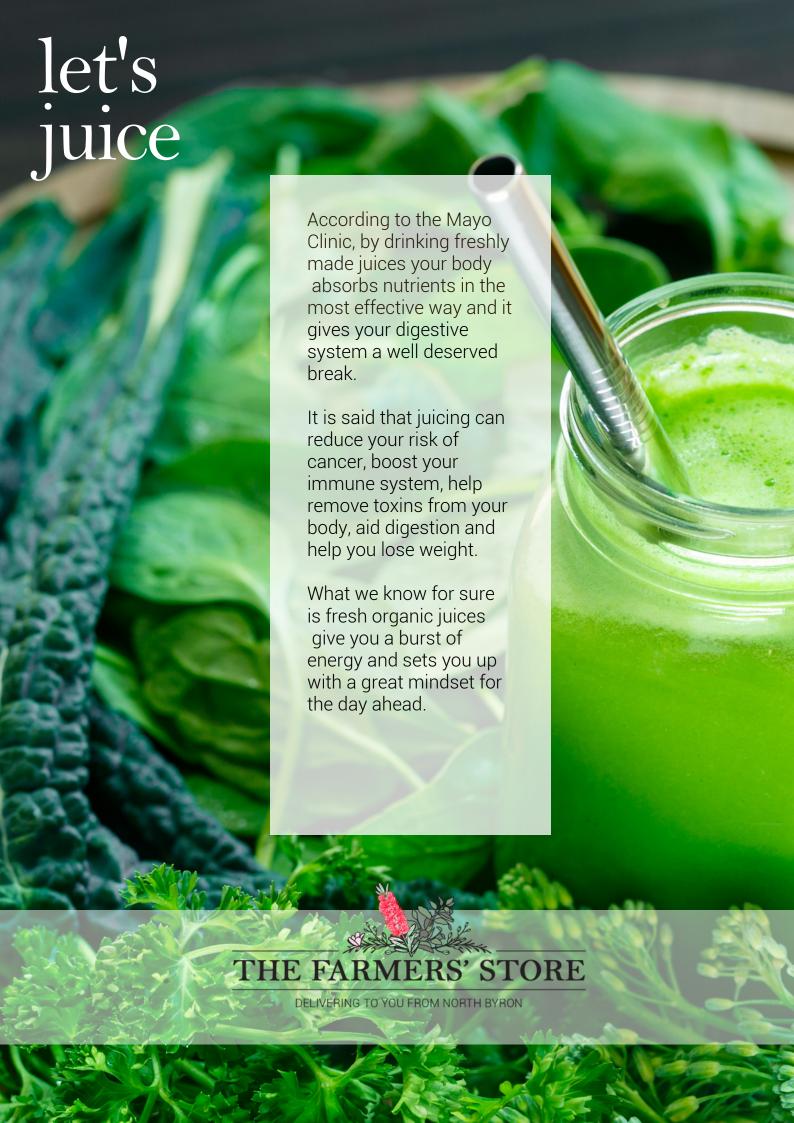
let's Juice





let's juice

our top juice recipes straight from the farm...

BIG RED

1-2 med beetroots

6 carrots

2 medium apples

1/2 lemon

2 oranges

1 chunk of ginger or galangal



let's juice

our top juice recipes straight from the farm...

THE GREEN GODESS

- 2 small cucumbers
- 6 leaves of kale
- 3 stalks of celery
- 2 large cucumber
- 1/2 lemon
- 2 medium apples
- 2 chunks of ginger or galangal
- Sprig of mint



let's juice

our top juice recipes straight from the farm...

THE BIG O

- 8 carrots
- 2-3 oranges
- 1-2 chunks of ginger or galangal
- 1 chunk of turmeric (leave out if using galangal)
- 5 large carrots
- 2 medium apples



