



For my dear friend, TLC, (who hid spinach in her sons' smoothies) and requested these from me . . .

Juicing Info & Tips

Hmmm . . . fav recipe? *Not really*. Mostly I just wash, chop, and add whatever arrives in our two, weekly [Johnson's Backyard Organic Garden](#) boxes of veggies.

What I will share are these personal discoveries, preferences, and guidelines:

- **Good basic greens:** *staples for each juice*--Kale, cabbage, chard, and/or spinach. Note: you'll extract more juice from the first three and spinach can get foamy.
- **Other staple additions:** carrots, cucumbers, tomatoes, squash, bell peppers, zucchini, and celery (although sometimes celery clogs the juicer with its strings).
- **Something sweet:** Mostly we juice veggies, but I usually add one apple for a little bit of sweet. Have juiced watermelon, oranges, cantaloupe, and grapefruit. But of course these *taste* great--they're fruit! :)
- **Something savory:** I prefer juice with added herbs--have tried basil, cilantro, and mint. Mostly use basil b/c it's so available. But if you juice a cantaloupe--try it with mint!
- **Conventional or organic:** *honestly?* With the exception of bell peppers, I process organic veggies almost exclusively.
- **Haven't tried yet:** acorn, spaghetti, and/or butternut squash, corn, okra, eggplant, or potato
- **Stronger flavor:** broccoli is nutritious, but I prefer adding smaller quantities *if I add* due to its dominant *and sometimes bitter* flavor; green onions kick up a little kapow, but add too much and your taste buds may say, "Wow!"
- **Non-preferences:** beets tend to thicken the juice and change the texture; fennel--well, I'm not a huge fan of the flavor Anise and it also leaves strings.
- **Preparation:** Wash, trim off ends, and slice veggies in smaller pieces to process.
- **Volume:** Don't be surprised when a heaping pile of veggies on your cutting board makes *only* 28-32 oz of juice. I usually drink 10 oz., send my hubby with 12 oz. of juice in his lunch, and divide the remaining juice (8-10 oz) between our five children who down it fast before Daddy leaves for work. "The juice line-up" we call that event.
- **Juicer:** A friend recommended [this slow juicer](#) and we're very pleased with it! Very easy to use and clean. My kids know how to work this machine—even the 2 year-old. In fact, my kids help me make juice on weekday mornings! All plant fiber/cellulose is purged from the juicer while juicing, so there is not a need to stop and clean its components until you're finished. Sweet!



- **Fiber:** Juicing this way removes *all* fiber. I don't recommend juice as a super-food to replace every meal. Matt and I try to add essential fiber to balance our daily diet, which includes a substantial breakfast and dinner, so we can be healthy.
- **Frequency:** Presently, we have committed to drink juice in lieu of eating lunch. We do eat a serving of nuts--micro-nutrients--and wash them down with water *and coffee*. :) We juice for lunch 4-5 days/week. Obviously, when we're out of town, on weekends, *and when dear friends join us for lunch and tea*--we adjust our plan accordingly. :)

Why did we decide to juice? A friend of ours that suffers from Rheumatoid Arthritis lost 55+ pounds and remedied his blood chemistry—not by popping pills—but through eating whole foods and adding to his lifestyle change, regular juicing. Amazing.

He also recommended we watch this documentary: [Fat, Sick, & Nearly Dead](#). Very romantic—our Date Night with movie and coffee—not the video on the screen. But it's worth your time and will make you think about what you eat! ☺

I'll close with two *juicy* Lee Cochran quotes:

- 1) In response to the kids' question, "What does it taste like?" we answer, "It tastes like a garden."
- 2) In response to the kids' reaction, "I don't like this." We answer, "It may not be your favorite, but God can help you make a good choice for your body." Training. ☺ *Ha. I could tell you stories . . .* :)

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