

## Juicing Tips |

Juicing is a simple and straight-forward way of consuming a variety of fruits and vegetables in an efficient, enjoyable way. As easy as it is to do, a few tips and tricks never hurt anyone.

Compiled below is a list of frequently asked questions as well as some tips, tricks, and guides to help you get the most out of your juicing experience.

Ready to get started?

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### Why Juice?

You've heard the rave reviews about juicing and you want to know what all the hullabaloo is about. Is it fact or fiction?

Well, there's a little bit of both. We love juicing. But we know that it is not a panacea and if you want to get all the [awesome health benefits of juicing](#), there are a few things you should know. You see – in the same way that water can replenish as well as drown or fire can warm as well as burn – juicing can also be a doubled-edged sword. If you're looking to juice for health, the benefits you get from juicing will depend on how you wield that sword.

Obviously, we want you to get the absolute best stuff out of your juicing journey – find out how to use [juicing for health](#), not harm.

For those of you wondering why *juice* your fresh fruits and vegetables – I mean, why don't we just eat them?

Great question – why *don't* we just eat them? Who knows, but fact is – most of us just...don't. If you're one of the rare people who're consuming 6 to 8 servings of fruits and veggies (mostly veggies!) – you don't need juicing. Get out of here But for the rest of us, juicing provides us with a stupid simple way to give our bodies a plenitude of raw, live nutrients we *need*. Plus, when it comes to veggies...juicing them [just makes sense](#). 😊

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### How to Start Juicing?

The first step to healthy juicing starts with making sure your raw ingredients – your fruits, vegetables and herbs – are fresh, clean, and pesticide-free.

To that end, here are a few useful posts:

- [A Simple Guide to Washing Fruits & Veggies for Pesticide-Free Juice](#)
- [How to Store Your Fruits and Vegetables So They Stay Fresh and Crisp](#)

As you start juicing, you might also have a few questions on how to juice individual fruits and veggies (and herbs!) Maybe you're also interested in what benefits each of these fruits, veggies, and herbs offer. You can find the answers here:

- [How to Juice Anything: An A-to-Z Guide to Produce Prep](#)
  - [The Health Benefits of Fruits, Veggies, and Herbs](#)
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### Which Fruits & Vegetables Can I Juice?

Juicing really opens you up to a variety of fruits and vegetables since it removes the whole *how-do-I-prepare-it?!* dilemma. I mean, you can even juice wheatgrass – not something any of us know how to whip up into a meal (if you *do* know, call me).

So which fruits and veggies *can* you juice?

Well, the short answer is: “Pretty much *alllll* of them! The more, the merrier!”

The more nuanced, more accurate answer is: “You can juice most produce, but some [fruits and vegetables are simply unjuiceable](#).” It’s a short list but sadly, some things were just not meant to be juiced.

Even among the fruits and vegetables that *can* be juiced, it’s helpful to know which [parts of a fruit or vegetable are totally juice-able](#). You’ll be surprised to find that you can juice a lot of parts that you typically can’t eat – another huge benefit of juicing! Oh, and you’ll definitely want to be tossing out the parts that are toxic 

Last but not least, you’ll also want to know [which fruits and veggies have edible, juiceable peels](#) and which don’t!

For a full list of all juice-able fruits and vegetables and how to juice them, check out our [A-Z Produce Prep Guide](#).

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## What Fruits & Veggies are the BEST to Juice?

It’s hard to say which fruits and vegetables are the absolute BEST – they all have their individual benefits.

We can, however, repeat **3 good rules of thumb to follow when juicing**:

- 1. Organic > Non-Organic:** Organic fruits and vegetables are better. Duh, you say – but they’re expensive. We know, and you don’t have to buy all organic BUT here is a list of the most pesticide-infested [fruits and vegetables – try to at least get these organic](#).
- 2. Vegetables > Fruits:** Fruits juices are yummy, but [vegetable juices are healthier than fruit juices](#). We recommend juicing mostly veggies and adding a little fruit for taste.
- 2. Diversity > Routine:** One of the biggest benefits of juicing is that it allows you to consume a **variety** of fresh produce. Take advantage of it to supply your body with nutrients from foods you normally wouldn’t eat instead of sticking to the usual suspects all the time!

That being said, there are some [foods that are a MUST in juicing](#), simply because they’re so much better raw.

Oh, and here’s a fun section to check out if you’re curious about the health benefits of specific fruits, veggies and herbs!

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## What is the Best Juicer to Buy?

