

# DRINKING THE GARDEN

Regular drinking of juices and smoothies is an awesome treat for your mind and body whilst cheering up your senses. The delicious taste and a multitude of health benefits, make these delightful drinks a fabulous, nutritious breakfast.

Many people worry about committing to the preparation of the ingredients and often times, are worried about the clean-up afterwards. It really doesn't take too long to clean out the blender or the juicer and once you create a habit of having a nutritious freshly created drink daily, it becomes second nature.

We all know we need to eat more fruits and vegetables, and get more antioxidants, vitamins, and healthy fats into our diet. A good smoothie can balance all of that. Smoothies are also great for busy people - especially people who don't like to cook - because they're fast! You also know every single ingredient that's in a smoothie you make yourself (unlike prepared or processed foods).

Making a smoothie or juice is empowering! It lets you take control of your health, your nutrition, and the flavours all at once.

## SMOOTHIES

Smoothies are definitely a place to be creative - we are giving you a few ideas here, but let yourself experiment with various different ingredients and make your own special blends.

There is plenty of research to show the benefits of various fruits and vegetables to our health. Several studies have suggested a link between eating blueberries and improved memory and a reduced risk of Alzheimer's disease. Scientists believe the anthocyanin antioxidants in blueberries may protect neurons, improve brain cell communication, and enhance blood circulation to the brain.

Other studies have shown that adding spicy ingredients like ginger and cayenne pepper to a shake, can rev up your

metabolism and boost your mood.

There is clinical evidence that repopulating the gut with "good bugs" by taking probiotics, prevents a host of ailments. Kefir is one of the best probiotics, natural yogurt is another and perfect for smoothie blends.

To help you get through the day, a smoothie needs to prevent blood sugar spikes rather than cause them. That means it can't be all really sweet fruits.



Drink a rainbow - the colours in plants derive from phytochemicals, many of which have been demonstrated to have protective health properties, including reducing risk of cancer and cardiovascular disease. risk of cancer and cardiovascular disease.

## FAT IN SMOOTHIES

It is important to understand that many vitamins can only be absorbed in the presence of fat. Thus omitting fat from your smoothie cuts into its nutritious benefits. Vitamins A, D, E, and K are all fat-soluble, meaning that unless you add fat to your smoothie, you're not absorbing any of them. The solution is easy, though, and delicious. Nuts and many seeds have fat, —like walnuts and almonds, or chia and flax seeds. You can also add avocados, which are rich in monounsaturated fats.



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## SMOOTHIES RECIPES

### Super green smoothie

- cleansing & mineral rich

Add the following to a blender before placing on the lid and giving it a whizz.

- ▶ A handful of baby spinach
- ▶ A floret of broccoli or 2 leaves of kale
- ▶ Handful of almonds
- ▶ 1 chopped pear
- ▶ 1/2 an avocado
- ▶ 150ml water
- ▶ 1/2 juiced lime



### Berry crush smoothie

- immune boosting

Add the following to a blender before placing on the lid and whizzing it up.

- ▶ 2 tbsp live yogurt or kefir
- ▶ A big handful of blueberries
- ▶ A big handful of blackberries
- ▶ 150ml coconut water
- ▶ 3 ice cubes





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## SUPER NUTRITIOUS JUICES

When you juice your fruits and vegetables, you may get more concentrated, more easily-absorbed nutrients. This is because the bulk of the vitamins and minerals found within a fruit are typically in the juice, not the pulp and fibrous material that you'd also get in a smoothie. This doesn't mean that smoothies do not have nutrients within them but it means that when you are juicing herbs, green leaves and chlorophyll rich plants you will be getting a power punch of nutrition.

The fact that the dietary fibre is removed through juicing can be an advantage – and perhaps the single most important aspect of juicing. Normally the body has to work very hard to extract nutrients out of plants, but in the case of juicing, that process has already been started by extracting the liquid from the fibrous plant cells. This allows nutrients to enter the bloodstream in the fastest way possible and with the least amount of energy used by the body. Soluble fibre slows this process down.

## TYPES OF JUICER

When it comes to juicing, there are basically two types of juice machines that are available on the market – centrifugal or masticating juicers.

Centrifugal means moving or directed away from a centre or axis. A centrifugal juicer spins at high speeds and during the spinning motion; the vegetables that you have put down the chute are ground to a pulp. The spinning motion then forces the juice away from the pulp. Masticating means to chew, to grind or knead into a pulp.

