

Juice Lab

Three juices, one juicer, and a blender at the end to put the fiber back. Students taste all three, then look at what the juicer threw away.

SERVES	ACTIVE TIME	EQUIPMENT	SKILLS
24 tastings	25 minutes	Juicer • Blender	Produce prep • Tasting & adjusting • Yield

THE THREE JUICES

JUICE ONE

Carrot & Orange

Makes about 45 oz

3 lb carrots, tops off

6 oranges, peeled

The easy one. Orange goes in, orange comes out — that is beta-carotene on its way to vitamin A.

JUICE TWO

Cucumber, Grape & Mint

Makes about 50 oz

4 large cucumbers

1 lb green grapes

1 small handful fresh mint

Flavor with no salt and no added sugar. The mint goes in last so it stays bright.

JUICE THREE

Kale, Orange & Strawberry

Makes about 34 oz

3 bunches kale, stems on

8 oranges, peeled

1 lb strawberries, hulled

The one that teaches. Kale alone is a hard sell — the fruit carries it, and they drink it anyway.

METHOD

- 1 Prep the produce.**
Wash everything. Tops off the carrots, peel the oranges, hull the strawberries. Leave the kale stems on — the juicer handles them.
- 2 Run the juicer, hardest first.**
Carrots and cucumbers before leaves and berries. Soft produce last so it pushes the rest through.
- 3 Taste and adjust.**
Too sharp, add more orange or grape. Too sweet, add cucumber. This is seasoning — just with fruit.
- 4 Keep the pulp.**
Nobody empties the catch bin. Set it on the bench where everyone can see it.
- 5 Put the fiber back.**
Pour leftover juice into the blender with two bags of frozen fruit. Blend. Taste it against the straight juice.

CHEF'S NOTES

The pulp is the lesson. Everything water-soluble reached the glass — vitamins, minerals, and all of the fruit sugar, with nothing left to slow it down. The fiber stayed in the bin.

Blending is not juicing. The blender keeps the whole fruit, so the fiber comes back and the sugar arrives slowly. Same fruit, different result.

Blueberries stay whole. They clog a juicer and give almost nothing back. Put them in a bowl to eat beside the juice.

Yield check: roughly 130 oz across the three juices — about 1.5 oz per student per juice, with enough left to blend. Order quantities leave margin so groups can experiment.