

# Juicing Tips

Watch our juicing video [here](#).

- 1. USE THE RIGHT JUICER-** The right juicer is the one you will use. Think about what best fits your needs.  
**Centrifuge Juicers** [Omega](#) & [Breville](#)
  - Spinning blade creates fast juice.
  - Faster juicing & easier to clean.
  - Adds a bit of heat & generally can't handle grasses/sprouts.**Masticating Juicer** [Champion, Kuvings](#) (love mine!)-extra parts [here!](#) [Norwalk](#) (if you're a Rockefeller & \$\$ is no object!)
  - Slowly chew & press out juice.
  - Doesn't create heat, so it keeps more nutrients intact & juice lasts longer.
  - Capable of handling grasses and sprouts.
  - Slower juicing & harder to clean.
- 2. USE ORGANIC OR LOCAL GROWN, ESPECIALLY WHEN DEALING WITH THE DIRTY DOZEN.**
- 3. GIVE THEM A BATH (WASH RIGHT)-**Lemon juice, vinegar, & baking soda are all good for washing fruits/veggies.
- 4. PREPARE THEM FOR THE JOURNEY-**You can't wait to shove those bad boys (aka fruits & veggies) into your sparkly new juicer. But then you start to wonder..Can I juice a whole apple? What about the doohickey on the celery? Should I peel cucumbers? What about oranges? Here's the simple lowdown:
  - Cut fruits/veggies so they fit easily in juicer
  - Peel non-organic produce & citrus fruits like oranges, lemons, etc.
  - Remove cores/seeds/pits. Some seeds/cores (like pineapple) are full of nutrition (but hard to juice), while others can reportedly contain toxins (apples). So, we remove all of them!
  - Seeds that are inside/part of fruits/veggies (oranges, cucumbers, etc.) are fine to juice!
  - The doohickey on the top of the celery turns into beautiful juice/carrot tops should be cut off (no need to peel if organic).
- 5. USE NUTRIENT DENSE VEGGIES; LEAFY GREENS, SPROUTS & WHEATGRASS-**  
We love [Got Sprouts](#)-they offer quality organic sprouts/grass delivered right to your door!
- 6. LIMIT FRUIT & SOME MIXTURES**
  - Cancer loves sugar. Even sugar from natural sources may need monitoring (depending on your health concerns).
  - We choose fruits that are high antioxidant, but low glycemic index (berries & apples!).
  - Those with thyroid issues should consult their doctor before juicing cruciferous veggies (like kale).
- 7. RID FOAM (NO ONE LIKES FOAMY JUICE) WITH A SMALL KITCHEN STRAINER**
- 8. RE-JUICE THE PULP-**Conserve those pricey organic veggies by putting the pulp through the juicer a second time.
- 9. LET TASTE BUDS ADJUST & POUR ON THE LEMON/LIME-**
  - At first green juice may taste a bit like grass clippings
  - Over time taste buds will change & you may even (dare I say) begin to ENJOY the earthy flavor.
  - Mask the taste by dousing with a little (or a lot) of lemon/lime juice, which is alkalizing without adding unwanted sugar.
  - If you're not concerned about sugar, add some fruit.
- 10. CHUG IT**  
Don't savor sprout/wheatgrass juice like a fine wine-- "shot-gun" (chug) it while focusing on what it's doing for your body!
- 11. MAKE BIG BATCHES, STORE RIGHT, & CONSUME ANYTIME WITHIN 24 HOURS**
  - You're busy, so make a big batch in the morning to be drank throughout the day
  - Nutrients are quickly lost when exposed to oxygen, air-seal by filling glass jars to the tippy top (so there's no room for air) and air-seal with a tight lid (regular mason jars lids rust--we love [Jervis & George](#) & [Ecojarz](#) ).
  - Add lemon juice to help fill jars clear to the top, improve taste & prevent oxidation.
  - Juice will keep for a couple of days. We drink within 24 hours to ensure it still has nutrients intact & no bacteria (yuck!).
  - Drink wheatgrass within 15 minutes or freeze. Try making wheatgrass cubes to throw into drinks, smoothies, etc.
  - Some say drink juice on an empty stomach-some with food, etc. I say "who cares"--there is never a bad time for juice. So, get your juice on anytime, anywhere, day or night!
- 12. KEEP JUICER CLEAN OR HAVE SPARE PARTS**  
Nothing is worse than craving a green juice but realizing you must first clean the juicer (ugh).