INDEX

A
Acorn squash, 157, 212
Age-related macular degeneration (ARMD), 56
Aioli, 134
Air-conditioning grilles, cleaning, 247
Air fresheners, 51, 259
Ale, 170
Allspice, 46, 116, 120, 334, 343
Almond milk, 315
Almond oil, 46
Almonds, 139, 160, 227, 282
Aloe vera, 317
Anchovies, 85, 134, 284, 287
Anthocyanin, 189, 199
Anti-aging recipes, 11, 92, 204
Aquafaba, 46
Aphrodisiacs, 258
Appetizers. See Dips and spreads; Finger foods
Apple cider, 299
Apple cider vinegar
Apple Pie Power Drink, 327
benefits of, 55, 104, 114, 129, 131
Classic Apple Cider Vinegar, 4
described, ix
for fatigue, 337
as herbal tincture base, 327
for muscle cramps, 333
in remedy recipes, 4, 38, 41, 316, 320, 324, 332, 337
substitute for, 63
Summer Switchel, 324
Super Juice, 323
for weight loss, 319
Apples, apple juice
Apple-Pear Smoothie, 313
Apples & Greens with Garlic & Beer, 205
benefits of, 76, 138, 205, 327
Cabbage-Apple Slaw, 83
Celeriac, Fennel, & Apple Salad, 104
Cranberry-Apple Crisp, 345
Fish with Apples, 253
No-Wait Apple Cran-Peary Chutney, 140
Persimmon-Apple Cake, 347
Pork Chops with Apples & Raisins, 234
relish, 138
in remedy recipe, 316
Spinach-Apple Salad, 76
Sweet Vinegar Cabbage with Apples, 193
Appliances, cleaning, 203
Apricots, apricot nectar
Apricot & Almond Chutney, 139
Apricot-Balsamic Fizz, 328
benefits of, 138, 139, 349
chutney, 141
dip, 266
ham with, 242
Maple-Apricot Pork Chops, 226
in remedy recipes, 50, 160, 292
ARMD (age-related macular degeneration), 56
Arthritis, 4, 36
Artichokes, 86, 285
Arugula, 102, 237
Asparagus, 70, 210
Asthma, 65
Avocados
Avocado-Cucumber Salsa, 268
benefits of, 42, 90, 249
for first aid, 268
Green Goddess Dressing, 42
guacamole Italiano, 286
One-Size-Does-Not-Fit-All Guacamole, 286
in remedy recipe, 82
slicing, 83
storing, 42
B
Bachelor’s buttons, 103
Back pain, 100
Bacon, 200, 209, 292
Bacon drippings, 205
Baking pans, 341, 345
Balsamic syrup, 233
Balsamic vinegar
Apricot-Balsamic Fizz, 328
Balsamic Beef Short Ribs, 244
Balsamic Blue Cheese Dressing, 37
Balsamic Onions, Peppers, & Tomatoes, 190
Balsamic Peach Bundt Cake, 350
Balsamic Roasted Plums, 344
Balsamic Vinaigrette, 32
benefits of, 32, 36, 105, 124, 238
Berry-Balsamic Chocolate Milkshake, 358
Bracing Balsamic Root Vegetable Soup, 155
Broccoli with Walnuts & Balsamic Vinegar, 186
chocolate-vinegar cooler, 314
Cinnamon Nachos with Balsamic Strawberries, 307
commercial, 150
described, ix
as flavor enhancer, 230
infused, 359
Maple-Balsamic Vinaigrette, 36
Oil & Vinegar Cake, 353
as remedy, 32, 107, 160
| Slow Cooker Balsamic Chicken & Vegetables, 230 | Beans, green, 118, 174, 200 |
| Slow Cooker Balsamic Chicken Stew, 174 | Beans, lima, 215 |
| Strawberry-Balsamic Pie, 341 substitute for, 63 | Beef |
| sulfites in, 45 | Balsamic Beef Short Ribs, 244 |
| Wild Rice & Ginger Balsamic Salad, 105 | Beef & Blue Cheese Slow-Cooked Sliders, 304 |
| Bananas, 227, 288, 315, 317, 320 | Beef Fillets with Nectarine Sauce, 238 |
| Barbecue sauce, 52, 54, 56, 65 | Beef Tenderloin with Wine Sauce, 235 |
| Barley, 149 | benefits of, 152, 166, 172, 231, 238, 244 |
| Basil | cooking tips, 166 |
| Basil Cream Sauce, 57 | Dilly of a Picadillo Dip, 282 |
| benefits of, 29, 57, 60, 88, 306 | goulash, 173 |
| caprese salad, 97 | Grand & Glorious Beef Stew, 172 |
| Fresh Tomato & Basil Sauce, 60 | Hamburger Vegetable Soup, 152 |
| Mini Caprese Bites, 306 | marinade for, 236 |
| preserving in vinegar, 67 | New England Boiled Dinner, 228 |
| Tomato-Potato-Basil Soup, 148 | pepper-caper relish for, 224 |
| Tuna-Basil Caponata, 287 | Quick & Easy Chili con Carne, 175 |
| Basting brushes, 55, 56 | Rigatoni with Spicy Meat Sauce, 246 |
| Basting sauces, 54, 55 | Sirloin Tips with Peppers & Onions, 231 |
| Bay leaves, 29, 117 | Beef broth, 162 |
| Beans, dried. See also Black-eyed peas; Chickpeas; Lentils | Beer, 132, 171, 173, 205, 289 |
| benefits of, 78, 79, 100, 151, 154, 279 | Beet greens, 121, 197 |
| Black Bean Salad, 79 | Beets, beet juice |
| Black Bean Soup, 154 | Beet, Chickpea, & Almond Dip, 272 |
| Boston Baked Bean Dip, 279 draining canned, 79 | benefits of, 121, 188, 325 |
| gassiness from canned, 161 | Creamy Roasted Beet & Parsnip Soup, 164 |
| Great Northern Baked Beans, 209 | Deep-Fried Beets with Horseradish Dip, 290 |
| overcooked, 209 | handling tip, 188 |
| Red Beans & Rice Salad, 78 in remedy recipes, 166, 300 storing, 195 | Harvard, 188 |
| White Bean & Pasta Salad, 100 | Health-Boostin’ Honey & Horseradish Beets, 188 |
| White Beans with Tomatoes & Thyme, 195 | Honey-Vinegar Beets with Mushrooms, 196 |
| Lively Liver Libation, 325 and onion salad, 77 | Purple Eggs & Pickled Beets, 121 |
| in remedy recipes, 58, 170 | Belgian endive, 94 |
| Bell peppers | Baked Red Pepper Dumplings, 298 |
| Balsamic Onions, Peppers, & Tomatoes, 190 | benefits of, 80, 97, 135, 158, 296 |
| marinated stuffed, 204 | Pepper-Wrapped Sausages, 295 |
| Rainbow Mixed Peppers, 202 | in remedy recipes, 84, 224, 273 |
| roasting, 85, 202 | Sirloin Tips with Peppers & Onions, 231 |
| Stuffed-Pepper Soup, 166 | Stir-Fried Fish & Peppers, 251 |
| Stuffed Sweet Mini Peppers, 303 | storing, 219 |
| Sweet & Spicy Red Pepper Dip, 277 | Beverages (non-alcoholic). See also Cocktails; Smoothies; Wine |
| Beta-carotene, 50, 127, 189, 212 | Anti-Virus Cocktail, 326 |
| Betacyanin, 189 | Apple Pie Power Drink, 327 |
| Beta-sitosterol, 82 | chocolate-vinegar cooler, 314 |
| Betacyanin, 189 | Hot Chocolate with a Bite, 335 |
| Beverages (non-alcoholic). See also Cocktails; Smoothies; Wine | ice garnish, 330 |
| Anti-Virus Cocktail, 326 | Lemon-Ginger Tonic, 322 |
| Apple Pie Power Drink, 327 | Lively Liver Libation, 325 |
Beverages (continued)
peach mocktail, 329
Peachy Keen Shrub Syrup, 329
as remedies, 312, 316, 320, 324, 328, 332, 337
sparkling raspberry, 18
Strawberry-Rhubarb Shrub, 330
Summer Switchel, 324
Super Juice, 323
Blackberries, 18
Black-eyed peas, 176, 185, 266
Black pepper, 37, 117, 120, 331
Blenders, 36, 88, 177, 336, 337
Blood pressure control, 160
Bloodstains, 304
Blood sugar control, 107, 120, 160
Blueberries
Aloe-Blueberry Smoothie, 317
benefits of, 48, 142, 248
and blue cheese salad, 99
Chicken Breasts with Blueberries, 248
Fabulous Fat-Burning Smoothie, 319
Heart-Healthy Blueberry Marinade, 48
paired with walnuts, 227
in remedy recipes, 96, 156, 352
Spicy Blueberry Chutney, 142
stains from, 142
Blue cheese
Balsamic Blue Cheese Dressing, 37
Beef & Blue Cheese Slow-Cooked Sliders, 304
benefits of, 37, 159, 291
and blueberry salad, 99
Blue Cheese & Cranberry Crostini, 291
Crowd-Pleasing Potato & Blue Cheese Soup, 159
crumbling, 159
dip, 272
storing, 37, 159
Vanishing Blue Cheese Spread, 274
Bone health, 119, 187, 197, 292
Borage, 94, 103
Bourbon, 55, 329, 332
Brain health, 96, 134, 208, 280
Brandy, 123
Bread, 181, 274, 285
Bread crumbs, 134
Bread salad, 85
Broccoli
benefits of, 77, 186
Broccoli & Mushroom Salad, 77
Broccoli-Nut Salad, 84
Broccoli with Walnuts & Balsamic Vinegar, 186
as dippers, 309
in remedy recipe, 90
storing, 219
Brown sugar, 133, 140, 357
Bruises, 156
Brussels sprouts, 186, 210, 294
Burn treatment, 334
Butter, 190, 191, 226, 307, 345
Buttermilk, 41
Butternut squash, 193, 203
C
Cabbage
benefits of, 73, 83, 171
Cabbage-Apple Slaw, 83
cooking tip, 225
Fruity Red Cabbage, 191
Malty Mustard Coleslaw, 73
New England Boiled Dinner, 228
Oktoberfest Stew, 171
in remedy recipe, 137
retaining color of, 193
Candy, 340, 354, 358
Canning techniques, 11, 112, 144, 145
Cantaloupe, 280
Capers, 60, 224
Capsaicin, 22
Cardamom, 47, 343
