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juicy

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A POWERFUL WAY TO BEGIN YOUR RAW FOOD JOURNEY

A great first step for adding more raw and living foods into your life is to start juicing. Supplementing your diet with fresh juice will provide you with enzymes, vitamins and minerals, while at the same time helping to satisfy your appetite. An added bonus is the fact that the body assimilates nutrients from juices easily and without taxing your digestive system. That means you'll have more energy! Raw juices contain chlorophyll, antioxidants, antimicrobials and a variety of other things that promote healing and repair. Several alternative therapy programs for cancer and other severe illnesses include raw vegetable juices as part of their protocol. While fruit juices by themselves are healthful and certainly yummy, they also contain a high concentration of sugar. When drinking straight orange juice, for example, you might consider diluting it with a bit of purified water.

Juicy Thoughts.

- Try to buy organic produce in season; this will not only taste best but also cost less.
- Wash all fruits and vegetables at one time in a sink full of cold water dry well and refrigerate immediately.
- Juices are live foods and will lose some of their enzymatic value due to oxidation. To get the full benefit of

fresh juice it should be consumed within 15-20 minutes if possible.

- If you must transport or "save" your juice, put it into an airtight container such as a Thermos® – filled to the top to help slow down oxidation.
- Juice is best assimilated when consumed on an empty stomach.
- A large juice makes a good occasional meal replacement. If you have juice in place of dinner, you're likely to find yourself waking up with more energy the next morning.
- Aim to drink at least 16-24 oz. of fresh juice every day!

Juicy Perks.

Apple - Digestive aid, acts as a laxative, helps to detoxify the blood

Carrot - Good source of vitamins A, B, C, D, E and K

Beet - Cleansing to the liver, stimulates the bowels, high in iron

Celery - Good for quenching thirst, high in organic sodium

Kale - High in chlorophyll, cleansing to kidneys, high in protein and calcium

Ginger - Helps improve digestion and is anti-inflammatory

It Takes All Types.

Selecting the right juicer can be confusing. Should you choose a centrifugal juicer, a masticating juicer, or a triturating (*twin gear*) juicer? The answer lies mostly in how you intend to use your machine, and how much

you are prepared to spend. Below is a basic overview to help you get started.

Centrifugal Juicers. The most popular and affordable type of juicer and available in most department stores. Centrifugal models are great at juicing almost any fruit or vegetable, but are not capable of efficiently extracting juice from wheatgrass, leafy greens, or herbs. This type of juicer first grates the fruit or vegetable into a pulp, and then uses centrifugal force to push the pulp against a strainer screen by spinning it at a very high RPM. A disadvantage to the centrifugal juicer is the need to empty the basket frequently, making continuous juicing impossible. Centrifugal juicers that eject the pulp are also available. These differ from standard centrifugal juicers in that the side walls are slanted (instead of being 90 degrees to the base) which enables the machine to eject the pulp into a collection bin. Pulp ejecting centrifugal juicers spin at a higher speed to create a greater centrifugal force. This higher RPM ensures that as much juice is extracted from the pulp as possible. The convenience of pulp ejection usually translates into a higher price, and the machines are sometimes a little noisier than the standard models.

Single-Gear (Masticating) Juicers. These machines use a single-gear or

auger that literally chews fruit and vegetable fibers and breaks up the plant cells, resulting in more fiber, enzymes, vitamins and trace minerals. Masticating juicers are generally more efficient than centrifugal juicers because they can extract more juice from the same amount of food. They are good at juicing most fruits and vegetables, and they will also extract juice from spinach, and other leafy greens and herbs. Masticating juicers can also homogenize foods to make pates, sauces, nut butters, banana ice creams, fruit sorbets and baby foods.

Twin-Gear (Triturating) Juicers. Among the most expensive type of juicers, twin-gear machines offer the most benefits. These juicers turn at even slower speeds (RPMs), resulting in less oxidation from foam as well as less destruction of nutrients from heat. Triturating juicers are a very efficient type of juicer and can extract larger volumes of juice from fruits, vegetables, wheatgrass, spinach, and other greens and herbs.

Twin-gear juicers operate by pressing food between two interlocking roller gears. This juicing process yields a larger volume of juice and extracts more fiber, enzymes, vitamins and trace minerals. Like their single-gear counterparts, twin-gear juicers also homogenize foods to make pates, sauces, nut butters, banana ice creams, fruit sorbets and baby foods.

