



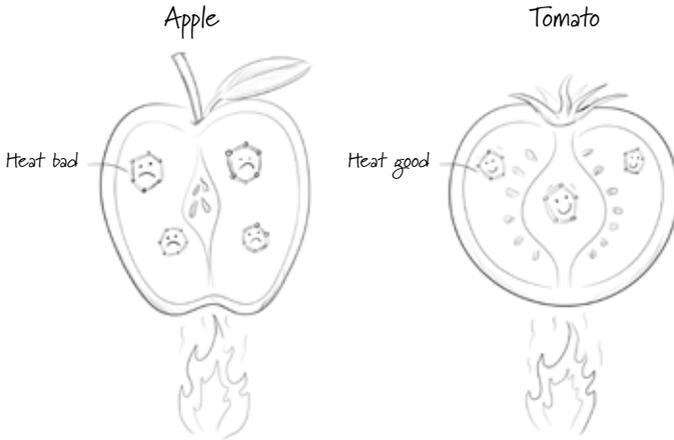
*Tips & Techniques*

*Juicing*

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## Juice your apples, cook your tomatoes.

When it comes to nutrition, it is generally believed the fresher, and rawer the food, the better.



Vitamin C for example, is water soluble and relatively unstable so it can be depleted quite significantly when it's exposed to heat or air. Extracting juice happens very quickly so the air volume pushed into the food cells is minimal, and, in this machine, less than 2°C of heat is transferred into the juice. So, on average, much more of the fruit or vegetable's original vitamin and mineral content ends up in the juice than not.

That being said, surely it's better for you to drink the fresh, raw juice than to cook the nutrients out of the food? This is generally true but the same cannot be said for all things good contained in food. Lycopene for example, is found in most red fruits like tomatoes and red capsicums (yes they are both fruits!) and is said to reduce the risk

of nasties like cancer. Lycopene actually increases its ability to be absorbed in the body after being exposed to heat, especially in tomatoes. Other weird and wacky things can happen to tomatoes once cooked. 'Umami', for example, which is a mouth-watering, lingering, savoury taste on the tongue, becomes prominent in tomatoes when they're slow cooked with other ingredients for long periods of time.

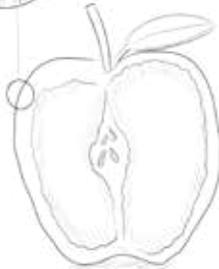
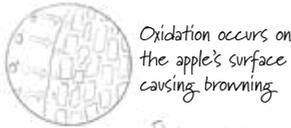
### TIP

So when it comes to juicing, experiment with as many fruits and vegetables as you can to maximise your nutrition. However, unless you're making a Bloody Mary, try throwing the tomatoes in the saucepan instead!

## Three good reasons to add some lemon.

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Lemons are usually underused, they are not only useful for their taste and flavour, but also can be used for the following:



Cut apple



Cut apple with lemon juice

### 1. To balance your body's pH.

We all know citrus is acidic right? Well, when it comes to lemons, guess again. While in its natural state it's acidic, it actually metabolises as an extremely alkaline substance in the body. This is because when it is metabolised, like most foods, it ends up as a residue or ash. If this ash is sodium, magnesium, potassium and calcium dominant, like metabolised lemon ash, then the digested part of the food is alkaline.

Why is this good? Well if, like most of us, you consume a fair amount of cereal grains and refined foods it is quite possible your body's pH level is more acidic than it should be. Balancing your pH with alkalinity can help maintain energy levels and a healthy heart.

### 2. To stop fruit juices from turning brown.

Yes, this really works. The acidic part of

lemons, the citric acid, halts oxidative browning by slowing down the enzymatic reaction that happens when you juice fruit and vegies. This means that, once the skin is cut open on a fruit or vegetable, oxygen begins to react with the fruit's enzymes and effectively digest the insides of the fruit, causing it to go brown. Lemon juice slows this process down for fresher looking and tasting juice.

### 3. To add zing.

Lemon has a sour tangy taste when you drink it on its own, but when you add it in the right proportion to your apple, spinach and beetroot juice, or with watermelon and pineapple, it leaves a pleasant, tingling sensation on your tongue. A bit of lemon can do a lot to the crispness on the palate and the lingering after taste of the juice.

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