Carrots, carrot juice
benefits of, 72, 153, 212, 325
with berry vinegar, 199
different colored, 72
French Carrot Salad, 72
Lively Liver Libation, 325
Oven-Roasted Baby Carrots, 212
paired with chicken, 227
storing, 219
Casseroles, 184, 203, 232
Cataracts, 47
Cauliflower, 118, 167, 184, 309
Slow Cooker Pork & Cabbage, 242
storing, 219
Sweet Vinegar Cabbage with Apples, 193
Unstuffed Cabbage, 225
Cayenne pepper, 41, 114, 137, 328
Celeriac, 104, 207
Celery, 61, 80, 86, 195, 219
Celery seed, benefits of, 97, 112
Chamomile, 29
Champagne vinegar, 38, 44, 63, 348
Cheese. See also specific types
benefits of, 229, 299
Cheesy Cucumber Dip, 275
Festive Fruit & Cheese Pie, 349
grating, 233
Have a Ball Cheese Ball, 269
paired with eggs, 227
processed, 269
storing, 299
tips for using, 306
Cheese tortellini, 165
Cherries, cherry juice
benefits of, 124, 169, 240
buying and freezing, 169
Cheery Cherry Soup, 169
Duck Breasts with Pickled
Plums & Cherries, 240
Pickled Plums & Cherries, 124
pitting techniques, 124
in remedy recipes, 4, 124, 332
Sour Cherry Vinegar, 19
Chicken
Alfredo pasta, 228
benefits of, 90, 174, 177, 243
chicken bites, 306
Chicken Breasts with
Blueberries, 248
Chicken Thighs with Red
Wine Vinegar, 223
Cranberry Chicken, 243
Fajitas Dixie Style, 249
Lemon Roasted Chicken, 224
Mango Chicken Chili, 177
marinade for, 45
marinated wings, 240
Open-Face Gruyère Chicken
Melt, 233
paired with carrots, 227
in remedy recipe, 149
rinsing, 243
Roasted Chicken Risotto, 245
sautéed breasts, 248
Slow Cooker Balsamic
Chicken & Vegetables, 230
Slow Cooker Balsamic
Chicken Stew, 174
slow cooker BBQ, 246
slowing bacterial growth on,
223
stock, 154
store-bought rotisserie, 90
storing, 243
Chicken broth, 165
Chickpeas, 259, 272, 300, 303
Chickweed, 75
Chicory, 75
Chile peppers. See Hot peppers
Chili, 175, 177
Chili powder, 175, 179, 270,
279, 354
Chives, benefits of, 35, 102,
267
Chocolate and cocoa
benefits of, 335, 340, 354
Berry-Balsamic Chocolate
Milkshake, 358
Chocolate-Chili Bundt Cake,
354
chocolate-vinegar cooler, 314
Crazy Cake, 359
Dark Chocolate Peanut
Butter Fudge, 340
Hot Chocolate with a Bite, 335
paired with raspberries, 227
Cholesterol control, 160
Chutneys
Apricot & Almond Chutney,
139
apricot chutney, 141
benefits of, 250
Fruit & Tomato Chutney, 138
history of, 139
Mango Chutney, 136
No-Wait Apple Cran-Peary
Chutney, 140
Poached Salmon with
Chutney, 250
Spicy Blueberry Chutney, 142
Strawberry-Rhubarb
Chutney, 143
Cilantro, 49, 254, 268
Cinnamon
benefits of, 81, 116, 125, 138,
246, 307, 320
Cinnamon Nachos with
Balsamic Strawberries, 307
in remedy recipe, 54
substitution for, 343
Citrus zest, 141, 163, 244.
See also specific citrus fruits
CLA (conjugated linoleic acid),
231
Clams, 168, 254
Clove, 121, 123, 326, 343
Cobb, Bob, 90
Cobblers. See Pies, cobblers,
and crisps
Cocktails
Apricot-Balsamic Fizz, 328
chocolate-vinegar cooler, 314
Cranberry–Black Pepper
Cocktails, 331
Figgy Bourbon Cocktail, 332
ice garnish for, 330
Manhattan, 334
peach and bourbon cocktail,
329
sparkling cranberry, 17
strawberry-rhubarb collins, 330
Superpowered Punch, 333
Cocoa. See Chocolate and cocoa
Coconut, 356
Coconut milk, 316
Coconut oil, 354
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut vinegar</td>
<td>10</td>
</tr>
<tr>
<td>Coffee</td>
<td>47, 50</td>
</tr>
<tr>
<td>Colds and flu</td>
<td></td>
</tr>
<tr>
<td>capsaicin for</td>
<td>22</td>
</tr>
<tr>
<td>chicken soup for</td>
<td>149</td>
</tr>
<tr>
<td>Four Thieves Vinegar for</td>
<td>27</td>
</tr>
<tr>
<td>mustard for</td>
<td>129</td>
</tr>
<tr>
<td>nasturtium leaves for</td>
<td>102</td>
</tr>
<tr>
<td>papayas for</td>
<td>142</td>
</tr>
<tr>
<td>Collard greens</td>
<td>205</td>
</tr>
<tr>
<td>Color of food</td>
<td>189</td>
</tr>
<tr>
<td>Condiments</td>
<td></td>
</tr>
<tr>
<td>aioli</td>
<td>134</td>
</tr>
<tr>
<td>Anchovy Mayonnaise</td>
<td>134</td>
</tr>
<tr>
<td>apple relish</td>
<td>138</td>
</tr>
<tr>
<td>Big Apple Hot Dog Topping</td>
<td>129</td>
</tr>
<tr>
<td>Classic Coarse-Grain Mustard</td>
<td>132</td>
</tr>
<tr>
<td>Cranberry Ketchup</td>
<td>130</td>
</tr>
<tr>
<td>extending with vinegar</td>
<td>94</td>
</tr>
<tr>
<td>Healthy Homemade Ketchup</td>
<td>127</td>
</tr>
<tr>
<td>High-Summer Corn Relish</td>
<td>135</td>
</tr>
<tr>
<td>Home Front Piccalilli</td>
<td>137</td>
</tr>
<tr>
<td>honey mustard</td>
<td>132</td>
</tr>
<tr>
<td>Mighty Marvelous Mustard</td>
<td>133</td>
</tr>
<tr>
<td>Mushroom Ketchup</td>
<td>128</td>
</tr>
<tr>
<td>mustard relish</td>
<td>135</td>
</tr>
<tr>
<td>papaya relish</td>
<td>142</td>
</tr>
<tr>
<td>Peachy-Keen Sandwich Topping</td>
<td>131</td>
</tr>
<tr>
<td>as remedies</td>
<td>129, 134, 137, 142, 224</td>
</tr>
<tr>
<td>shelf life of</td>
<td>136</td>
</tr>
<tr>
<td>storing homemade</td>
<td>113</td>
</tr>
<tr>
<td>tips for making</td>
<td>144–145</td>
</tr>
<tr>
<td>tomato ketchup</td>
<td>129, 130</td>
</tr>
<tr>
<td>Conjugated linoleic acid (CLA)</td>
<td>231</td>
</tr>
<tr>
<td>Cookies</td>
<td>351, 360</td>
</tr>
<tr>
<td>Cooking spray</td>
<td>212</td>
</tr>
<tr>
<td>Cookware, cleaning</td>
<td></td>
</tr>
<tr>
<td>aluminum</td>
<td>283, 315</td>
</tr>
<tr>
<td>copper</td>
<td>278</td>
</tr>
<tr>
<td>glass ovenware</td>
<td>198</td>
</tr>
<tr>
<td>grease removal</td>
<td>215</td>
</tr>
<tr>
<td>stainless steel</td>
<td>89, 125</td>
</tr>
<tr>
<td>Coolers, deodorizing</td>
<td>286</td>
</tr>
<tr>
<td>Corn</td>
<td></td>
</tr>
<tr>
<td>benefits of</td>
<td>79, 135, 154</td>
</tr>
<tr>
<td>buying</td>
<td>271</td>
</tr>
<tr>
<td>Charred Corn Salsa</td>
<td>270</td>
</tr>
<tr>
<td>on the cob</td>
<td>270</td>
</tr>
<tr>
<td>freezing</td>
<td>135</td>
</tr>
<tr>
<td>High-Summer Corn Relish</td>
<td>135</td>
</tr>
<tr>
<td>storing</td>
<td>219</td>
</tr>
<tr>
<td>Sufferin’ Succotash</td>
<td>215</td>
</tr>
<tr>
<td>Corned beef</td>
<td>228</td>
</tr>
<tr>
<td>Cornstarch shelf life</td>
<td>271</td>
</tr>
<tr>
<td>Corn syrup</td>
<td>91</td>
</tr>
<tr>
<td>Cottage cheese, storing</td>
<td>274, 293</td>
</tr>
<tr>
<td>Crab, 58, 256</td>
<td></td>
</tr>
<tr>
<td>Cranberries</td>
<td></td>
</tr>
<tr>
<td>benefits of</td>
<td>130, 140, 291</td>
</tr>
<tr>
<td>Blue Cheese &amp; Cranberry Crostini</td>
<td>291</td>
</tr>
<tr>
<td>Cranberry-Apple Crisp</td>
<td>345</td>
</tr>
<tr>
<td>Cranberry–Black Pepper Cocktails</td>
<td>331</td>
</tr>
<tr>
<td>Cranberry Chicken</td>
<td>243</td>
</tr>
<tr>
<td>Cranberry Ketchup</td>
<td>130</td>
</tr>
<tr>
<td>Cranberry–Sweet Potato Smoothie</td>
<td>314</td>
</tr>
<tr>
<td>No-Wait Apple Cran-Peasy Chutney</td>
<td>140</td>
</tr>
<tr>
<td>in remedy recipes</td>
<td>160, 284</td>
</tr>
<tr>
<td>tip for using</td>
<td>130</td>
</tr>
<tr>
<td>Cranberry vinegar</td>
<td>17, 243</td>
</tr>
<tr>
<td>Crème de cassis</td>
<td>44</td>
</tr>
<tr>
<td>Crisps. See Pies, cobblers, and crisps</td>
<td></td>
</tr>
<tr>
<td>Crystal, cleaning</td>
<td>336</td>
</tr>
<tr>
<td>Cucumbers. See also Pickles and pickling</td>
<td></td>
</tr>
<tr>
<td>Avocado-Cucumber Salsa</td>
<td>268</td>
</tr>
<tr>
<td>benefits of</td>
<td>82, 97, 99</td>
</tr>
<tr>
<td>Cheesy Cucumber Dip</td>
<td>275</td>
</tr>
<tr>
<td>Frozen Cucumber Salad</td>
<td>97</td>
</tr>
<tr>
<td>for pickling</td>
<td>115</td>
</tr>
<tr>
<td>Quick Cucumber Salad</td>
<td>82</td>
</tr>
<tr>
<td>removing seeds from</td>
<td>275</td>
</tr>
<tr>
<td>Currants</td>
<td>81, 191</td>
</tr>
<tr>
<td>Cuts and scrrees</td>
<td>268</td>
</tr>
<tr>
<td>Cutting boards</td>
<td>53, 65, 305</td>
</tr>
</tbody>
</table>