Hydraulic Press Juicers. A powerful

grinder and an automatic hydraulic press combined in a single unit. Operating the machine involves a two-step process: the first step crushes the fruits and vegetables, while the second step wrings or presses the juice via a motorized hydraulic press. This juicing process yields more fiber, enzymes, vitamins and trace minerals. Pressing causes



the least oxidation of the various juicing methods, which ensures the best preservation of enzymes and nutrients, and produces a pulp-free juice, since the juice is strained through cheesecloth. This type of juicer juices fruits (*especially soft ones*) better than other types of juicers. Hydraulic press juicers are the least common and can cost as much as \$2200. (*ouch*)

Wheatgrass Juicers. These machines are made exclusively for extracting the juice from wheatgrass and other leafy greens, as well as some soft fruits such as grapes. Wheatgrass juicers are not made for extracting juice from vegetables and most fruits. Wheatgrass juicers are available in both electric and manual models.

Juice Bag. Actually not a machine at all, this is a mesh bag used to extract juice from the pulp. Use a blender to masticate the produce, then pour the liquid into the bag and squeeze over a container to catch the juice. An economical – although somewhat inconvenient – option if you're not ready to purchase a machine.

Decisions. Decisions.

I have had several juicers since I began on my raw food path; I started with an **Acme** standard centrifugal juicer, which I used so much I eventually burned out the motor. Looking back I would not recommend the machine. It required frequent basket-dumping (*there was no pulp collection bin*), and it often

got off balance and would dance across the counter and make a lot of noise. Next I bought a **Breville Juice Fountain**. It too, is centrifugal, but has a collection bin which I line with a plastic bag to enable easy removal of the pulp – making for faster cleanup and pulp disposal. I really like it a lot. It has a wide feeder spout, is easy to reassemble and does a good job with everything except wheat-



grass. I also bought a **Green Star** recently. I like that as well, although I still use the Breville when I am in a hurry. The Green Star is significantly more efficient – it yields at least 20% more juice and the drier pulp is proof of its proficiency – but it takes longer to make the juice and requires a little more effort to clean. It is my “weekend juicer,” and I use it to make nut butters and banana ice cream too. My best friend has a **Jack LaLanne** juicer that she really likes. It was less expensive than the others that I’ve mentioned and she says it’s a perfect starter model.

Hold On To Your Juice.

It is possible to save juice for later use, but the longer your juice sits the more amounts of vitamins and nutrients it loses. Some juices will not refrigerate well at all and become foul smelling such as cabbage. Always store in an airtight glass container as plastic can change the flavor. Add several drops of lemon juice to help preserve the flavor and color.

Following is a list of juices that will stay good for a few hours if refrigerated immediately:

Carrots, Grape, Prune, Apple, Grapefruit, Peach

Fruits and vegetables that do not store successfully include:

Cabbage, Onions, Berries, Lettuce, Garlic, Cherries, Oranges, Pineapple, Celery, Pear, Kiwi, Beet, Greens, Mangoes, Melons, Potatoes, Papaya

Pulp Friction.

The pulp left behind from juicing is perfect for your compost. If you do not compost yourself, perhaps a neighbor or co-worker does. For many years I have given my pulp and

raw food remnants to my business partner: he and his beautiful garden are grateful! Alternately, left-over pulp can be used in raw food recipes, if it is not allowed to sit for too long (*see guidelines for “Storing Juice.” The same tenets apply to pulp*). I use pulp in flax crackers, or you can mix it back into a portion of your juice to make a fiber-rich vegetable soup.

Juice On The Go.

When I am traveling, I always make it a point to check out the local juice bar scene. Many times I can find fresh juice at a health food store, a locally owned coffee house or even some grocery stores. There are also chains and franchise juice companies in larger markets. If you do go to a juice bar, ask questions. Is your juice fresh or frozen? Is the produce organic? Don’t assume that a sign saying “all natural” means it’s good for you: all natural doesn’t mean anything, look for the word “organic.” One well-known smoothie chain uses ingredients in some of its concoctions that I consider to be iffy. When I go there, I order either a straight carrot or a carrot-orange mixture, because I can watch them make it and I know I am not getting additives or extra added sugar.

Juice Feasting.

By strict definition, a fast is when only water is consumed. If you are drinking fresh fruit or vegetable juice, you’re technically on an “elimination diet,” but we’ll use the term juice feast here. Many people go on juice feasts – of three to five days or even longer – to aid in detoxification. A juice feast may also be a good way to jump start a new eating program, as it allows you

a sort of clean slate feeling. Drinking fresh juice allows you to sidestep some of the side effects of water fasting such as headache, light headedness and fatigue.

