



farm girl juicery

juice

- 2 Small Organic Apples
- 3 medium sized carrots + tops
- Ginger, peeled (3 knuckles)
- 1-2 winter squash -any variety
- 3 stalks celery, or celery tops and ends

ZERO WASTE TIPS

- Try not to feel confined to recipes or a strict plan
- Learn a couple basic base recipes and give yourself permission to use what you have on hand
- Keep a compost bowl near you while you cook so that odds and ends make their way to the compost pile and not the waste basket
- If you have clean odds and ends- such as tops of carrots, or bottoms of lettuce and broccoli you can collect these throughout the week in a separate container to juice later.
- If you have an abundance of something - juicing is a great technique as it takes an abundance of fruits and veggies to make a modest amount of nutrient-dense, fiber-free juice
- Don't like drinking straight-up juice? Use your juice to make a dressing, soup, or smoothie

smoothie

- 1 frozen banana
- 2 tbs yogurt
- 1 teaspoon local honey
- 1/4 cup coconut milk
- 1/4 cup juice
- 2 ice cubes

 Place in blender
 Blend until smooth
 Pour and enjoy

dressing

- 2 tbs mirin
- 1/4 cup apple cider vinegar
- 3/4 cup avocado oil
- 2 tbs sweet chili sauce
- 1/4 cup juice
- salt and pepper

 Combine all ingredients
 Using blender or emersion wand blend all ingredients until liquid becomes uniformly thick.

soup

- 1 medium onion, diced
- 1/ 2 cooked potato, diced
- 1.5 cup vegetable stock
- 1.5 cup juice
- 1 cup coconut milk
- 2 tbs avocado oil
- salt and pepper, to taste

 In medium sauce pot, heat oil, add onions. Sweat onions for 8 min
 Add all other ingredients
 Bring to boil, simmer for 10 minutes and blend.