D

Dairy products, 33, 167, 179. See also specific types
Dandelion greens, 74
Deglaze, defined, 241
Deodorizers
  air fresheners, 51, 259
  for coolers, 286
  for kitchen equipment, 53, 62, 65
Depression, 94
Desserts. See specific types
Detoxification, 74
Diabetes, 54
Digestive aids, 312, 346
Dijon mustard, 36, 50
Dill, 29, 115, 275
Dips and spreads
  apricot, 266
  Avocado-Cucumber Salsa, 268
  Baked Ricotta–Tomato Spread, 283
  Beet, Chickpea, & Almond Dip, 272
  Black Olive Tapenade, 284
  blue cheese, 272
  Boston Baked Bean Dip, 279
  Charred Corn Salsa, 270
  Cheesy Cucumber Dip, 275
  Deep-Fried Beets with Horseradish Dip, 290
  Dilly of a Picadillo Dip, 282
  dip for onion rings, 206
  dipping oil for bread, 274
  Festive Fruit Dip, 288
  flavored vinegar dip, 309
  fortified vinegar dip, 272
leek, 302
lowering fat in, 285
Magical Melon Salsa, 280
malt vinegar–tarragon dip, 282
Mushroom Dip with Guinness, 289
One-Size-Does-Not-Fit-All Guacamole, 286
Positively Pleasing Peanut Dipping Sauce, 281
Raspberry–Poppy Seed Dip, 276
as remedies, 268, 273, 276, 280, 284, 288
salsa use tips, 309
Salt & Vinegar Potatoes with Yogurt-Scallion Dip, 293
Spinach-Artichoke Dip, 285
Sweet & Spicy Red Pepper Dip, 277
Thinning after refrigeration, 290
tips for making, 308
Tuna-Basil Caponata, 287
Vanishing Blue Cheese Spread, 274
Wonderful Walnut Dip, 267
Dishwashing tips, 76, 249, 331
Distilled white vinegar. See White vinegar
Drains, clogged, 278
Dressings. See Salad dressings
Drinking glasses, cleaning, 331
Duck, 240
Dutch ovens, 213

Eggplant, 61, 174, 198, 203
Eggs
Age-Defying Egg Salad, 92
benefits of, 35, 59, 67, 121, 122, 187, 222, 297
hard-boiled, 92, 121, 122

