

Organic vs Non-Organic Guide

I have compiled a list of all the ingredients used in the recipes featured in my book *Don't Toss the Juicer Pulp*, which are best to buy organic and which are okay to buy non-organic.

You can print this guide to take grocery shopping.

Don't Toss the Juicer Pulp – Organic / Non-Organic Buying Guide

| INGREDIENT | DIRTY DOZEN? | CLEAN FIFTEEN? | NOTES |
|--------------------|--------------|----------------|---|
| APPLES | YES | NO | Buy organic whenever possible |
| BEETS / BEETROOT | NO | NO | Your choice to peel if not organic |
| BELL PEPPER | YES | NO | Buy organic whenever possible |
| BROCCOLI | NO | NO | |
| CARROT | NO | NO | Your choice to peel if not organic |
| CAULIFLOWER | NO | NO | |
| CELERY | YES | NO | Buy organic whenever possible |
| ZUCCHINI/COURGETTE | NO | NO | |
| CUCUMBER | YES | NO | Buy organic whenever possible. Peel if not organic |
| FENNEL (BULB) | NO | NO | |
| GINGER | NO | NO | |
| KALE | NO | YES | |
| LEMON | NO | NO | |
| LETTUCE | YES | NO | Buy organic whenever possible |
| LIME | NO | NO | |
| MANGO | NO | YES | |
| MELON | NO | YES | |
| ORANGE | NO | NO | |
| PEAR | NO | NO | |
| PEAS | NO | YES | |
| PINEAPPLE | NO | YES | |
| RED CABBAGE | NO | YES | |
| SPINACH | YES | NO | Buy organic whenever possible |
| SWEET POTATO | NO | YES | Your choice to peel if not organic |

Ingredients Preparation Guide

Use this guide to properly prepare your juice ingredients to ensure great tasting pulp for your recipes.

It only takes a few extra seconds to do this, and you remove the less tasty parts, the less healthy parts such as pips and it will preserve the lifespan of your juicer.

Don't Toss the Juicer Pulp – Ingredients Preparation Guidelines

| INGREDIENT | NOTES |
|--------------------|--|
| APPLES | Cut into quarters and cut out pip centre or use corer |
| BEETS / BEETROOT | Top and tail. No need to peel unless you want to |
| BELL PEPPER | Remove green stalk. Removing seeds is optional. |
| BROCCOLI | Use it all, florets and stalk are all good! |
| CARROT | Remove top. Peeling if non-organic is optional |
| CAULIFLOWER | Use florets and stalks |
| CELERY | Chop off any dried tops and woody bottoms |
| ZUCCHINI/COURGETTE | Top and tail to remove stalk and bottom |
| CUCUMBER | Peel off skin with a knife or veg peeler if not organic |
| FENNEL (BULB) | Chop off any dried tops and woody bottoms |
| GINGER | Peel skin off with a knife or veg peeler |
| KALE | Use it all. You can remove very thick ribs if preferred |
| LEMON | Peel off rind with a sharp knife, quarter and remove any pips |
| LETTUCE | Chop off any dirty bottoms but otherwise just use it all |
| LIME | Peel off rind with a sharp knife, quarter and remove any pips |
| MANGO | Peel off skin with a knife. Cut the flesh away from the central stone |
| MELON | Scoop out any seeds and cut the flesh away from the rind |
| ORANGE | Peel off rind with a sharp knife, quarter and remove any pips |
| PEAR | Top and tail, quarter and cut out any pips (they often don't have any) |
| PEAS | Use it all, including the pods. Just remove any woody stalks |
| PINEAPPLE | Cut rind off the flesh. No need to core |
| RED CABBAGE | Remove any dried up outer leaves but otherwise use it all |
| SPINACH | Use it all. Rinse unwashed leaves thoroughly |
| SWEET POTATO | Peeling is optional but I usually peel as it makes for better juice |