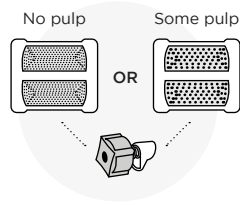


Juicing Cheatsheet



STEP 1

Wash and prepare your produce.



STEP 2

Assemble your Greenstar. Insert the Fine Screen or Coarse Screen and twist on the Juicing Knob.




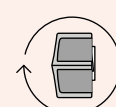








STEP 3

Place the Drip Tray and Juice Pitcher under the pulp outlet under the juice outlet.


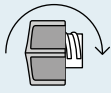

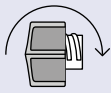

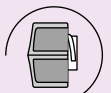






STEP 4

Position a bowl or bag under the pulp outlet to catch the pulp.

Produce	Preparation	Juicing Knob Position	Instructions
 Hard roots carrots, beets	Cut into long, thin pieces. Split large carrots in half lengthwise. Small carrots can go in whole.	 Tighten all the way.	Feed the wedge end of the root first, then press down on the blunt end with the tamper.
 Fibrous stalks celery	Separate into individual ribs.	 Tighten all the way.	Feed the ribs one stalk at a time with leafy side down. Press down with tamper as needed.
 Leafy greens spinach, kale, dandelion, chard, romaine, cabbage	Separate and roll leaves into cylindrical shape.	 Tighten all the way.	Feed the leaves through the chute. Press down with tamper.
 Grasses wheatgrass, barley grass	Cut to the desired length. TIP: For wheatgrass, refrigerate for at least 2 hours before juicing for less foam.	 Tighten all the way.	Feed handfuls of grass, blade tips first. Press down with tamper if necessary. Loosen or remove knob after juice comes out.
 Apples fuji, granny smith, pink lady, honeycrisp	Cut into 6-8 slices. Peeling and coring the apple is optional.	 Tighten halfway.	Feed one slice at a time. Press down with tamper. Loosen knob 1/4 turn at a time if pulp does not start feeding.

Juicing Cheatsheet

Produce	Preparation	Juicing Knob Position	Instructions
 Citrus oranges, grapefruits, lemons, limes	Remove the rinds and separate into wedges. The pith is safe to juice.	 Tighten halfway.	Feed one piece at a time and press down with tamper.
 Softer fruits and vegetables grapes, tomatoes	Cut into small enough pieces to go through the chute. Remove hard seeds.	 Tighten at least halfway.	Feed one piece or a small handful at a time. Press down with tamper.
 Firm fruits apples, pears, persimmons	Cut into mid-sized pieces. Peeling the fruit is optional.	 Tighten 3/4 of the way.	Feed one piece at a time and press down with tamper.
 Juice cocktails	Prepare your produce.	 Adjust intermittently.	Feed the produce, alternating between hard and softer produce. Press down with tamper.
 Other fruits and vegetables	Prepare your produce. Experiment with the screens and adjust the juicing knob in different positions.	 Adjust intermittently.	Feed the produce one piece at a time. Loosen the knob if the produce is backing up. Remove knob if necessary.

Note: It is normal for a few drops of juice to come out of the pulp outlet when first starting juicing. As you continue juicing, only pulp will come out of the pulp outlet.

The Greenstar will not be able to juice very soft fruits like strawberries or bananas because there is not enough body behind the pulp to get pushed past the screen. These types of fruits are better blended or can be used to make frozen fruit sorbets using the Blank Screen included with your juicer. Fruits with hard seeds like grapes with seeds, pomegranates, avocado, and cherries may not be used with the pits inside.