Fajitas, 249
Fatigue, 337
Fennel
Belgian Endive & Fennel Salad, 94
benefits of, 104, 119, 245
Celeriac, Fennel, & Apple Salad, 104
Fennel & Swiss Chard with Pasta, 201
Pickled Cherry Tomatoes & Fennel, 119
slicing, 201
vs. sweet anise, 119
Fennel seeds, 312
Feta cheese, 98, 122
Figs, 241, 292, 332
Finger foods
Baked Red Pepper Dumplings, 298
Beef & Blue Cheese Slow-Cooked Sliders, 304
Blue Cheese & Cranberry Crostini, 291
Brussels Sprout & Prosciutto Skewers, 294
Cheese & Cider Fondue, 299
chicken bites, 306
Cinnamon Nachos with Balsamic Strawberries, 307
Deep-Fried Beets with Horseradish Dip, 290
Easy Mini Meatloaf Bites, 297
Happy, Healthy New Year Sliders, 305
Have a Ball Cheese Ball, 269
Marinated Olives, 296
Mini Caprese Bites, 306
Pancetta-Wrapped Figs, 292
Pepper-Wrapped Sausages, 295
Pickled Pink Deviled Eggs, 300
quantity guidelines, 308
as remedies, 292, 296, 300
Robust Roasted Mushrooms, 302
Salt & Vinegar Potatoes with Yogurt-Scallion Dip, 293
Smoked-Fish Pâté, 278
Southern Boiled Peanuts, 301
Stuffed Sweet Mini Peppers, 303
Fires, fire safety, 260
Fish and seafood. See also specific types
benefits of, 251, 253, 259, 278
bones in, 253
buying, 224
cutting raw, 252
Fish with Apples, 253
freezing, 259
Poached Fish with Bean Sauce, 259
in remedy recipes, 252, 256
scaling fish, 253, 261
Smoked-Fish Pâté, 278
Stir-Fried Fish & Peppers, 251
storing, 255
tips for preparing, 261
Flaxseed, flaxseed oil, 34, 44, 315, 319, 321
Flour, 359
Flowers, edible, 24, 94, 102, 103, 342
Fondue, 299
Food processors, 177, 216, 269, 284

Index 367
Food safety, 114, 239
Fortified vinegars, 25, 272
Four Thieves Vinegar, 13, 27
Free radicals, 194
Freezing techniques. See specific foods
French dressing, 43
Fruit. See also specific fruits
buying, 141
as dessert, 340
dried, 291, 348
Festive Fruit & Cheese Pie, 349
Festive Fruit Dip, 288
Festive Fruit Scrap Vinegar, 8
fresh vs. frozen or canned, 190
fruit salad dressing, 37
fruit salsa smoothie, 318
Fruit & Tomato Chutney, 138
Green and Fruity Smoothie, 312
in green salads, 99
juice from canned, 44
Mighty Multinutrient Smoothie, 321
for pickling, 119
pickling brine for, 126
Tangy Tropical Fruit Salsa, 273
washing, 26, 280
Fruit juice, enhancing, 319
Frying techniques, 206, 262
Fudge, 340

G
Game, 260
Garlic
Apples & Greens with Garlic & Beer, 205
benefits of, 29, 40, 77, 160
Black-Eyed Peas with Garlic & Kale, 185
freezing, 185
Garlicky Roasted Potatoes, 194
paired with onions, 227
peeling, 126
preserving, 66
in remedy recipes, 62, 65, 120, 134, 337
roasting, 158
in salads, 109
substitute for, 86
Ginger
benefits of, 34, 140, 239, 259
candied, 136, 145
concentrate of, 324
fresh vs. ground, 322
Gingery Mango Barbecue Sauce, 56
grating, 155
Lemon-Ginger Tonic, 322
substitution for, 343
Wild Rice & Ginger Balsamic Salad, 105
Glutathione, 82
Goat cheese, 76, 292
Gout, 124
Granite countertops, 50
Grapes, grape juice, 126, 160, 316, 321, 323
Grease disposal, 235
Grease spills, 321
Greens, 227, 257. See also Salad greens; specific types
Green tea, 319
Green tomatoes, 137, 352
Grills and grilling, 211, 236, 237, 245, 262, 263
Gruyère cheese, 213, 233, 299

H
Ham
with apricots, 242
benefits of, 91, 170
cooking tip, 91
glaze for, 55
Here’s to Your Heart Ham Loaf, 222
mold prevention for, 222
overly salty, 260
pickle juice baste for, 222
in soup, 170
Headaches, 38
Heartburn, 112
Heart health
apricots for, 160
avocados for, 82
black beans for, 166
cranberry beverage for, 17
garlic for, 120
Heart-Healthy Blueberry Marinade, 48
Heart-Healthy Veggie Casserole, 184
red wine for, 88
salad for, 90
St. Hildegard’s Tonic, 15
tomato sauce for, 62
Heatstroke, 22, 114
Herbs. See also specific herbs
as basting brushes, 56
dried vs. fresh, 48
Elegant Herbal Vinegar, 12
Four Thieves Vinegar, 13, 27
freezing, 48
for health care, 29
Hearty Herbal Dressing, 35
herbes de Provence, 46
for infused vinegars, 15
preserving in vinegar, 67
storing fresh, 71
substitution guidelines, 87
tinctures of, 327
tips for using, 67
High blood pressure, 58
High-fructose corn syrup (HFCS), 91
Homemade vinegar. See Vinegar making; specific vinegar types
Honey
benefits of, 34, 96, 122
for fatigue, 337
Health-Boostin’ Honey & Horseradish Beets, 188
honey mustard, 132
Honey-Vinegar Beets with Mushrooms, 196
measuring, 104
raw, 281
in remedy recipes, 24, 41, 337
shelf life of, 271
Summer Switchel, 324
Honeynewed melon, 95, 280
Horseradish, 38, 39, 188, 290
Hot dogs, 129, 131, 238
Hot peppers. See also Cayenne pepper; Jalapeño peppers
benefits of, 49, 52, 128, 286, 301
handling tips, 128
Pickled Grapes with Rosemary & Red Pepper, 126
Scoville scale, 181
Ultra-Easy Hot-Pepper Vinegar, 22
Hot-pepper sauce, 37, 39, 114
Hot-pepper vinegar, 236
Houston, Sam, 52, 316
Hummus, 259

I
Ice cream and ices, 344, 346, 358
Ice substitutes, 303, 312
Immune boosters, 50, 119, 120, 186, 300
Indigestion, 312
Indoles, 189
Inflammation, 256, 288
Infused vinegar
commercial vinegar for, 11
described, ix
egg, 11
flower, 24
vs. fortified, 25
fruit, 8, 16, 17, 328
herbal, 12, 15
hot-pepper, 22
spice, 14
tips for making, 28
tips for using, 322, 359
vegetable, 23

J
Jalapeño peppers, 142, 154, 177, 202, 277
Jars and containers
filling, 127
metal lids on, 13
number needed, 117
sterilizing, 4, 115
washing, 7
wide-mouth, 9
Jell-O®, 361
Joint pain, 328, 332. See also Arthritis
Juniper berries, 292

K
Kale
benefits of, 70, 185
Black-Eyed Peas with Garlic & Kale, 185
Kale & Kielbasa Soup, 151
Kale & Yukon Gold Potato Salad, 70
in remedy recipes, 56, 296
salad with peaches, 71
softening, 185
Ketchup
benefits of, 52, 251
Cranberry Ketchup, 130
Healthy Homemade Ketchup, 127
Mushroom Ketchup, 128
tomato, 129, 130
Kidney health, 160
Kielbasa, 151
Kitchen equipment,
deoordorizing, 53, 62, 65
Kiwifruit, 288, 316

