

Preparing Produce for Juice

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APPLES

You can keep whole and unpeeled.



PINEAPPLES

Remove the green crown and cut into quarters, but leave the skin on.



BEETS

Remove the top ends and clean the bottoms thoroughly. If they are small in size, remove the bottom skinny part as well.



BERRIES

These small, fleshy fruits have a soft texture and do not contain a lot of liquid. Use a blender to blend into a puree, then add it to the juice. To use more as a color and flavor infusion – lightly process, then press with your other recipe ingredients.



LEAFY VEGETABLES

In general, do not remove the stems – they typically contain a lot of flavor and juice. Coming from the farm, leafy greens usually have the most dirt on the leaves and need to be thoroughly washed.



ORANGES & GRAPEFRUITS

Peel these items and then grind & press due to the bitter flavor in the peel.



CARROTS

Remove the top ends of the carrots due to the fact that it's tough to remove all the dirt.



MANGOES & PAPAYAS

These are a little pricey in most locations and do not contain a lot of juice – I recommend to blend in a blender and then add to the juice.



PASSION FRUIT

In most areas these are a bit pricey, I like to add this to finished juice by scooping out the seeds and mixing them into the juice.



NUTS

In general, remove shells – however, keep or order with the skins on if possible, nuts such as almonds contain a lot of flavor in the brown skin.



MELONS

You can either peel or keep the rind on watermelon, if it is not that sweet, we recommend peeling it. De-seed honeydew and cantaloupe, as you get a slightly bitter flavor when you grind or process the seeds.



LEMONS & LIMES

For stronger flavored or full bodied juices, grind these with the peel on – this is a preference where some might disagree – but when juiced whole, the peel is not as bitter than it is with oranges and grapefruits.



CUCUMBERS

Clean with antimicrobial wash to remove any wax. For light colored, non-green juices, I peel the cucumbers – otherwise I leave the skin on.

