

Interesting facts about

APPLE CIDER VINEGAR

I In around 5,000 B.C., Babylonians used vinegar as a condiment and a preservative, because it enabled food to be transported on long journeys

II In around 3,000 B.C., the Ancient Egyptians realised the benefits of apple cider vinegar, as an antiseptic and weight loss agent

III A dilution of apple cider vinegar was drunk by Ancient Persians to prevent the accumulation of fatty tissue in the body

IV In Ancient Greece, Hippocrates (the father of modern medicine) prescribed apple cider vinegar mixed with honey for a variety of ills, including coughs and colds

V The most common drink in Ancient Greece was called Oxycrat. It was created by mixing water, vinegar and honey and was kept in special vases called Oxydes

VI The Romans arrived in Britain in 55 B.C. and quickly gained a liking for cider and cider vinegar, introducing it to the rest of the empire

VII Roman soldiers, including Julius Caesar, drank 'posca': an apple or wine vinegar with spices, as a stimulating, invigorating and fortifying drink

VIII During Roman military campaigns, vinegar was diluted in water for a thirst-quenching drink and used as a body wash

IX A bowl of vinegar, known as an acetabulum, was always present on the table at Roman banquets to soak bread in

X The Romans used fire and vinegar to break through rocks when conquering the Alps



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101