L
Leeks, 157, 302
Leftovers, freezing, 97. See also specific foods
Legumes. See Beans, dried; Black-eyed peas; Lentils
Lemons, lemon juice
benefits of, 42, 44, 142, 156, 278
juicing, 295, 313
Lemon-Ginger Tonic, 322
Lemon Roasted Chicken, 224
substitute for, 16
Wake-Up Call Lemon Marinade, 47
Lemon thyme, 51
Lentils, 73, 153
Lettuce, storing, 109, 219, 305
Libido, 258
Light cream, 162
Lime juice, 54, 95, 158, 252
Liquor, shelf life of, 271
Liver function, 74, 296, 325
Lung disease, 88
Lutein, 56, 189
Lycopene, 127, 189, 217, 280

M
Macaroni, 91
Macular degeneration (ARMD), 56
Madeira wine, 46
Malt vinegar
benefits of, 73, 132
described, ix
malt vinegar–tarragon dip, 282
Malty Mustardy Coleslaw, 73
Merry Malt Vinegar, 7
substitute for, 63
Malt vinegar salt, 8
Mangoes
benefits of, 56, 136, 177
Gingery Mango Barbecue Sauce, 56
Mango Chicken Chili, 177
Mango Chutney, 136
Marvelous Mango Vinegar, 20
in remedy recipe, 346
Maple syrup
  benefits of, 36, 226
  grades of, 192
Maple-Apricot Pork Chops, 226
Maple-Balsamic Vinaigrette, 36
Maple-Roasted Sweet Potatoes, 192
New England Maple Vinegar, 11
  shelf life of, 271
Summer Switchel, 324

Marinades
  Bellini Marinade, 44
  Coffee-Molasses Marinade, 50
  freezing, 52
  Heart-Healthy Blueberry Marinade, 48
  last-minute, 45, 53
  Luscious Lemon-ade, 51
  Madeira Marinade, 46
  Mexican Marinade, 49
  Mustard-Tarragon Marinade, 43
  reductions of, 38
  Red Wine Marinade, 45
  as remedies, 47, 65, 236
  tips for making, 43
  tips for using, 47, 49, 53
  Wake-Up Call Lemon Marinade, 47
Marjoram, 29, 128
Marshmallows, storing, 335

Mayonnaise
  Anchovy Mayonnaise, 134
  benefits of, 33, 73, 92, 187, 303
  garlic (aioli), 134
  for grilling vegetables, 237
Meat. See also specific types
  browning, 152
  buying, 224
  digestive aid for, 346
  freezing, 259
  grease disposal, 235
  tenderizing, 49, 234, 260
Medications, and vinegar interaction, 321
Melons, enhancing flavor of, 344.
  See also specific types
Metabolic rate, 84
Microwave ovens, 255, 297
Milk, 206, 320, 353, 358
Mini peppers, 303
Mint, 29, 72
Molasses, 47, 50, 54, 354
Mozzarella cheese, 97, 306
Muscle cramps, 133, 324, 333
Mushrooms
  benefits of, 77, 172
  Broccoli & Mushroom Salad, 77
  Honey-Vinegar Beets with Mushrooms, 196
  leftover, 302
  Mushroom Dip with Guinness, 289
  Mushroom Ketchup, 128
  Robust Roasted Mushrooms, 302
  storing, 289
  types of, 308
  washing, 196
Mustard
  benefits of, 36, 40, 133, 207, 248, 256
  Celeriac in Vinegar-Mustard Sauce, 207
  Classic Coarse-Grain Mustard, 132
  for cold and flu prevention, 129
  honey mustard, 132
  Malty Mustardy Coleslaw, 73
  Mighty Marvelous Mustard, 133
  Mighty Mustard Dressing, 40
  for muscle cramps, 133
  Mustard-Tarragon Marinade, 43
  relish, 135
  stains from, 40
  substitute for prepared, 40
  Mustard greens, 94, 155
  Mustard seeds, 112, 132
  Mycoderma aceti (vinegar mother), 6, 10
N
  Nachos, 307
  Nasturtiums, 102, 103, 257
  Nectarines, 238
  New England Boiled Dinner, 228
  Nutmeg, 127, 343
  Nuts, 208, 267. See also specific types
  Oatmeal, 356
  Olive oil, 170, 261, 294, 300, 353
  Olive oil (extra virgin)
    benefits of, 32, 43, 194
    Oil & Vinegar Cake, 353
    vs. other types, 223
    in remedy recipes, 62
  Olives
    benefits of, 61, 85, 86, 296
    Black Olive Tapenade, 284
    Marinated Olives, 296
    removing from jar, 296
    storing, 100
    Tuna with Olives, 258
  Onions
    Anti-Aging Italian-Style Onions, 204
    Balsamic Onions, Peppers, & Tomatoes, 190
    and beet salad, 77
    benefits of, 45, 62, 92, 117, 129, 193, 202, 297
    Big Apple Hot Dog Topping, 129
    Clams with Tomatoes & Onions, 254
    cutting without tears, 84, 117
    digestion of, 73
    enhancing flavor of, 155
    freezing, 165
    Lightly Does It Onion Soup, 162
    Out-of-This-World Onion Rings, 206
    paired with garlic, 227
    peeling, 199, 214
    Pickled Sliced Onions, 117
    in remedy recipes, 194, 288
    removing skin from, 131
    Sirloin Tips with Peppers & Onions, 231
Spinach Salad with Onions & Oranges, 74
sprouted, 165
storing, 202, 219
tips for using, 277
Onion skins, 153, 250
Oranges, orange juice
benefits of, 34, 54, 74, 139, 244, 252, 355
fruit cups, 101
Ricotta-Orange Cheesecake, 355
Spinach Salad with Onions & Oranges, 74
Orange zest, 163, 244, 296
Oregano, 29
Organic foods, 218, 277
Orzo, 98
Ovens, traditional. See also
Microwave ovens
aluminum foil in, 172
cleaning, 194, 198, 211
preheating, 177
tips for using, 171, 356
Oysters, 258

