

# 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