

THIS IS JUICY

If you find yourself enjoying too much of the season's treats and getting too merry with the elves, juicing is a great way to kickstart your day after a night of "decking the halls"! Along with this week's Local Box vegetables, pick up some carrots & turmeric to prepare these delicious and restorative juice recipes. My piece of advice: put a paper or plastic bag into the pulp collection dispenser as a liner so that you can simply remove the bag and turn it out onto your compost pile, avoiding the extra step of clean up. Here are some more tips to keep things light & bright:

- If you find that Kale & Beets bring too much bitterness or too earthy a flavor, add Celery or Cucumber to dilute. To sweeten a recipe, add an Apple, Pear or Carrot.
- Enjoy your juice within 20 minutes or so as the beneficial properties will be diminished due to oxidization.
- No monkey business- do not try to juice a Banana!
- Wash and scrub your vegetables before juicing- keep skins, rinds, peels and stems intact- this is where the most potent vitamins and minerals live (unless indicated)
- Trim and keep the leaves of Carrot, Celery or Beets etc. as they are great juiced too!
- Clean and rinse your juicer straight away, and use the fibers left behind to add to your compost.

GREEN DOOR LEMONADE

1 bunch Swiss Chard, stems partially removed (about 4-5 leaves)
3 Celery ribs
2 large Apples, cores removed
½ medium Lemon
2 inch piece of fresh Turmeric

ST PATTY'S REVENGE

1 Bunch Kale, stems partially removed (about 1 ½ pounds)
2 Green Apples, cored
1 English Cucumber
Large handful of Spinach (about 6 ounces)

MELON BALLER

½ Cantaloupe Melon, flesh only
½ Honeydew Melon, flesh only
6-8 Swiss Chard Leaves, stems partially removed (about 1 ½ pounds)
3 Sprigs of Mint

ULTIMATE GREEN

4 ribs of Celery
4-5 Kale Leaves
1 Green Apple
1 handful Flat-leaf Parsley
1 Lime
1/2 Lemon
1 inch piece fresh Turmeric

BRIGHT EYES

10 Carrots
6 Oranges, peeled
½ inch piece of Ginger

BACK TO BLACK

3 small Beets
2-3 Apples
8oz Blackberries
½ inch piece of Ginger

WINTER WONDERLAND

4 medium Carrots
2 medium Golden Beets, crown removed
2 large oranges, peeled
2 inch piece of Ginger

JUPITER JUICE

3 Carrots
1 Cucumber
1 Apple, cored
½ Lemon, with rind

PRINCESS PUNCH

1 medium Beet
4 Carrots
2 Apples, cored

THE EARTHLING

4 whole leaves Kale
1 whole medium Beet
½ Lemon, with rind
1 inch whole Ginger

THAI ONE ON

3 medium Asian Pear, cored
2 medium Cucumber
1 Lime, with rind
2 small Radish
1 inch whole Ginger

FIESTA JUICE

6 Celery stalks
¼ Cup Cilantro, or Parsley
1 whole Green Pepper
1 medium Jalapeno
2 whole leaves Kale
½ Lime, with rind
Cayenne Pepper for topping