



## (Green & other) vegetable JUICES

Fresh vegetable juices provide nutrients to the body in an easily absorbable form. They can help with digestive healing, de-toxification and increasing alkalinity. You need to use good quality (organic, local, fresh) ingredients and drink the juice as soon as possible, making a sizeable amount and storing in a glass bottle in the fridge for 6-8 hours means you can have a glass when you feel hungry. Shop bought juices may be pasteurised (heated for longer shelf life) or made with non-organic ingredients but will still contain some nutrients.

To effectively juice dark green and leafy vegetables and cereal grasses (wheatgrass, barley grass) at home you will need an auger or twin gear juicer. See [Gareth's guide to juicers](#) for information on different juicer types.

The best vegetables to juice are the low glycaemic (sugar), greens. Cucumber and celery yield high quantities of liquid, while chard, kale, watercress, spring greens and spinach are more concentrated.

### Juice for 1 - guidelines. (juice in the listed order, for highest yields):

- 6 leaves of organic kale &/or Cavallo Nero (spinach or chard occasionally)
- 15-20cms organic cucumber
- Small piece of fresh organic ginger (anti-inflammatory)
- ½ organic (un-waxed) lemon. Cut lemon in half, cut off end and place in juicer
- 4 outer leaves or slices of organic red, white or green cabbage
- 4-6 sticks organic celery
- You can also add fresh mint (if available).

You can replace the kale with spring greens when in season.

The leafy greens can be slightly bitter and strong tasting, so start with plenty of cucumber and celery and add ½ an organic apple or carrot, if needed.

The aim is to make a **tasty** and **nutritious** juice with the dark green and leafy vegetables.

Remember that juicing and blending are different nutritionally. Juices are easily absorbed. Blended 'smoothies' are like raw soups. They should be eaten, not drunk!

Unless you are doing a short juice (only) cleanse make sure that you eat your fresh raw and living foods as well as juicing them. While juices can help nourish your body, particularly if your digestion is compromised, stripping away the fibre removes important elements that your body needs and uses.