The best juicer to buy is simply the best juicer *for your needs*. Do you really need a super fancy juicer that makes soy yogurt frappuccino latte ice cream or mugwort mochi balls? Or are you just looking for an easy-to-clean, quiet juicer that produces high quality juice? Although there are juicers that are widely considered to be top-of-the-line, the *best juicer* for you is simply the juicer that best suits your juicing needs. Find out the [5 questions you should know the answers to before buying a juicer](#)!

And before you rush off to buy a juicer, take a moment and read through the [different types of juicers and how the measure up](#). It’ll give you a better idea of the pros and cons of each one so you can make the best decision.

Oh, and if you’re on the fence about juicing, you’ll be happy to know that you can try it out without investing in a juicer. Yet.

You will eventually want a proper juicer to be able to juice the widest range of fruits and veggies, but in the meantime, you can test out juice recipes and find out what all the hullabaloo is about for yourself!

Here's some ways to get started without a juicer...

- Check out the guide: [How to Make Juice Without a Juicer](#)
- You can also try incorporating fruits and vegetables that you don't need a juicer for – like [aloe vera](#), for example. You can whip up some fresh aloe vera gel with just a blender or food processor.
- Another awesome way to incorporate the benefits of herbs without a juicer is to make tea. Ginger tea is crazy delicious and even stinging nettles, which aren't very skin-friendly, are wonderfully nutritious when boiled as a tea.

And once you're ready to take the next step, you can start off small – check out the [best juicers under \\$200](#).

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## How Long Does Fresh Juice Stay Fresh? *i.e. Can You Store Fresh Juice?*

Short on time? Yea, us too.

In a perfect world, we'd all have the leisure to juice whenever we wanted and drink that fresher-than-fresh juice on the spot. But life often gets in the way, especially between Monday through Friday.

Fresh juice is best-est when consumed **fresh** – and that means [within 20 minutes of juicing](#). Busy schedules, however, often demand juice storage. Which means you – like many of us – will likely want to juice 'in bulk' and then store your juice.

The good news is that if you do it right, you can keep a lot of the nutritional benefits of your juices intact for up to 2 days. [Read more about how to properly store fresh juice!](#)

On a related note, if you're wondering when's the best time to drink your juice – the short answer is: *any time*. But that's not entirely true, you'll find a much more nuanced answer to the [best time to drink fresh juice here](#).

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## What's the Difference Between Juicing & Blending?

Some juicers are blenders too and it makes a lot of sense since blending lets you fill in the (nutritional) gaps that juicing leaves out and vice versa.

Learn about the [difference between juicing and blending here](#) and how they complement each other!

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## Does Juicing Have Side Effects?

There are some awesome side effects, like increased energy, reduced appetite, glowing skin and lost pounds but juicing can also bring about some unwanted side effects.

Find out some weird side effects of juicing as well as how you can avoid them.

In short, much of juicing's unwanted side effects – like turning orange, for example – can be avoided by simply rotating your fruits and veggies. This is especially important if you're worried about oxalates or simply getting too much of a good thing.

Find out [why rotating your fruits and veggies is super important!](#) And for those who'd like a convenient way of rotation – here's a handy [Rotation Color Guide of Fruits and Veggies](#) as well as a [Cheat Sheet to Rotating Your Leafy Greens \(and Other Veggies\)](#).

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## Are There Juicing Must-Haves?

While blogs – like this one! – are an invaluable source of juicing information, there's nothing quite like having a beautiful book of juicing info and juicing recipes for your perusal whenever you want to whip up a quick recipe. For this reason, I'd say that an informative, well-written [juicing book](#) is a must-have juicing tool.

And as every juicer knows, kitchen prep tends to take up a bit more time than most of us would like. To that end, there are [several kitchen tools](#) that are awesome to have around when you're juicing regularly!

Oh, and as great as juicing is – there are a [few superfoods and supplements](#) that will take your juices and smoothies up several notches



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Have more specific questions about juicing? Check out my specific (free!) juicing guides for more detailed information to juicing, well, pretty much anything.

**[A Guide to Juicing Vegetables](#)** : Everything you need to know about juicing veggies!

**[The Green Juicing Guide](#)**: Green juicing is probably our favorite-est thing to do – here you'll find everything from green juicing tips for beginners to a list of greens for more advanced green juicers to peruse.

**[A Guide to Juicing Herbs](#)** : Herbs are some of the best low-calorie, nutrient-laden foods to juice and we want to tell the whole world about them! You'll find a bunch of articles on the best herbs to juice as well as tips on juicing herbs.

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And of course, if you have questions that aren't answered here – [let us know](#)!