

Tips for Making Vegetable Juices

by Steve Meyerowitz, Sproutman®

In the following recipes, the core ingredients are at the top of the list. The secondary ingredients that follow are optional or adjustable. These juices are the liquid equivalent of salads. How much juice should you have? Eight to ten ounces per drink and one to two juices per day.

Wherever spinach, kale, or collards are listed, you may substitute with fresh wheatgrass. One to two ounces of fresh wheatgrass juice per drink is typical.

Cut your fruits and vegetables into sizes that comfortably fit into the juicing chute. Tight fitting vegetables can become jammed in the chute causing problems for both the machine and the user.

When juicing firm vegetables such as carrots, hold the plunger down with light pressure allowing each turn of the 100 RPM juicing gear (screw) to bite and chew the carrot inch by inch.

Some vegetables create foam during juicing. This is normal. Stir the foam back into the juice as much as possible.

Alternate using firm bodied vegetables and leafy vegetables.

Save time by selecting vegetables that require less cutting. For example, use kale instead of cabbage, collard greens instead of broccoli.

Juice sprouts. Alfalfa, sunflower, buckwheat, pea greens are mild tasting sprouts that are excellent to juice. Sprouts are organically grown, highly concentrated baby vegetables that are economical sources of fresh “baby” vegetables for juicing. Sprouts are rich in nutrients, enzymes, and phytochemicals (plant medicines). (For more information, see Sprouts the Miracle Food.)

The wetness/dryness of the pulp is not a certain measure of a juicer’s efficiency or its capacity for nutrient extraction. Pulp moisture content will vary from vegetable to vegetable. The pulp can be reinserted for a second cycle if desired.

Tough vegetables that jam your juicer, can be juiced successfully by changing the end nozzle to one with a bigger opening such as the nut butter or custard end nozzles.

It usually works best to insert the pointed end of the vegetable into the juicer chute. This enables the juicer to grab most vegetables and pull them in, making less work for you.

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