



# Food for Life



## Gareth's guide to juice machines:

Drinking fresh low sugar vegetable and fruit juices is one of the best ways to get super nutritious, easily absorbed foods into your body. To juice fresh produce you need a good juice machine. You can now buy a very good quality machine, relatively in-expensively

### Different ways of getting juice!

There are several ways of turning plant parts into juice, including pressing, sieving and masticating, but commercially available juicers fall into three major categories:

#### a) Centrifugal machines:

Usually the least expensive machines

Advantages: quick, less expensive machines

Disadvantages: heats juice, limited effectiveness with leafy greens and cannot juice wheatgrass  
Doesn't make nut butters.



#### b) Auger / masticating juice machines:

Slow pressing action preserves nutrients and efficiently generates good yields with dry pulp. Work well with all produce including leafy greens & wheatgrass. 2 types:

1. Horizontal (good for wheatgrass)

2. Vertical machines:

Small "footprint" on kitchen work surfaces. Large auger and vertical feed makes juice quickly, even though machines operate at slow revolutions. 2 types:

a) double thread auger (increased efficiency)

b) wide mouth feeding tube (no chopping) with single thread auger (reduced efficiency?)



#### c) Twin gear juice machines:

"Top end". £549 - £1,000

Advantages: Ultimate juicing. Leaves very dry pulp and preserves all nutrients. Can be used for nut butters and pulping vegetables.

Disadvantages: Big, heavy and more complicated to clean, dismantle and re-assemble.



## Recommended models:

I wouldn't particularly recommend centrifugal juicers for the reasons stated above.

The auger machines are the probably the best for most people's needs.

I have two machines, a hand powered horizontal auger version:

### Tribest Z-star manual:



Highly efficient and great for travelling too.  
Breaks down into individual parts for easy packing.

Total weight: 3Kg  
Warranty: 12 months

Price: £99.95 including p&p (in the UK)

I also have an electronic upright juicer.  
The double threaded (increased juicing efficiency) machine that I would recommend is:

### Omega Vert VSJ843R available in silver, red and white



### **Specification:**

Dimensions lwxh (mm): 254x178x406

Motor Power: 150 watts RPM: 43

**Warranty: 15 Years** on all parts and motor Weight Unboxed: 5.2 Kg

Price: £399 (inc. p&p in UK).

If you would like more information on any of these products or to place an order, please contact Gareth Edwards:

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