

Strawberry Ginger Mint Switchel

Also Known as Haymaker's Punch



A refreshing old-fashioned farm drink made with fresh strawberries, garden mint, homemade citrus-infused honey, homemade apple cider vinegar, sparkling club soda, and plenty of ice.

Yield: 4 servings

Ingredients

For the Switchel

- 1 cup fresh strawberries, hulled and sliced
- 1 tablespoon fresh ginger, finely grated
- 10–12 fresh mint leaves
- 3 tablespoons homemade citrus-infused honey
- 3 tablespoons homemade apple cider vinegar
- 2 cups cold water
- 2 cups cold club soda

For Serving

- Nugget ice
- Fresh strawberry slices
- Fresh mint sprigs

Instructions

Step 1 — Prepare the Flavor Base

Add the strawberries, ginger, and mint to a large pitcher. Using the back of a wooden spoon, gently press the ingredients several times to release their juices and aromas. Do not crush into a puree.

Step 2 — Add the Honey

Pour the citrus-infused honey over the fruit and herbs. Stir well. Allow the mixture to rest for 10–15 minutes so the strawberries begin releasing their juices.

Step 3 — Add the Vinegar

Stir in the homemade apple cider vinegar until fully incorporated.

Step 4 — Finish the Switchel

Add the cold water and club soda. Stir gently. Taste and adjust if desired: more honey for a sweeter drink, more vinegar for a brighter tang, or more club soda for a lighter drink.

Step 5 — Serve

Fill glasses generously with nugget ice. Pour the switchel over the ice. Garnish with fresh strawberry slices and mint sprigs. Serve immediately.

What Is Switchel?

Switchel, sometimes called *Haymaker's Punch*, is a traditional farm drink made with water, vinegar, ginger, and a sweetener. It became popular in the American colonies in the late 1600s, and by the 1800s it was the drink farmers carried into the hayfields to stay cool and hydrated through long summer days — the original electrolyte drink, some three hundred years before anyone bottled one.

This Homestead Wife Life version adds fresh strawberries, garden mint, homemade citrus-infused honey, and homemade apple cider vinegar for a bright seasonal twist.

HWL Notes

- Best served very cold.
 - Fresh mint provides the brightest flavor.
 - Homemade apple cider vinegar gives the drink its traditional character.
 - Citrus-infused honey adds gentle sweetness and subtle citrus notes.
 - Club soda provides a light sparkle and refreshing finish.
 - Enjoy within 24 hours for the freshest flavor.
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From the HWL Larder

This recipe brings together several homemade pantry staples and garden ingredients:

- Homemade Citrus-Infused Honey
- Homemade Apple Cider Vinegar
- Fresh Garden Mint
- Fresh Strawberries
- Fresh Ginger

Simple ingredients. Old-fashioned roots. A refreshing reward after a day spent outdoors.