

This recipe, and similar ones for switchel, has been around for many centuries. It's full of natural remedies and healing ingredients. Switchel, also known as "Haymaker's Punch" or "Ginger Water," was a homemade electrolyte-filled drink long before Gatorade was ever concocted in a lab. Because it is a fermented drink (it originated in the Caribbean) that often contains apple cider vinegar (along with water, a natural sweetener, and a flavoring—like ginger root), some feel it is an acquired taste. But it's also startlingly refreshing.

And—bonus!—most kids will love it as an alternative to sugary sodas and juices.

And, of course, it's a great reason to be careful not to waste one drop of that yummy maple sap if you're collecting your own. (If you don't have maple sap, feel free to substitute plain-old water.)

## MAPLE SAP SWITCHEL

*1/2 gallon of maple sap  
3/4 cup maple syrup  
1/2 cup apple cider vinegar  
2" ginger root*

Heat 2 cups of sap, or just enough to dissolve the syrup. (For best nutritional benefits, don't boil all the ingredients together. Boiling destroys the living nutrients in the sap and the vinegar.) Remove from heat and steep the the grated ginger in the pan for 20 minutes, covered. Strain out the ginger and mix in remaining sap as well as the vinegar. Enjoy at room temperature or chilled.

If, like me, you hate to throw away the ginger when it surely still has more "life" in it... boil the used ginger for 10 more minutes in a cup of water. Add lemon juice (and maple sugar!) to taste for a perfect cup of hot or cold tea.

I hope you thoroughly enjoy this unique drink and all of its therapeutic properties!

And thanks for joining me at SoulyRested.com, where I'm working at Keeping it Simple while remaining "souly rested" on Christ from my little rural farm in New England.

Sending fond thoughts from my neck of the woods!—

*Michelle* at SoulyRested.com