Pancetta, 292
Papayas, 142, 273
Paprika, 41
Parmesan cheese, 62, 285
Parsley
benefits of, 29, 42, 51
flat-leaf, 72
Lively Liver Libation, 325
in remedy recipes, 15, 36
as superfood, 287
Parsnips, 164
Party food. See Dips and spreads; Finger foods
Pasta
baked, 108
benefits of, 100, 201
bland salad fix, 98
blood sugar and, 107
chicken Alfredo, 228
cooking tip, 101
Crowd-Pleasing
Mediterranean Orzo Salad, 98
Feed-a-Hungry-Bunch Salad, 91
Fennel & Swiss Chard with
Pasta, 201
Rigatoni with Spicy Meat
Sauce, 246
rinsing, 246
salad-making tips, 108
in soup, 180
Taste-Tempting Tortellini Soup, 165
White Bean & Pasta Salad, 100
Pasta sauces, 60, 61, 62
Pasteurization, 5
Peaches
Balsamic Peach Bundt Cake, 350
benefits of, 123, 131
Grilled Turkey Tenderloin with
Peaches, 237
in kale salad, 71
peach and bourbon cocktail, 329
Peachy-Keen Sandwich Topper, 131
peach mocktail, 329
Peach-Raspberry Cobbler, 357
Peachy Keen Shrub Syrup, 329
Peachy Keen Vinegar, 16
peeling, 123
in remedy recipe, 268
Spiced Peaches, 123
Peach nectar, 44, 316
Peanut butter, 281, 302, 315, 340
Peanut oil, 176
Peanuts, 82, 301
Pears, 94, 140, 191, 313
Peas, 88, 101, 208, 219
Pecans, 18, 79, 84, 269, 345
Peppers. See Bell peppers; Hot peppers; Hot-pepper sauce
Persimmons, 347
Pest control, 195, 289
Pesticides, on produce, 26
Pesto, 62, 88, 294
Pickle juice, 222
Pickles and pickling
Bread & Butter Pickles, 112
brine for fruit, 126
cherries, 124
Easy Spicy Dill Pickles, 115
feta cheese, 122
food safety tip, 114
number of jars for, 117
One-Day-Wonder Mixed
Pickles, 118
Pickled Chard Coolers, 114
Pickled Cherry Tomatoes & Fennel, 119
Pickled Grapes with Rosemary & Red Pepper, 126
Pickled Plums & Cherries, 124
Pickled Pumpkin, 120
Pickled Sliced Onions, 117
Purple Eggs & Pickled Beets, 121
refrigerator pickles, 118
as remedies, 112, 114, 120, 124, 137
Spiced Peaches, 123
Spiced Pickled Eggs, 122
Spiced Prunes with Earl Grey Tea, 125
sterilizing jars for, 115
storing homemade, 113
tips for making, 144–145
troubleshooting, 113
vinegars for, 11, 112, 144
Watermelon Rind Pickles, 116
Pies, cobblers, and crisps
Cranberry-Apple Crisp, 345
enhancing piecrust nutrition, 352
Festive Fruit & Cheese Pie, 349
graham cracker crust, 349
Green-Tomato Mincemeat Pie, 352
Peach-Raspberry Cobbler, 352
Pineapple-Coconut Crunch, 356
removing pastry from hands, 349
storing, 351
Strawberry-Balsamic Pie, 341
tips for making, 360, 361
Pigweed, 75
Pimento, 200
Pineapple, 96, 100, 232, 356
Pistachios, 81
Plantain, 205
Plums, 124, 163, 240, 344
Poppy seed, 276
Pork
benefits of, 173, 226, 234
Easy Mini Meatloaf Bites, 297
Fajitas Dixie Style, 249
food safety and, 239
Maple-Apricot Pork Chops, 226
Pork Chops with Apples & Raisins, 234
Pork with Fig & Port Wine Sauce, 241
Pulled Pork Stew, 173
Rigatoni with Spicy Meat Sauce, 246
Slow Cooker Polynesian Spareribs, 239
Slow Cooker Pork & Cabbage, 242
Sweet-and-Sour Pork for a Crowd, 232
as zinc source, 232
Port wine, 241
Potatoes
benefits of, 70, 88, 89, 155, 194
cooking tip, 80
Crowd-Pleasing Potato & Blue Cheese Soup, 159
different colored, 87
as dippers, 309
Garlicky Roasted Potatoes, 194
German Potato Salad Soup, 170
Kale & Yukon Gold Potato Salad, 70
leftover potato salad, 87
Patriotic Potato Salad, 89
Pesto Potato & Pea Salad, 88
Potato & Artichoke Salad, 86
in remedy recipes, 201
Roastin’ the Blues, 199
Salt & Vinegar Potatoes with Yogurt-Scallion Dip, 293
storing, 219, 293
Tomato-Potato-Basil Soup, 148
Poultry. See Chicken; Turkey; Turkey sausage
Produce. See Fruit; Vegetables
Prosciutto, 234, 294
Prunes, 125
Pumpkin, 120, 168, 361
Purslane, 75
Queen Anne’s lace (wild carrot), 75
Quercetin, 47, 153, 189, 194
Quiche, 229
Radicchio, 100
Rainbow colors of food, 189
Raisins, 84, 136, 204, 234, 352
Range hoods, cleaning, 287
Raspberries
benefits of, 33, 357
Berry Lovely Vinegar, 18
Creamy Raspberry Dressing, 33
paired with dark chocolate, 227
Peach-Raspberry Cobbler, 357
Raspberry–Poppy Seed Dip, 276
in remedy recipes, 27, 96, 352
sparkling beverage, 18
storing, 276
Turn-of-the-Century Raspberry Vinegar, 9
Red wine, 45, 88, 227, 235, 334
Red wine vinegar
benefits of, 39, 297
Chicken Thighs with Red Wine Vinegar, 223
as flavor enhancer, 230
Red Wine Marinade, 45
substitute for, 63
sulfites in, 45
summer squash in, 214
Refrigerators, cleaning, 35, 211
Relishes. See Condiments
Rhubarb, 143, 330
Rice. See also Wild rice
benefits of, 101, 245
cooking tips, 19, 101, 105
freezing, 107
Red Beans & Rice Salad, 78
Roasted Chicken Risotto, 245
shelf life of, 271
Spicy Rice Salad, 81
Summer Vegetable–Rice Salad, 101
types for risotto, 245
vs. wild rice, 105
Rice vinegar, ix, 6, 82, 119
Ricotta cheese, 283, 355
Rolling pin substitute, 341
Romaine lettuce, 96
Rose hips, harvesting, 21
Rose hips vinegar, 21, 24, 83
Rosemary, 29, 126, 194, 318
Rose petal vinegar, 21, 342
Rose-scented geraniums, 342
Rosé wine, 89
SAD (seasonal affective disorder), 34
Sage, 29
Salad burnet, 275
Salad dressings
Balsamic Blue Cheese Dressing, 37
Balsamic Vinaigrette, 32
cherry vinaigrette, 19
Classic Buttermilk Dressing, 41
Creamy Horseradish Vinaigrette, 38
Creamy Raspberry Dressing, 33
dispenser for, 66
French dressing, 43
fruit, 37
Fruity Vinaigrette Dressing, 34
Green Goddess Dressing, 42
Hearty Herbal Dressing, 35
SALAD BURNET
Vital Vinegar Cookbook “Cures”