Your teeth are an excellent example of mastication in action. Your teeth chew and grind food. After you swallow, the food then goes to your digestive system, which, through the process of digestion, begins to extract the juice from the food – you eat.

Much in the same way, a masticating juicer grinds vegetables and literally squashes out the juice. Since a masticating juicer works at low speeds and with no spinning action, it tends to juice many vegetables more efficiently. Some say the high-speed action of a centrifugal juicer produces too much heat, which then can damage or possibly kill the enzymes in the juice and render them ineffective. spinning action, it tends to juice many vegetables more efficiently. Some say the high-speed action of a centrifugal juicer produces too much heat, which then can damage or possibly kill the enzymes in the juice and render them ineffective.

## MANY GREEN WILD HERBS CAN BE JUICED – SPRING IS THE BEST TIME OF THE YEAR FOR THESE.

Cleavers or Goose grass (*Galium aparine*) is a totally amazing herb, so vital, full of life, it grows really strong and erect clinging on to other plants around to aid its skyward travel, with its fine brisk hairs. Almost as soon as it is picked it starts to wilt. I often think of this herb as a bottlebrush for the lymph, drawing out toxins and giving our insides a good scrubbing. It is part of the coffee family and the ripe caffeine containing seeds have been roasted and used as coffee in the past.

Nettles (*Urtica* spp.) are universally recognised with their serrated leaf margins, they invade many gardens, allotments and parks. A lot of their medicinal actions are heating and drying to the body and therefore ruled by the planet Mars. It is interesting that it is a lot of hot, dry conditions that nettles are often used for. They can help to calm the histamine reaction of hay fever, drying up mucosal secretions and help with eczema, dermatitis and rhinitis or basically anywhere there is inflammation and heat.

So wonderfully abundant, one can find cleavers and nettles nearly everywhere in our lush green spaces. The wonderful thing about juicing herbs it that they can be frozen for the future. Cleavers, nettles and chickweed are all at their optimum (for detoxing, immune boosting, nutrient and mineral content, blood cleansing and lymph drainage) in the spring, before all that energy goes to aid the plants to flower – so in the grand scheme of things a relatively short period. However, once frozen in handy ice cube portions, one can access these healing properties all year long. These bright green cubes of power can be added to smoothies over the autumn and winter months....





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## JUICES RECIPES

### Cleansing Green Smoothie

- cleansing

- ▶ 2 large kale leaves
- ▶ 3 sticks celery
- ▶ 1/2 cucumber
- ▶ 1/2 fennel bulb
- ▶ 1 lime - peeled

**Seasonal addition :** Small handful of spring herbs (when available) such as nettle leaf or cleavers.

Wash, chop & add the ingredients to your juicer & stir before drinking. This is a cleansing, diuretic juice. Green and tasty.



### Boosting Red Smoothie

- Immune boosting

- ▶ 2/3 carrots
- ▶ 1/2 beetroot
- ▶ 1 apple
- ▶ 3 sticks of celery
- ▶ 1/4 inch fresh ginger root

Wash, chop and add the ingredients to your juicer and stir before drinking. This is a warming, nourishing juice.



## WHEATGRASS

We often grow wheatgrass in trays for juicing too. Wheatgrass is a food prepared from the cotyledons of the common wheat plant, *Triticum aestivum* of the family Poaceae. Wheat grass can be traced back in history over 5000 years, to ancient Egypt and perhaps even early Mesopotamian civilisations. It is purported that ancient Egyptians found sacred the young leafy blades of wheat and prized them for their positive effect on their health and vitality.

## PLANT BLOOD

The fresh juice of plants is very much like the liquid in our cells. Drinking the juice of fresh greens is like drinking the nectar of the rejuvenation of youth. The essential elements that may be lacking in your body cells, particularly the live enzymes, bioactive vitamins and minerals, are easily assimilated through fresh green juices.

Chlorophyll is a pigment which gives plants their green colour and is found in most plants and algae. Chlorophyll also facilitates the process of photosynthesis, which allows the absorption of energy from light. Isolation of chlorophyll as a pigment by itself was first done in 1817 by French chemists Joseph Bienaimé Caventou and Pierre Joseph Pelletier.

Chlorophyll is green because it absorbs all the colours in the light spectrum except green.

The chlorophyll molecule closely resembles heme (a component of hemoglobin), the pigment that combines with protein to form haemoglobin. The latter is present in the red corpuscles of the blood and by carrying oxygen to the tissues makes the production of energy and life possible. The major difference between chlorophyll and heme is that chlorophyll contains magnesium while heme contains iron as its central atom.