



TIER 1 LIVING

THE MISSION COMES FIRST

ROSEMARY CULINARY VINEGAR

Field Manual Recipe Card · Fresh & Dried Herb Protocols

MISSION PROFILE

A small-batch culinary-apothecary vinegar for dressings, marinades, vegetables, beans, shrubs, mocktails, and rosemary oxymels.

TIER 1 STANDARD: Begin with commercially prepared food vinegar labeled 5% acidity or higher. Use clean glass, clean tools, and sound herbs. Keep fresh rosemary fully submerged. Strain completely. Refrigerate the finished vinegar.

BATCH SPECIFICATIONS

FIELD	STANDARD
Yield	Approximately 2 cups / 1 pint / 475 mL
Container	Clean glass jar with nonmetal lid, or parchment barrier beneath a metal lid
Fresh rosemary ratio	3–4 medium sprigs OR 1/2 cup loosely packed leaves/tender tips per 2 cups vinegar
Dried rosemary ratio	2–3 tablespoons fully dried, lightly crushed leaves per 2 cups vinegar
Finished storage	Refrigerated, tightly sealed

SELECT YOUR VINEGAR

VINEGAR	FLAVOR PROFILE	TIER 1 USE
Raw apple-cider vinegar	Fruity, rustic, softly tangy	Oxymels, shrubs, beans, wellness-style drinks, hearty dressings
White-wine vinegar	Light, floral, clean	Vinaigrettes, fish, chicken, vegetables
Distilled white vinegar	Sharp, neutral	Bright rosemary profile and simple culinary applications
Red-wine vinegar	Full-bodied, robust	Mushrooms, lentils, roasted vegetables, marinades

Do not dilute the vinegar before infusion. Do not use homemade vinegar of unknown acidity.

PROTOCOL A · FRESH ROSEMARY + WARM VINEGAR

MISSION: Choose this protocol for the fastest extraction and a fuller, robust rosemary profile. It is not the preferred choice when preserving the unheated/raw character of apple-cider vinegar is your priority.

INGREDIENT	AMOUNT
Fresh rosemary	3–4 medium sprigs OR 1/2 cup loosely packed leaves/tender tips
Food vinegar, 5% acidity or higher	2 cups / 475 mL

1. Select healthy rosemary; remove damaged leaves. Rinse only if needed, then dry thoroughly.
2. Lightly bruise leaves and tender stems. Place in a clean heat-safe glass jar.
3. Warm vinegar until steaming and nearly boiling: **180–190°F / 82–88°C**. Do not vigorously boil.
4. Pour over rosemary, leaving 1/2 inch / 1 cm headspace. Keep rosemary submerged.
5. Cap with a nonmetal lid or parchment barrier. Steep 1–2 weeks in a cool, dark location; gently turn every few days.
6. Taste at 1 week. Strain completely, bottle, label, and refrigerate.

PROTOCOL B · FRESH ROSEMARY + COLD REFRIGERATOR INFUSION

MISSION: The Tier 1 Living / raw-ACV-style protocol. It preserves the unheated character of the vinegar. Fresh rosemary carries water and natural plant microbes, so keep this method refrigerated throughout.

INGREDIENT	AMOUNT
Fresh rosemary	3–4 medium sprigs OR 1/2 cup loosely packed leaves/tender tips
Food vinegar, 5% acidity or higher	2 cups / 475 mL

1. Confirm jar and lid are clean and completely dry. Dry rinsed rosemary thoroughly.
2. Lightly bruise rosemary. Cover completely with vinegar and keep all plant material below the surface.
3. Cap with nonmetal lid or parchment barrier. Label and refrigerate **7–14 days**.
4. Turn once daily. Taste at day 7; strain when flavor is right. Do not leave fresh rosemary in beyond day 14.
5. Filter, bottle, label, and refrigerate.

FINISHED-PRODUCT WINDOW: Use within **2–3 months refrigerated** for best flavor.

PROTOCOL C · DRIED ROSEMARY + WARM VINEGAR

MISSION: A strong, efficient protocol for a deeper, woodier rosemary vinegar. Fully dried herb does not add fresh plant moisture.

INGREDIENT	AMOUNT
Fully dried rosemary leaves, lightly crushed	2–3 tablespoons
Food vinegar, 5% acidity or higher	2 cups / 475 mL

1. Confirm rosemary is fully dry: leaves crumble and small stems snap rather than bend.
2. Put rosemary in a clean, dry heat-safe glass jar.
3. Warm vinegar to **180–190°F / 82–88°C**, steaming but not vigorously boiling.
4. Pour over herb, leaving 1/2 inch / 1 cm headspace. Cap with nonmetal lid or parchment barrier.
5. Steep in a cool, dark location for **1–2 weeks**, turning every few days.
6. Strain thoroughly, bottle, label, and refrigerate.

PROTOCOL D · DRIED ROSEMARY + COLD INFUSION

MISSION: The low-intervention, slow-extraction option. Best for raw ACV or when you want to avoid heat while using a stable, fully dried botanical.

INGREDIENT	AMOUNT
Fully dried rosemary leaves, lightly crushed	2–3 tablespoons
Food vinegar, 5% acidity or higher	2 cups / 475 mL

1. Put fully dried rosemary in a clean, dry glass jar and cover completely with vinegar.
2. Cap with nonmetal lid or parchment barrier. Store in a cool, dark cupboard for **2–4 weeks**.
3. Turn or shake every few days. Taste at 2 weeks.
4. Strain once preferred flavor is reached. Filter, bottle, label, and refrigerate.

FINISHED-PRODUCT WINDOW: Use within **3 months refrigerated** for best flavor and freshness.

QUALITY CONTROL

PASS CONDITIONS	DISCARD CONDITIONS
Clean, piney aroma; fresh herb stayed submerged; no plant fragments after straining; sealed, labeled, refrigerated bottle.	Mold, suspicious surface film, slime, unexpected bubbling, rotten/off odor, or a major unexpected change in appearance. Do not taste questionable batches.

FIELD USES

APPLICATION	FORMULA / INSTRUCTION
Rosemary vinaigrette	1 tbsp rosemary vinegar + 3 tbsp olive oil + 1 tsp rosemary or plain honey + pinch salt; optional Dijon and pepper. Whisk or shake.
Rosemary oxymel	1 cup finished rosemary vinegar + 1/4–1/2 cup honey. Stir, refrigerate, and use 1–2 tsp in sparkling water, tea, mocktails, or dressings.
Cooking finish	Add 1–2 tsp near the end of cooking for beans, lentils, greens, soups, sauces, roasted vegetables, or pan drippings.

BATCH INTELLIGENCE RECORD

FIELD	RECORD
Rosemary form: fresh / dried	
Vinegar type and stated acidity	
Protocol: A / B / C / D	
Date started / first taste / date strained	
Refrigerated use-by date	
Flavor notes / next-batch adjustments	