Maple-Balsamic Vinaigrette, 36
Mighty Mustard Dressing, 40
Red Hot Horseradish Dressing, 39
 reductions of, 38
as remedies, 34, 36, 38, 41, 44
serving dishes and, 70
shallot vinaigrette, 40
store-bought, 37
storing, 35
taste testing, 34
tips for making, 32, 33, 64
Salad greens
 benefits of, 91, 96
dressing tip, 98
freshening, 74
fruit with, 99
storing, 109, 219, 305
Salads
Age-Defying Egg Salad, 92
A-Tad-Too-Early Honeydew Salad, 95
beet and onion, 77
Belgian Endive & Fennel Salad, 94
with berry vinegar, 18
Black Bean Salad, 79
Broccoli & Mushroom Salad, 77
Broccoli-Nut Salad, 84
Cabbage-Apple Slaw, 83
California Cobb Salad, 90
Celeriac, Fennel, & Apple Salad, 104
Crowd-Pleasing Mediterranean Orzo Salad, 98
Feed-a-Hungry-Bunch Salad, 91
French Carrot Salad, 72
Frozen Cucumber Salad, 97
green with sweet potatoes, 79
kale with peaches, 71
Kale & Yukon Gold Potato Salad, 70
leftover, 106
Malty Mustardy Coleslaw, 73
Nasturtium & Arugula Salad, 102
Patriotic Potato Salad, 89
Perfectly Pleasing Pineapple Salad, 96
Pesto Potato & Pea Salad, 88
Potato & Artichoke Salad, 86
Quick Cucumber Salad, 82
Red Beans & Rice Salad, 78
as remedies, 73, 74, 82, 84, 90, 94, 96, 100, 102
Spicy Rice Salad, 81
Spinach-Apple Salad, 76
Spinach Salad with Onions & Oranges, 74
Summer Vegetable–Rice Salad, 101
Sweet Potato Salad, 80
tips for making, 106–108
Tomato-Watermelon Salad, 99
turkey salad, 93
Tuscan Panzanella, 85
White Bean & Pasta Salad, 100
Wild Rice & Ginger Balsamic Salad, 105
Salmon, 51, 250, 251, 257
Salsas. See Dips and spreads
Salt, 157, 231, 271
Sandwiches
 fillings for, 92, 93, 106
sliders, 304, 305
Sauces
Basil Cream Sauce, 57
basting tips, 54
Béarnaise Sauce, 59
Caponata Sauce, 61
Crab Sauce, 58
freezing, 52, 57, 58
Fresh Tomato & Basil Sauce, 60
Gingery Mango Barbecue Sauce, 56
as remedies, 54, 56, 58, 62
Sam Houston's Rootin' Tootin' BBQ Sauce, 52
Sassy Bourbon Basting Sauce, 55
store-bought barbecue, 65
Sun-Dried Tomato Pesto, 62
Sweet-and-Tangy Barbecue Sauce, 54
tartar sauce, 248
white sauce, 254
Sausage, 78, 171, 229, 295
Scallions, 58, 259, 293
Scallops, 234
Scented geraniums, 103
Scoville scale, 181
Seasonal affective disorder (SAD), 34
Serving dishes, 70, 297
Sesame oil, 82
Shallots, 32, 40, 192, 196
Shepherd's purse, 75
Sherry, 79
Sherry vinegar, 63
Shrimp, 176, 238, 333
Silver and silver plate, 297
Sippy cups, 66
Skin health, 41, 119
Slow cookers
 recipes for, 174, 239, 242
tips for using, 200, 216, 219
Smoothies
Aloe-Blueberry Smoothie, 317
Apple-Pear Smoothie, 313
Banana-Walnut Smoothie, 320
Cranberry–Sweet Potato Smoothie, 314
Fabulous Fat-Burning Smoothie, 319
fruit salsa smoothie, 318
Green and Fruity Smoothie, 312
ice cubes in, 312
Mighty Multinutrient Smoothie, 321
Peanut Butter & Banana Smoothie, 315
Rosemary-Berry Smoothie, 318
Strawberry-Kiwi Smoothie, 316
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sore throat</td>
<td>24, 27</td>
</tr>
<tr>
<td>Soups</td>
<td></td>
</tr>
<tr>
<td>Black Bean Soup</td>
<td>154</td>
</tr>
<tr>
<td>Bloody Mary Soup</td>
<td>158</td>
</tr>
<tr>
<td>Bracing Balsamic Root Vegetable Soup</td>
<td>155</td>
</tr>
<tr>
<td>Cheery Cherry Soup</td>
<td>169</td>
</tr>
<tr>
<td>chicken stock</td>
<td></td>
</tr>
<tr>
<td>Chilled Berry Soup</td>
<td>156</td>
</tr>
<tr>
<td>Chilled Grape &amp; Almond Soup</td>
<td>160</td>
</tr>
<tr>
<td>Cold &amp; Spicy Plum Soup</td>
<td>163</td>
</tr>
<tr>
<td>Creamy Roasted Beet &amp; Parsnip Soup</td>
<td>164</td>
</tr>
<tr>
<td>Crowd-Pleasing Potato &amp; Blue Cheese Soup</td>
<td>159</td>
</tr>
<tr>
<td>Day-After Turkey Soup</td>
<td>149</td>
</tr>
<tr>
<td>Easy New England Clam Chowder</td>
<td>168</td>
</tr>
<tr>
<td>as first course</td>
<td></td>
</tr>
<tr>
<td>fixing seasoning in</td>
<td>157, 180</td>
</tr>
<tr>
<td>freezing</td>
<td>178</td>
</tr>
<tr>
<td>Gazpacho Italiano</td>
<td>150</td>
</tr>
<tr>
<td>German Potato Salad Soup</td>
<td>170</td>
</tr>
<tr>
<td>Hamburger Vegetable Soup</td>
<td>152</td>
</tr>
<tr>
<td>hot &amp; sour</td>
<td>151</td>
</tr>
<tr>
<td>Kale &amp; Kielbasa Soup</td>
<td>151</td>
</tr>
<tr>
<td>from leftover vegetables</td>
<td>162</td>
</tr>
<tr>
<td>Lightly Does It Onion Soup</td>
<td>162</td>
</tr>
<tr>
<td>Lovely Lentil Soup</td>
<td>153</td>
</tr>
<tr>
<td>pumpkin</td>
<td>168</td>
</tr>
<tr>
<td>refrigerating</td>
<td>161</td>
</tr>
<tr>
<td>as remedies</td>
<td>149, 156, 160, 166, 170</td>
</tr>
<tr>
<td>removing fat from</td>
<td>151, 173</td>
</tr>
<tr>
<td>soup kits</td>
<td>148</td>
</tr>
<tr>
<td>Squash &amp; Leek Soup</td>
<td>157</td>
</tr>
<tr>
<td>stock vs. broth</td>
<td>148</td>
</tr>
<tr>
<td>store-bought broth or base in</td>
<td>164</td>
</tr>
<tr>
<td>Stuffed-Pepper Soup</td>
<td>166</td>
</tr>
<tr>
<td>Sweet Potato &amp; Cauliflower Soup</td>
<td>167</td>
</tr>
<tr>
<td>Taste-Tempting Tortellini Soup</td>
<td>165</td>
</tr>
<tr>
<td>tips for making</td>
<td>149, 150, 160, 167, 179–180</td>
</tr>
<tr>
<td>Tomato-Potato-Basil Soup</td>
<td>148</td>
</tr>
<tr>
<td>Vegetable Soup Over Easy</td>
<td>161</td>
</tr>
<tr>
<td>vinegar in</td>
<td>158</td>
</tr>
<tr>
<td>Sour cream</td>
<td>83, 164, 167, 206, 293</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>56, 58</td>
</tr>
<tr>
<td>Spaghetti squash</td>
<td>213</td>
</tr>
<tr>
<td>Sparkling wine</td>
<td>17, 331</td>
</tr>
<tr>
<td>Spices See also specific spices</td>
<td></td>
</tr>
<tr>
<td>buying and storing</td>
<td>335</td>
</tr>
<tr>
<td>Creole seasoning</td>
<td>176</td>
</tr>
<tr>
<td>excessive, in soup</td>
<td>180</td>
</tr>
<tr>
<td>Mighty Spicy Vinegar</td>
<td>14</td>
</tr>
<tr>
<td>Spiced Peaches</td>
<td>123</td>
</tr>
<tr>
<td>Spiced Pickled Eggs</td>
<td>122</td>
</tr>
<tr>
<td>Spiced Prunes with Earl Grey Tea</td>
<td>125</td>
</tr>
<tr>
<td>Spicy Grilled Sweet Potatoes</td>
<td>211</td>
</tr>
<tr>
<td>steak seasoning</td>
<td>230, 231</td>
</tr>
<tr>
<td>substitution table</td>
<td>343</td>
</tr>
<tr>
<td>Super Spice Cake</td>
<td>348</td>
</tr>
<tr>
<td>vinegar-spice combinations</td>
<td>19</td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>benefits of</td>
<td>74, 285, 321</td>
</tr>
<tr>
<td>Green and Fruity Smoothie</td>
<td>312</td>
</tr>
<tr>
<td>Mighty Multinutrient Smoothie</td>
<td>321</td>
</tr>
<tr>
<td>in remedy recipe</td>
<td>90</td>
</tr>
<tr>
<td>Spinach-Apple Salad</td>
<td>76</td>
</tr>
<tr>
<td>Spinach-Artichoke Dip</td>
<td>285</td>
</tr>
<tr>
<td>Spinach Salad with Onions &amp; Oranges</td>
<td>74</td>
</tr>
<tr>
<td>Squash See Summer squash; Winter squash</td>
<td></td>
</tr>
<tr>
<td>Stain removal clothing</td>
<td>92, 131, 304</td>
</tr>
<tr>
<td>cookware</td>
<td>89, 125, 198</td>
</tr>
<tr>
<td>hands</td>
<td>142</td>
</tr>
<tr>
<td>Star anise</td>
<td>334</td>
</tr>
<tr>
<td>Sterilization, of jars</td>
<td>4, 115</td>
</tr>
<tr>
<td>Stews</td>
<td></td>
</tr>
<tr>
<td>beef goulash</td>
<td>173</td>
</tr>
<tr>
<td>correcting seasoning in</td>
<td>157</td>
</tr>
<tr>
<td>Crescent City Gumbo</td>
<td>176</td>
</tr>
<tr>
<td>freezing</td>
<td>179</td>
</tr>
<tr>
<td>Grand &amp; Glorious Beef Stew</td>
<td>172</td>
</tr>
<tr>
<td>Mango Chicken Chili</td>
<td>177</td>
</tr>
<tr>
<td>Oktoberfest Stew</td>
<td>171</td>
</tr>
<tr>
<td>Pulled Pork Stew</td>
<td>173</td>
</tr>
<tr>
<td>Quick &amp; Easy Chili con Carne</td>
<td>175</td>
</tr>
<tr>
<td>as remedy</td>
<td>174</td>
</tr>
<tr>
<td>Slow Cooker Balsamic Chicken Stew</td>
<td>174</td>
</tr>
<tr>
<td>tips for making</td>
<td>149, 150, 171</td>
</tr>
<tr>
<td>vinegar in</td>
<td>158</td>
</tr>
<tr>
<td>St. Hildegard’s Tonic</td>
<td>15</td>
</tr>
<tr>
<td>Stir-fries</td>
<td>251</td>
</tr>
<tr>
<td>Stock (flower)</td>
<td>103</td>
</tr>
<tr>
<td>Stones, as ice substitute</td>
<td>303</td>
</tr>
<tr>
<td>Stoves, cleaning</td>
<td>194, 197, 215, 225</td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
</tr>
<tr>
<td>benefits of</td>
<td>143, 307, 330</td>
</tr>
<tr>
<td>Cinnamon Nachos with Balsamic Strawberries</td>
<td>307</td>
</tr>
<tr>
<td>hulling</td>
<td>346</td>
</tr>
<tr>
<td>in remedy recipes</td>
<td>96, 276, 352, 356</td>
</tr>
<tr>
<td>storing</td>
<td>307</td>
</tr>
<tr>
<td>Strawberry-Balsamic Pie</td>
<td>341</td>
</tr>
<tr>
<td>Strawberry Granita</td>
<td>346</td>
</tr>
<tr>
<td>Strawberry-Kiwi Smoothie</td>
<td>316</td>
</tr>
<tr>
<td>Strawberry-Rhubarb Chutney</td>
<td>143</td>
</tr>
<tr>
<td>Strawberry-Rhubarb Shrub</td>
<td>330</td>
</tr>
<tr>
<td>Stroke risk and recovery</td>
<td>44, 73, 232</td>
</tr>
</tbody>
</table>
Index

