

# Get Started with Vegetable Juicing

## Why Vegetable Juices?

Vegetable juices are a quick way to boost your nutrient intake, stay hydrated, and support overall health. They're packed with vitamins, minerals, and antioxidants.

## What You'll Need

Juicer or Blender	A juicer extracts liquid; a blender keeps fiber (you can strain later).
Fresh Vegetables	Choose seasonal, organic if possible.
Optional Add-ins	Herbs (mint, parsley), lemon, ginger, or a pinch of salt for flavor.

## Basic Steps

1. Wash Thoroughly: Rinse vegetables under running water to remove dirt and pesticides.
2. Prep Your Veggies: Chop into smaller pieces for easier blending or juicing.
3. Juice or Blend: Use a juicer for extraction or blend with water and strain if needed.
4. Serve Fresh: Drink immediately for best nutrient retention.

## Beginner-Friendly Combos

Green Boost	Spinach + cucumber + celery + lemon
Carrot Glow	Carrot + ginger + apple
Beet Power	Beetroot + carrot + orange

## Tips for Success

- Start with mild flavors (cucumber, carrot) before strong ones (kale, beet).
- Balance taste with a splash of citrus or a small piece of fruit.
- Clean your juicer/blender right after use to avoid staining and odor.