

JUICING FOR BEGINNERS



I'm new to juicing what do I need to know?

If you have been thinking about juicing for some time but are not sure where to start, you are in the right place! Juicing can be an amazing way to get lots of fruits and vegetables into your diet. These improve your health and bring more nutrients into your diet.

The only thing is that it can also be overwhelming with so many options. That's why we have created the ultimate beginner's guide to juicing so that you know how to get started!

What is juicing and how can it help you?

Juicing is the process of extracting juice from fruits and vegetables, separating out the pulp, fibres or skins. The resulting liquid contains a concentrated amount of vitamins, minerals as well as phytochemicals.

Phytochemicals are natural compounds that help to protect us against disease and keep you healthy. Juicing can be an easy way to get more nutrients into your system without having to eat huge amounts of produce every day!

Types of juicer

Besides a simple citrus squeezer that many use to juice oranges and lemons, there are two main types of mechanical juicer: centrifugal and masticating.

The differences between the different types are in how they extract juice from the produce, their efficiency in extracting nutrients, and their speed when it comes to grinding up the ingredients. Let's break down each type so you can figure out which is best suited for you!

Centrifugal juicers use high rpm spinning blades to cut the fruits or vegetables into tiny pieces. These are then spun at very high speeds inside a mesh filter basket (called an auger). The juice gets pulled through while the waste stays behind. They have been shown to be less efficient than other models because they don't extract all the juice. This means that the pulp left behind can be quite moist.

Masticating juicers are a great option for those who want to juice leafy greens such as kale, spinach, and wheatgrass. They extract more nutrients from these tough-to-juice ingredients than any other type of machine. The auger slowly crushes the fruits and vegetables down to create a vortex that extracts maximum amounts of liquid available in your produce.

A masticating juicer is also the quietest way you can make homemade juices.

Tips for buying a juicer

If you're on a budget and want to save some money, buy a 'pre-loved' juicer, in good condition. This is a good option if you just want to test juicing out before fully committing to the expense of buying a new juicer.

Look for a juicer with at least two different speeds (e.g., low speed/high speed) so that it's easier to juice leafy greens like wheatgrass or spinach without blowing up the motor when you push the wrong button.

Consider what size will work best on your countertop? Some people prefer a small juicer if they have space restrictions, while others need something larger.

How to make a juice

There is a small amount of preparation to do. This includes cutting up the produce so that you can easily put it through juicer blades without excessive force. You do not need to peel fruit or vegetables but for this reason it is a good idea to use organic produce. This is because the majority of residue from the chemicals used when growing the produce is on the skin.

If you cannot afford organic produce wash thoroughly with plenty of fresh water mixed with vinegar or lemon juice.

Juices that are good for beginners first starting out on their health journey

Vegetable Juice

Vegetables are a great place to start because they're easy on the stomach. They have fibre, which can help with constipation and lower cholesterol levels. Try mixing root vegetables, dark leafy greens and citrus for your first juice recipe!

Once you start, you will find you can juice most produce and even add ginger root and turmeric for a flavour boost.

Where to find recipes to get started with juicing

Some of the best places to find juicing recipes for beginners are online. There is a wealth of content dedicated exclusively to juicing, so it's easy to find what you're looking for and get inspired by new ideas.

The internet also has an abundance of user-generated recipe sites that have been created in response to interest in DIY juice making. These can be helpful if you want more specific information about ingredients or instructions on how they should be prepared. Just enter “Juicing Recipes” into Google, Facebook or You Tube and you will be spoilt for choice.

Common mistakes with juicing

Beginners to juicing often make the mistake of buying an expensive juicer before they think about what they need it for. You really only need a cheap juice extractor if you're just starting out with juicing, since your needs will change as you become more experienced in juicing.

Another common mistake beginners make is that they just juice fruit. While these juices are delicious they can be high in sugar. This sugar gets absorbed into the body very quickly and can cause poor health and weight gain. Mix in vegetables for a healthier juice.

Drink your juice straight away. Beginners can be put off by the 'browning' of their juice, even if it is stored in the fridge. This is due to natural oxidation - just like when a cut apple goes brown. It won't hurt you but can look unappetising.

Another rookie mistake is throwing away the pulp. If you use a centrifugal juicer this pulp often has lots of goodness still in it. You can make soups, use as a base for a smoothie or how about using the pulp from carrot juice to make a carrot cake!

Finally, the last piece of advice for a beginner juicer is make sure you clean your juicer immediately after use. Leaving it only makes the job harder.

With all this said, Happy Juicing.