

Green Juice Recipe and Preparation

The green juice is more active than the carrot or carrot-apple juices, and therefore should be consumed immediately. Dr. Gerson did not recommend storage of the green juice for any length of time before consumption as it deteriorates rapidly. **Do not substitute any ingredients – if you cannot find an ingredient, simply leave it out.**

Ingredients.

- Dark green lettuces: $\frac{1}{4}$ to $\frac{1}{2}$ of a head (depending on the size of the lettuce): red and green leaf lettuces, romaine, endives.
Do not use Iceberg lettuce as it contains very little nutritional value.
- Escarole: 2 or 3 leaves
- Beet tops (young inner leaves): 2 to 3 leaves
- Watercress: 5 or 6 leaves
- Red cabbage: 2 or 3 leaves
- Green bell pepper: $\frac{1}{4}$
- Swiss chard: small amount
- Green apple: 1



Preparation.

- Greens should be washed, taking care to rinse off sand or soil that is often present at the base of the leaves.
- Shake off water or put in salad spinner to remove excess moisture.
- Cut off the bottom portion of stem on fibrous leaves and chop into smaller pieces to avoid raising the temperature of the pulp and killing enzymes.
- Using a two-step (grinder-press) juicer, grind and collect pulp in a bowl.
- When all produce has been ground, stir thoroughly, but not so much as to introduce unnecessary air into the pulp.
- Scoop the pulp onto two separate juice cloths.
- Fold the cloth and place both on the press try to be pressed at the same time. Be sure to press slowly to avoid juice squirting from the cloth.
- Some will fold over the pressed juice cloth containing dried pulp and press it again to extract more juice out of the pulp
- After pressing, the remaining pulp can be discarded
- Wash juicer after every green juice