While on a juice feast, I have found myself to have sufficient energy, clear thinking and a sense of well-being. For longer juice feasts, it can be difficult to maintain your regular responsibilities because there may be days you tire more easily or you may experience some detoxification symptoms such as emotional volatility.

Getting Started.

1. If you have a juicer, get it out of storage and put it on your countertop. If you are thinking of buying a juicer, begin your research process now. In addition to the traditional buying channels, consider eBay and garage sales. You’ll often find a good deal on a “used” machine.
2. Experiment with juice recipes. I’ve given you a couple of tasty starters. A good thing about juicing is that if you like the ingredients you’re using, it’s hard to come up with a bad combo. On the rare occasions when I do make a blend I am not crazy about, if I toss in a little fresh ginger (*run it through the juicer unpeeled*), it can usually make my mistake passable.
3. Take time to get pleasure from your juice. Pour it into a nice glass and sit down with it. I like to take the juice pitcher I caught my juice in – along with my favorite glass – al fresco to sip and enjoy.
4. Check out local juice bar options. Health food stores often sell fresh, organic, made to order juices. These are good on-the-run

alternatives to a drive through – and there's no cleanup!

5. Consider a juice-only day – a sort of a mini juice feast. Pick a day where you'll be near a juicer or juice bar during typical meal times. Aim for a 12 or 16 ounce glass at 8:00 a.m., 12:00 noon, 3:00 p.m. and 6:00 p.m. I recommend that you use a lot of leafy greens on your juice-only day and sip water or herbal tea in between
6. If you're already an experienced juicer, try something new, such as a wheatgrass shot, or a combination of vegetables that you have not tried before. Be adventurous.

How Much Juice?

Tomatoes

4 medium firm tomatoes = 2 c.

Carrots

5 large carrots = 1 c.

Cucumber

1 large cucumber = 1 c.

Zucchini and Squash

5 small zucchini = approx. 1 c.

Pineapple

2 medium pineapples = approx. 2 c.

Apples

6 medium apples = 2 c.

Oranges

5 medium oranges = 2 c.

Mangoes

6 mangoes = 2 1/2 c.

Strawberries

1 qt. approx. 30 strawberries = 2 c.

Papaya

1 medium papaya = approx. 1/2 c.

Raspberries

1/2 pint raspberries = approx. 1/2 c.

Passion Fruit

4 passion fruits = 1/4 c.

Pears

6 medium pears = 2 c.

Celery

4 celery stalks = 3/4 c.

Skip Juicing These.

Avocado, Leek, Banana, Rhubarb, Coconut, Winter Squash, Eggplant

Now Read This.

The Juice Master's Ultimate Fast Food

 by Jason Vale

Real fast food isn't about how quickly food can get to your mouth, but how fast the body can digest it, extract the goodness and get rid of the waste. Jason Vale challenges the sort of fast foods we are all familiar with in this recipe book full of ideas for nature's ultimate fast food-raw juice.

Juicing for Life

 by Cherie Calbom & Maureen Keane

Details the nutritional, preventive and immunity-strengthening powers of fresh fruit and vegetable juices and explains how to use them to aid the symptoms of PMS, arthritis, migraine headaches, motion sickness, etc.

The Joy of Juicing

by Gary Null & Shelly Null

A compilation of 50 recipes that utilize juicers to create a variety of drinks, sauces, soups and desserts that are high in nutrients and can promote a lifetime of healthy nutrition.

The Complete Book of Juicing

by Michael Murray

Dr. Murray explains why juices are so important to good health and suggests over 150 easy and delicious recipes for enjoyment and variety.

The Juicing Book

 by Stephen Blauer

Though advances in the natural and technological sciences have catapulted humanity forward, the science of nutrition remains at a comparative standstill.

JUICY RECIPES

Green Lemonade

This is my personal favorite! Substitute any kind of leafy greens such as chard, collards, spinach – I even use beet greens sometimes.

6-8 kale leaves
1 head romaine
2 apples
1 whole lemon

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Sun Power

A good beginner drink. Mild and thirst-quencher. Serve on ice.

2 c fresh spinach
1 c sunflower sprouts
1/4 fresh pineapple
2 tangerines (*peeled*)

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Bloody Good

Thick, zesty and satisfying.

3 whole tomatoes
1 cucumber
1/2 red bell pepper
1 garlic clove
5-7 ribs celery
Dash of cayenne

Cheers!