

MAKING JUICE

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1. Introduction

This write-up covers juicing and freezing fruits & vegetables using four types of juicers.

1.1 Citric Juicer

The Kitchen Aide with the juicer attachment is a good chose for citric fruit. Its cost is \$200 to \$500 plus the attachment for \$25. The best way to use this juicer is use a quart mason jug to receive the juice. A funnel used for canning & a strainer the fits it must be added. The strainer that comes with the Kitchen Aide is useless. The Kitchen Aide has a large motor than you will not be able to stop with a half an orange. It's easy to get parts for the juicer on line.

1.2 Veggie & Fruit Juicer

Campion juicer is great for most fruits and vegetables. Its price is \$200 to \$300. The juicer has a very large motor and lasts a long time (I have had one for 50 years.) It's easy to get parts for the juicer on line. The juicer masticates the fruit or vegetable.

1.3 Wheat Grass Juicer

The Wheat Grass juicer is a special juicer that is required for wheat grass and other similar vegetables. This juicer is designed to give juice from parsley and other herbs – things that are small & do not have much water. The cost of this juicer is about \$300 (I got mine from a store that sold wheat grass juice.)

1.4 Top of the Line Juicer

The top-of-the-line juicer cost over \$2,000. It masticates the fruit and vegetables into a cloth bag. The juicer has a hydraulic press that then squeezes out the rest of the juice, to give maximum juice.

1.5 Drink or Freeze Juice?

The best thing to do is juice and drink it right away to get maximum nutrition. But there is set up and clean up associated with juicing. To reduce the time spent juicing, one can freeze the juice to drink later. The down side is one must wait for the juice to become liquid again. The longer it stays in the freezer the more nutrition and taste is lost.

Use a paper cup with a lid to store the juice in the freezer. The cups come in many sizes. Pick the size that best fits the need.

2. Citric Juice

2.1 Orange or Grapefruit Juice

Just squeezed orange and grapefruit juices have outstanding taste that is far over and above what you can buy in the super market. Both these juices can be drunk straight, no need to add water. Freeze these juices in a pint or quart cup with a lid. Take one out of the freezer and put it on the kitchen counter. Come back in a little while and enjoy!

2.2 Lemon or Lime Juice

Lemon or lime juice cannot be drunk straight, water needs to be added. So, juice the lemons or limes and put the juice in a one cup paper cup with a lid. Put the cup in the freezer. Want so lemon or lime aid? Follow this recipe:

- Add 5 cups of water to a ½ gallon mason jar
- Add 1 cup of sugar
- Add one cup of frozen juice
- Set on the kitchen counter
- Come back when the juice has melted & Enjoy!
- Put what is left in the frig for later

3. Fruit & Vegetable Juice

Look for fruit & vegetables that have lots of water in them.

- Carrots
- Tomatoes
- Apples
- Beets
- And many others

Make the juice and freeze it in 1 cup, 1 pint, or 1 quarts paper cups with lids. Make sure to drink as much juice as possible before you freeze any.

4. Wheat Grass Juice

Wheat grass juice is said to be cure for everything, but it taste bad. If it taste bad, it must be good for you! Made the juice and mix it a good tasting juice or use the good tasting juice as a chaser. Parsley and other herbs can also be juiced and handled the same way.

Wheat grass, parsley and other herbs are available at most super markets. To reduce the cost of these items, you can grow your own. You can get wheat berries at any health food store. Seed for herbs are also readily available. Follow the instructions below.

5. Mixing Juices

Mixing juices before freezing means creating you own “V EIGHT”. The taste of beet juice can be made more mild by combining with carrot juice or wheat grass and carrot juice. Try it! You will like it!