

Vinegar Lore

Hippocrates (referred to often as the father of medicine) extolled the healing properties of vinegar.

Cleopatra won a bet that she could consume a fortune in one meal. She dissolved some pearls in vinegar and drank them.

Hannibal used vinegar to make his way over the Alps in his conquest of Europe. He dissolved huge boulders by heating the rocks then pouring hot vinegar over them. They crumbled and he could then get through with his army that rode on elephants.

Vinegar became so popular that for the most part it was commercially produced as early as 2000 BC.

Ancients very quickly uncovered the tremendous versatility of vinegar. While records were not kept before 5000 BC legend has it that the Sumerians, a civilization of ancient Babylonia, used vinegar as a cleaning agent. The Babylonians discovered that vinegar slows or stops the action of bacteria that spoils food so they used it as a preservative. They also used it as a condiment. Caesar's armies used vinegar as a beverage.

Helen of Troy is rumored to have bathed in vinegar to relax.

During the Black Plague in Europe, thieves poured vinegar over their skin to protect themselves from germs before robbing the dead.

During World War I vinegar was used to treat wounds on the battlefields.

The powerful British Navy used vinegar to preserve food during long sea voyages and to clean the decks of their ships.

- Fleischmann's Vinegar