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: ¼ to ½ 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: ¼
- 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.