

# Pressing Bag & Blade Recommendations

USE THIS QUICK REFERENCE GUIDE IF PRESSING PRODUCE SEPARATELY.



## SOFT TO MEDIUM FRUITS

Like pineapple, apples, pears

<b>BAG: MEDIUM WEAVE</b>	<b>BLADE: 1/2" (LARGE)</b>
<b>GRIND: COARSE</b>	<b>SPEED: 45 (MEDIUM)</b>



## HARD VEGETABLES

Like carrots, beets, ginger

<b>BAG: MEDIUM OR FINE WEAVE</b>	<b>BLADE: 3/16" (SMALL)</b>
<b>GRIND: FINE</b>	<b>SPEED: 55 (FAST)</b>



## CITRUS

Like lemon, orange, grapefruit

<b>BAG: FINE WEAVE</b>	<b>BLADE: 1/2" (LARGE)</b>
<b>GRIND: COARSE</b>	<b>SPEED: 30 (SLOW)</b>



## NUTS

<b>BAG: MONOFILAMENT NUT MILK BAG</b>	<b>BLADE: NONE</b>
<b>GRIND: NONE</b>	<b>SPEED: NONE</b>

### BLEND VERSUS GRIND

For best results, prepare in a blender or food processor prior to pouring in bag.



## HERBS & WHEAT GRASS

<b>BAG: MEDIUM OR FINE WEAVE</b>	<b>BLADE: NONE</b>
<b>GRIND: NONE</b>	<b>SPEED: NONE</b>

### BLEND VERSUS GRIND

For best results, prepare in a blender or food processor prior to pouring in bag.



## FRUITS MIXED WITH GREENS

<b>BAG: MEDIUM WEAVE</b>	<b>BLADE: 1/4" (MEDIUM)</b>
<b>GRIND: MEDIUM</b>	<b>SPEED: 45 (MEDIUM)</b>

### RECOMMENDED METHOD

Higher yield than juicing produce separately.

## GENERAL RULES OF THUMB

- For firmer fruits and vegetables use a grinder disc with smaller teeth.
- For softer fruits and vegetables use a grinder disc with larger teeth.
- The size of the disc can be found stamped along the outer edge.
- For fine grind use 3/16" or 3/31" tooth grinder blade, medium grind - 1/4", coarse grind- 1/2" or 5/16".
- Speed also affects the grind. Use a faster speed on the grinder for a finer grind.
- Trial and error is a good approach simply for learning what works best for your business and specific recipes.