



TREA How-To Workshop Series on Local Food

Today's Discussion: Juicing with Pamela Reid



The following describes how to use a Power Juicer (Jack LaLanne model).

How to Set-Up the Juicer?

1. Put the base of the juicer on a clean, dry surface with the locking bar facing the machine (spout side).
2. Put the receptacle on top of the base with the spout facing the locking bar, and then line them up.
3. Put the filter inside the receptacle coordinating the opening on its bottom to the screw peg connected to the base.
4. Put the blade inside the filter. Note, you can either use a crescent tool or kitchen scissors to align the pegs into the blade by turning it clockwise until it is tightened. Do not overtighten as the screw peg will break.
5. Put the lid with a built-in pulp guard attached on top of the receptacle, ensuring it is aligned with the pulp guard facing in the opposite direction of the juice spout. After, lock the lid into place by lifting the locking bar up until it clicks on both sides of the lid by ensuring the locking bar is in an upright, locked position.
6. Finally, insert the pusher into the chute. Gently push the fruits and vegetables into the chute but do not force them.

How to Use the Juicer?

1. Before setting up the juicer, slice the desired fruits and vegetables after washing them. Note, you can either cut the fruits and vegetables into half or cut them into pieces.
2. Set up the juicer by following the instructions above.

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3. After preparing the sliced fruits and vegetables and setting up the juicer, put the ingredients into the juicer one by one, and monitor the storing jar.
4. Finally, once the juicing is finished you can either re-feed the pulp to receive extra juices, use it for making stock, muffins, and so on, or compost as leftovers.

How to Disassemble?

Note, for disassembly, it is the reverse of the set up process.

1. Remove the pusher from the chute.
2. Remove the lid from the pulp guard and pulp collector.
3. Use either the crescent tool or kitchen scissors to remove the blade by turning it counter-clockwise to unlock the blade.
4. Remove the filter.
5. Remove the receptacle from the base.

How to Clean the Juicer?

1. Ensure the power switch is off, the motor is stopped completely, and then remove from the power outlet with dry hands.
2. Disassemble the juicer by following the instructions above.
3. Place all other parts in warm soapy water followed by rinsing and drying thoroughly. Note, all components are dishwasher safe except the base, which you should not place in warm, soapy water.
4. Wipe down the base with either a soft damp cloth or a sponge, but do not submerge in water or place it in the dishwasher.
5. Clean the filter and blade by running them under warm water using a soft-bristled dishwashing brush, followed by rinsing and drying.
6. Dry all components thoroughly, assemble the juicer, and then store it in a cool, dry place.

Tips

1. Do not unfasten the locking bar during the juicing operation.
2. Ensure the motor completely stops and is unplugged before cleaning, putting it on, or removing parts.
3. If food gets stuck, turn off the power until the motor completely stops, unplug before disassembling, and remove the blocked food. Note, gently push the fruits and vegetables down the chute, never force.
4. Keep the juicer away from children to avoid any injury, however, they can participate in placing the fruits and vegetables down the chute, but safely monitor this.
5. Turn off the switch of the machine after putting the ingredients in one by one.

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6. Remove large pits, such as those from peaches, mangos, and so on as they will damage the blade.
7. To avoid the risk of injury, never place the blade on the base without assembling, never immerse the power cord, plug, or the juicer in water, and keep your hands and utensils away from the sharp blade during operation.

To learn more about Juicing, visit:

- Alphabet juice: the energies, gists and spirits of letters, words and combinations thereof: their roots, bones, innards, piths, pips and secret parts, tinctures, tonics and essences: with examples of their usage foul and savory by Roy Blount
- Best green drinks ever: boost your juice with antioxidants, protein and more by Katrine Van Wyk; foreword by Frank Lipman
- The juice generation: 100 recipes for fresh juices and superfood smoothies by Eric Helms with Amely Greeven; foreword by Salma Hayek



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