

MAKING JUICE

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A copy on-line at:

<http://chicoclasses.org/More%20Information/10%20JAM/10a%20JUICE.pdf>

1. Introduction

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

2. Citric Juice

2.1 Juicers

Most supermarkets have a hand juicer for under \$10.



You can find them on line. Here is one for under \$20.



The 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.



2.2 Juice

2.2.1 Orange or Grapefruit Juice

Just squeezed orange and grapefruit juices have outstanding taste that is far over and above what you can buy is the super market. Both these juicers 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! Recipe at:

<http://chicoclasses.org/More%20Information/10%20JAM/10a2%20Orange.pdf>

2.2.2 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 one cup of frozen juice to a ½ gallon mason jar
- Fill the ½ gallon mason jar ¾ full of water

- Add 1/2 cup of sugar – Or try NO SUGAR
- Set on the kitchen counter
- Come back when the juice has melted
- Fill the 1/2 gallon mason jar full with water & shake to mix
- Put in frig to cool

Recipe at: http://chicoclasses.org/_More%20Information/10%20JAM/10a1%20Lemon.pdf

3. Veggie & Fruit

3.1 Juicers

3.1.1 Champion Juicer

Champion 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.



3.1.2 Fruit Press

To juice over 15 pounds of fruit a fruit press can be used. They can in various sizes; the smallest hold about 15 to 20 pounds of fruit. They are list on line for under \$70



3.2 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 quart paper cups with lids. Mason jars can also be used.

4. Wheat Grass Juice

4.1 Juicers

The Wheat Grass juicer is a special juicer that is required for wheat grass, spinach, parsley, 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 a motored juicer is under \$200 on line.



There are manual wheat grass juicers for under \$100.



4.2 Juice

Wheat grass juice is said to be cure for everything, but it tastes bad. If it tastes bad, it must be good for you! Made the juice and mix it with 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.

5. Top of the Line Juicer

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



6. 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. One can put out some juice the night before to drink in the morning. The longer it stays in the freezer the more nutrition and taste is lost.

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

7. Mixing Juices

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