**Substitutions. See specific foods or equipment**
Sugar, 271, 329
Sulfites, 45
Summer squash benefits of, 98, 101, 198, 214 in red wine vinegar, 214 in remedy recipe, 174
Rose Petal Zucchini Cake, 342
Sunflower oil, 105, 157
Superfoods, 187, 287
Sweeteners, 20
Sweet peppers. See Bell peppers
Sweet potatoes benefits of, 80, 192, 214 cooking tip, 80 Cranberry–Sweet Potato Smoothie, 314
dessert, 208 in green salad, 79 Maple-Roasted Sweet Potatoes, 192 Spicy Grilled Sweet Potatoes, 211 Sweet Potato & Cauliflower Soup, 167 Sweet Potatoes & Winter Squash, 214 Sweet Potato Salad, 80 vs. yams, 80 Swiss chard, 114, 201

**T**
Taffy, 354
Tamago-su, 11
Tapioca, 357
Tarragon benefits of, 48, 59, 224 malt vinegar–tarragon dip, 282 Mustard-Tarragon Marinade, 43 preserving in vinegar, 67
Tea, 47, 125, 319
Tequila, 236
Thermos bottles, 327
Thyme, 29, 48, 78, 195
Tomatoes, tomato juice Baked Ricotta–Tomato Spread, 283
Balsamic Onions, Peppers, & Tomatoes, 190
Bloody Mary Soup, 158
caprese salad, 97
Clams with Tomatoes & Onions, 254
cooked vs. raw, 127
cooking tip, 12
enhancing flavor of, 153
Fresh Tomato & Basil Sauce, 60
fresh vs. canned, 184, 217
Fruit & Tomato Chutney, 138
grape, 249
Green-Tomato Mincemeat Pie, 352
Healthy Homemade Ketchup, 127
Home Front Piccalilli, 137
ketchup, 129, 130
Mini Caprese Bites, 306
Peachy-Keen Sandwich Topper, 131
peeling, 138
pesto, 294
Pickled Cherry Tomatoes & Fennel, 119
in remedy recipes, 62, 90, 217, 276
stains from, 131
storing, 219
Sun-Dried Tomato Pesto, 62
Tomato-Potato-Basil Soup, 148
Tomato-Watermelon Salad, 99
White Beans with Tomatoes & Thyme, 195
Tomato soup, 175, 297
Trout, 252, 255
Tuna, 252, 258, 287
Turkey benefits of, 149, 305
Day-After Turkey Soup, 149
Grilled Tequila Turkey, 236
Grilled Turkey Tenderloin with Peaches, 237
Happy, Healthy New Year Sliders, 305
roasting whole, 247
salad from leftovers, 93
slowing bacterial growth on, 223
Tasty Turkey Meatballs, 247
Turkey sausage, 78
Turnip greens, 187
Turnips, 155

**U**
Ulcers, 137

**V**
Vanilla extract, 20, 271, 327
Vegetable oils, 206, 348, 359
Vegetables. See also specific vegetables
Baked Provençal Vegetables, 198
benefits of, 161
Bracing Balsamic Root Vegetable Soup, 155
coarse or stringy, 78
cooking liquid from, 150
cooking tips, 216, 217
crudités, 303
fresh vs. frozen or canned, 190
Garden Harvest Vinegar, 23
Vegetables (continued)  
grilled, 237  
Hamburger Vegetable Soup, 152  
Heart-Healthy Veggie Casserole, 184  
hot pickled, 114  
leftover, 162  
limp, 190  
organic, 218  
for pickling, 119  
preparation of, 218  
sautéing, 152  
Slow Cooker Balsamic Chicken & Vegetables, 230  
storing, 219  
Summer Vegetable-Rice Salad, 101  
Vegetable Soup Over Easy, 161  
Veggie Bake Casserole, 203  
washing, 26, 280  
Vinaigrettes. See Salad dressings  
Vinegar. See also specific types  
benefits of, 276  
buying, 64  
history of, 26  
paired with greens, 227  
in soups and stews, 158  
substitutes for, 63  
types of, ix  
use caution, 321  
Vinegar making. See also specific vinegar types  
jars and containers for, 4, 7, 9, 13  
pasteurization in, 5  
place for fermentation, 10, 12  
scum formation, 10  
sweeteners for, 20  
tips for, 26, 28  
water for, 9  

Vinegar mother (Mycoderma aceti), 6, 10  
Vision problems. See Eye health  
Vodka, 158  

W  
Walnuts, walnut oil  
Banana-Walnut Smoothie, 320  
benefits of, 76, 186, 267, 291, 320  
Broccoli with Walnuts & Balsamic Vinegar, 186  
paired with blueberries, 227  
in remedy recipe, 90  
shelling, 320  
storing, 186  
toasting, 95  
Wonderful Walnut Dip, 267  

Water  
amount to drink, 323  
for vinegar making, 9  
Watercress, 90  
Watermelon, 99, 116, 280  
Weeds, edible, 75  
Weight control, 22, 268, 319, 320  
Whipping cream, 358  
White vinegar  
as burn treatment, 334  
as deodorizer, 51  
described, ix  
in desserts, 361  
homemade bread tricks, 181  
shelf life of, 271  
for stain removal, 125, 131, 304  
substitute for, 63  
White wine, 59, 130, 258, 302  
White wine vinegar, 40, 63, 126  
Whole-grain foods, 291  
Wild carrot (Queen Anne’s lace), 75  
Wild rice, 105  

Wine, 241, 258, 334. See also specific types  
Wine vinegars, ix, 5, 7. See also specific types  
Winter squash  
benefits of, 157, 203, 213, 214  
butternut squash, 193  
Cheesy Spaghetti Squash, 213  
in remedy recipe, 212  
Squash & Leek Soup, 157  
storing, 219  
Sweet Potatoes & Winter Squash, 214  
Worcestershire sauce, 52, 55  

Y  
Yams, vs. sweet potatoes, 80  
Yogurt  
benefits of, 33, 233, 293, 350  
paired with bananas, 227  
Salt & Vinegar Potatoes with Yogurt-Scallion Dip, 293  
in soup, 167  
storing, 293  

Z  
Zeaxanthin, 56  
Zinc, 73, 232  
Zucchini. See Summer squash