



Can You Juice Microgreens?

Where did this idea of juicing come from, and can you juice microgreens?

My favorite salad restaurant had just moved to a new location. When I walked in, they had divided the space. On the right, I ordered my salad. New was the juice bar on the left.

What was it about juicing? Was it the convenience of getting your nutrients? Did juicing provide more? As I walked up to the juice counter, I noticed my host adding what looked like microgreens.

For two centuries, doctors have known that drinking fresh citrus juices prevented scurvy, a disease resulting from a lack of vitamin C (ascorbic acid).

But why the new interest in fresh juicing?

Because science has “caught up.”

Sure, juices have most of the vitamins, minerals and phytonutrients found in fruits, veggies, nuts and berries.

However, microgreens give the same important micronutrients plus antioxidants in quantities 5 to 40 times more than mature plants.

You can add them as a garnish, add them to your ingredients, or you can chuck a boxful or two into the juicer, stems and leaves—hundreds of recipes.

But not all juices are not equal. Juicing fruits and vegetables sieve off the fiber content.

If you prefer the pulp, then try a blender and make yourself a smoothie.

Can you juice microgreens? This post will answer the question and more.

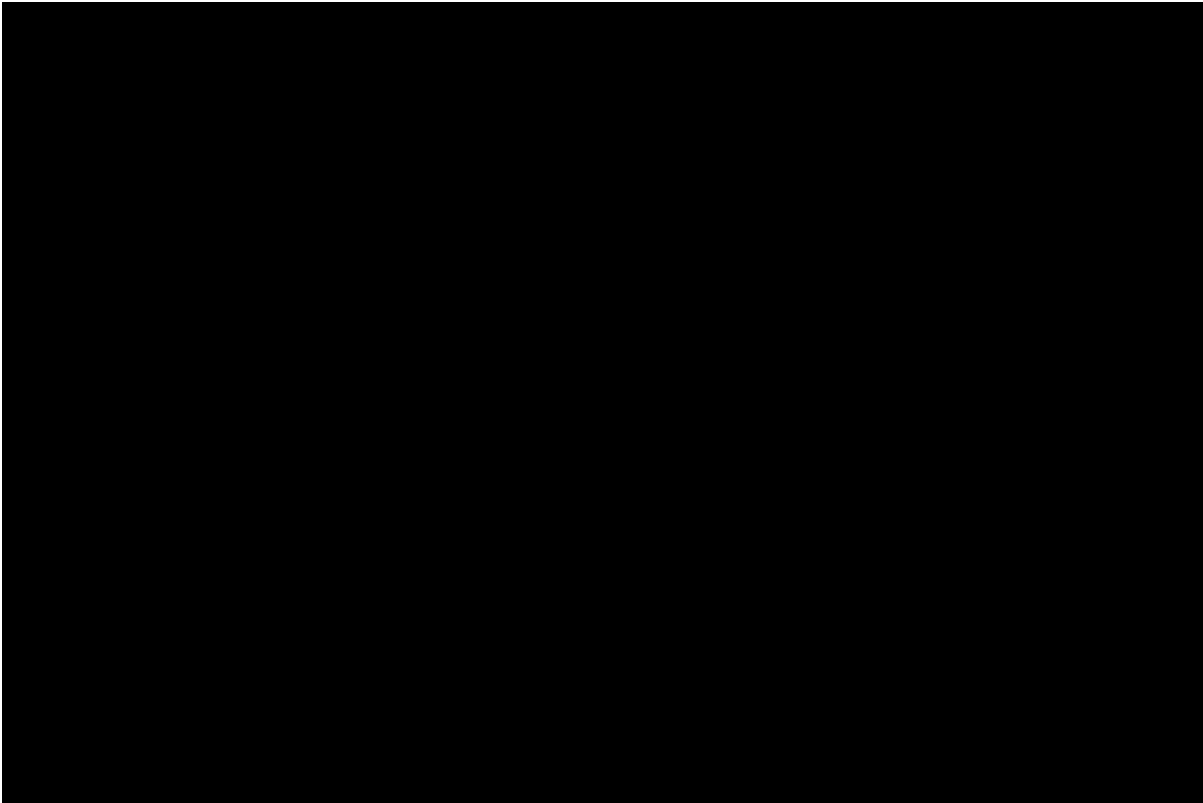
Let's begin.

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HOW TO MAKE THE PERFECT SMOOTHIE AT HOME | Amy Keating, Consumer Reports

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A Superfood: Microgreens over Mature Plants

In a [research study](#) for the US Centers for Disease Control and Prevention (CDC), Jennifer Di Noia of William Paterson University, defined "Powerhouse Fruits and Vegetables."

