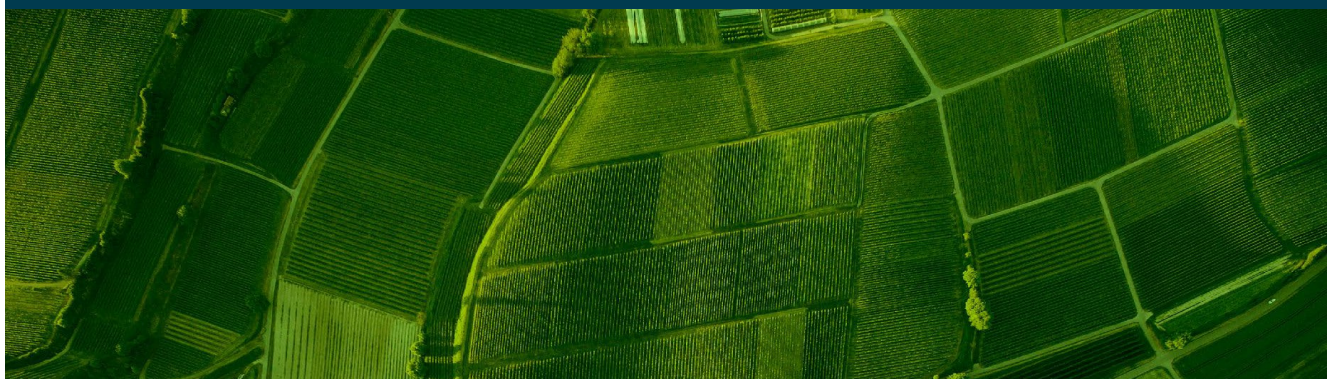


## Practice Abstract No 43

## Production and use of organic apple cider vinegar



## Description

Apple cider vinegar is made from fermented apple juice. It is used in salad dressings, marinades, vinaigrettes and food preservatives. It is produced by crushing apples and then squeezing the juice. Bacteria and yeast are added to the liquid to start the alcoholic fermentation process, which converts the sugars into alcohol. In the second stage of fermentation, the alcohol is converted into vinegar by acetic acid-forming bacteria (*Acetobacter* species). Acetic acid and malic acid give vinegar its sour taste. As a food product, apple cider vinegar influences the normal pH of the stomach, lowers blood sugar levels, improves heart function, improves the digestive process, so it can aid weight loss and has a positive effect on skin condition. Its antibacterial properties and low pH make apple cider vinegar very good for facial skin, scalp and the rest of the body and hair. It can be used in eco-friendly cleaning products - it is great for descaling household appliances, such as bathroom faucets. It can also be used to clean countertops, windows and other surfaces. Apple cider vinegar can be produced from 'inferior' apples, not visually preferred by consumers - this way orchardists can maximise their profits. For the production of apple cider vinegar, it is advisable to look for apples from organic farms. Many scientific articles have been published indicating that organic apples have a higher (by about 25-30%) content of valuable substances - pectin, vitamin C and polyphenols - than conventionally produced apples. A significant advantage of organic apples is also the significantly lower residue of harmful synthetic pesticides, whereas conventional apples contain residues of these substances in 80% of samples, according to EFSA (European Food Safety Agency).

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## Stakeholders

Producers, Food and  
beverage industry,  
consumers

## Country/Region

Poland

## Keywords

Fermentation process,  
Health benefits, Organic  
farming practices



## Pictures



## About CO-FRESH

The CO-FRESH project aims to provide techniques, tools and insights on how to make agri-food value chains more environmentally sustainable, socio-economically balanced and economically competitive. The project pilots several agri-food value chain innovations to see how they, in combination, can improve environmental and socio-economic sustainability.

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## Disclaimer

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