushing on solids to extract juice. For more flavor, puree with blender before straining. Allow to cool to room temperature, then add vinegar. Store in sealed container in the refrigerator for up to 3 months.



Making cranberry lime shrub.

## **Apple Shrub**

1 c. peeled and shredded apples

1 c. sugar

1 c. apple cider vinegar

In a non-reactive bowl, add sugar to shredded apples. Stir to combine and store in refrigerator overnight. Add vinegar and strain out solids, pressing to squeeze out juice. Store in a sealed container in the refrigerator for up to 3 months.

## **Spiced Apple Shrub**

1 c. peeled and shredded apples

1 c. apple cider vinegar

½ c. white sugar

½ c. brown sugar

1 cinnamon stick

5 allspice berries

1 tsp. nutmeg

1-2 star anise or cloves

Mix all ingredients except vinegar and leave in a sealed, non-reactive container in the fridge overnight. Add vinegar, stir to combine, and leave in a sealed container in the refrigerator for several days to a week. Strain out solids, pressing to remove all juice. Store in a sealed container in the refrigerator for up to 3 months.