Powerhouse Fruits and Vegetables

She classified "17 nutrients of public health importance per the Food and Agriculture Organization of the United Nations and Institute of Medicine."

The 17 Nutrients of Public Health Importance:

1. Potassium
2. Fiber
3. Protein
4. Calcium
5. Iron
6. Folate
7. Zinc
8. Vitamin A
9. Thiamin (vitamin B1)
10. Riboflavin (vitamin B2)
11. Niacin (vitamin B3)
12. Vitamin B6
13. Vitamin B12
14. Vitamin C
15. Vitamin D
16. Vitamin E
17. Vitamin K

Where do you find the highest concentration of these nutrients?

A sample of her results:

| Fruit or Vegetable | Nutrition Density Score |
|-------------------------|-------------------------|
| Raw Cruciferous Veggies | |
| Watercress | 100.00 |
| Chinese cabbage | 91.99 |
| Collard green | 62.49 |
| Kale | 49.07 |
| Arugula | 37.65 |
| Broccoli | 34.89 |
| Leafy Green Veggies | |
| Chard | 89.27 |
| Beet green | 87.08 |

| | |
|---------------------|-------|
| Spinach | 86.43 |
| Chicory | 73.36 |
| Leaf lettuce | 70.73 |

Table 1 Nutrition Density of Select Microgreens

Choose Microgreens Instead of Mature Plants

Around the 1980s [microgreens became popular](#) in California USA.



Microgreens, the embryonic leaf in seed-bearing plants (cotyledons) of many vegetables, herbs, and flowers, is now a worldwide farming phenomenon that [studies show](#) are a dense source of nutrition.

And, we can produce them in just about any place you can think of.

And we know from [research](#) that like fresh herbs, microgreens contain large amounts of vitamins A, C and K, and polyphenols.

Microgreens are four to [20 times as nutrient dense](#) as the mature plants. **One ounce of a broccoli, kale, and cabbage microgreen mix contains the amount of [sulforaphane](#) found in 1.5 pounds of raw broccoli.**

And according to the USDA, a [100g serving](#) of sunflower and basil microgreen mix delivers micronutrients sure to supercharge any squeezed beverage.

The same size serving of sunflower and beet microgreens [contains](#) similar amounts of each nutrient but provides more iron, at 23.9 mg.

The key benefits of each microgreen vary.

But why bother spending more time, and more money, juicing mature leafy greens?

Eating a variety of microgreens will supply more of these helpful nutrients when combined with the best fruit.

Tools of the Trade: Juicing Equipment

Juicing has been around since the time of [ancient Khamit \(Egypt\)](#).

The Rise of Juicing

When N. W. Walker, an Italian immigrant to the US, invented the modern juicing machine back in the 1930s, the Norwalk Hydraulic Press Juicer, scientists of the day thought he was a quack.

But Walker was a pioneer in the fresh raw vegetable and fruit juices field. He lived to be 99!

Jack Lalanne, the American fitness great who died at 94, popularized juicing in the 1970s and 80s.

And those of you old enough to remember, in 1993 a Korean man named Mr. Kim invented the first twin gear juicer called The Green power Juicer.

So, what's your choice?

Do you want to skip the pulp and squeeze it till it's dry?

If you want a smooth and pulp-free juice, for optimal digestion and nutrient absorption, then get yourself one of these:

- The Norwalk Juicer (still available 90 years later!)
- PURE Juicer
- The Champion Juicer (with homogenizing nozzle) and separate hydraulic press

Gulp. The price!



Figure 2. Used Norwalk 280 Hydraulic Press Juicer

Do you want some pulp, like the [Mayo Clinic suggests](#)?

If you want a juicer that extracts enough juice (masticating juicer), and preserve enzyme activity, try these:

- The Champion
- Angel Juicer
- Green Star
- Green Power
- Solo Star
- Hurom Slow Juicer
- Omega Juicers (masticating models only)

And if you're a serious juicer, avoid these Centrifugal Juicers.

- Jack LaLanne's Power Juicer
- Breville Juice Fountain

- Omega (centrifugal models)
- Hamilton Beach Juice Extractor
- Black & Decker Juice Extractor

"Centrifugal juicers expose the juice to heat and oxygen, killing off the essential healing enzymes in the juice. These juicers have difficulty in juicing leafy greens."

Okay, I just tossed out my Jack LaLanne Power Juicer that I bought in 2010.

That's the advice anyway of [The Gerson Guide to Juicers](#). It's the most concise, brief, and clear descriptions on juicers that I could find out there.

My Two Favorite Microgreen Juicing Recipes

We're all different. Your body will respond at different times in the day, to different juices.

So, experiment!

Do what your body tells you. If it looks good, drink it. You will get the nutrients either way.

Microgreens Flavors and Textures

Although they are young vegetable greens, microgreens have [delicate textures and distinctive flavors](#).

Let's choose a few of my favorites from the CDC's list of Powerhouse Fruits and Vegetables.

| Fruit or Vegetable | Nutrition Density Score | Taste, Aroma, Flavor, Intensity |
|--------------------------------|-------------------------|---------------------------------|
| Raw Cruciferous Veggies | | |
| Watercress | 100.00 | Bitter, Peppery |
| Kale | 49.07 | Bitter, Crunchy, Mild |
| Arugula | 37.65 | Savory, Nutty, Strong |
| Broccoli | 34.89 | Bitter, Crunchy, Mild |
| Leafy Green Veggies | | |
| Beet greens | 87.08 | Sweet, Earthy, Mild |
| Leaf lettuce | 70.73 | Sweet, Strong |

Table 2 Texture and Flavor of Select Microgreens

Choosing Your Fruits

Let's use 6 of my favorite fruits, that are high in health benefits:

- Citrus (oranges, lemons),
- Mangoes,
- Pomegranates, "nature's Viagra",
- Apples, the "Queen of Fruits",

- Grapes, and
- Cherries,

and combine them with our microgreens to create three delicious juice combinations.

Mixing it Up

Fresh Tropical Blend

1 Large Orange (3.2 oz of juice, 2.4 oz pulp)

1 Mango (3.3 oz of juice, 3 oz pulp)

4oz Box or tray of Beet Microgreens (2.5 oz juice, 1.5oz pulp)

1. Peel your orange. You can slice into quarters leaving the white pulp. Or, you can remove the pulp and peg the orange.
2. Peel your mango, either with a knife or use your fingers to remove the skin. Pare the mango cutting the meat to the seed. Discard the seed.
3. Wash your microgreens, if it's already in a "triple washed" package.



4. Turn on your juicer. I bought a used Omega Juicer.
5. Put your 8 oz glass in place.
6. Put the mango slices in the first, followed by the microgreens, then the orange pieces.
7. Should take about 1-2 minutes, enough time to clean up.

Mmmmm! Taste that earthy smooth juice, with a just a hint of spices.

Andrew's Post Workout Special

1 Cup Cherries

1 Large Apple (2.7 oz of juice, 2 oz pulp)

4oz Box or tray of Arugula Microgreens (2.5 oz juice, 1.5oz pulp)

1. Cut the cherries in half with a sharp knife and remove the seeds. Or use this method to [pit them](#).
2. Wash your microgreens, if it's already in a "triple washed" package.
3. Wash the apple. Core the apple. Peel it first if you don't like the skin, Cut into 4-to-8 slices.
4. Turn on your juicer.
5. Put your 8 oz glass in place.
6. Put the apple in. They oxidize (turning brown) fast.
7. Add the microgreens next, then the cherries pieces.
8. Should take about 1-2 minutes, enough time to clean up.

Ahhhhh! Taste that almost sweet and sour flavor.

*If you're just not feeling the juice thing, and Smoothies are for you.
Check out the folks at [2BFresh Microgreens](#) and their delicious
microgreen smoothies.*

Storing Your Juices and Microgreens

Make only as much juice as you can drink at once; harmful bacteria can grow in squeezed juice. The same goes for microgreens. Store in the coldest part of your fridge (35-38 F, not the freezer) for only 2 days.

Hint: Add a drop of lemon to maintain the flavor.

To get the full benefits of fresh juice, drink it within 15-20 minutes.

Another cool way of storing is in a pre-chilled thermos. Great to carry around, if you're on the move.

All the [evidence](#) I could find supports the idea that 100% raw juice delivers essential nutrients and phytonutrients.

And when you substitute microgreens for mature plants, you get more nutrients for less time, work, and money.

So, can you juice microgreens? Yes!

I've learned a lot about microgreens, how good they are for you, and what you can do with them. Check out my guide, "[The Beginner's Nutritional Guide to Incredible Microgreens.](#)"



Andrew Neves

I'm the co-founder of JPureFarms, a startup. I live in Atlanta, Georgia, and enjoy urban farming, growing and writing about microgreens and their incredible health potential. I love my greens!