

A top-down view of a variety of fresh green vegetables arranged on a light-colored surface. The vegetables include several stalks of kale with their characteristic curly leaves, a bunch of dark green spinach, a whole fennel bulb with its feathery fronds, and a large pile of fresh cilantro. The lighting is bright and even, highlighting the vibrant green colors and textures of the produce.

nama + JOHN KOHLER'S GUIDE TO

BATCH JUICING

ABOUT JOHN KOHLER

John Kohler's journey into juicing began in his 20s after a life-threatening bout with spinal meningitis, which exposed the fragility of his health due to a weakened immune system. The experience was a turning point, leading him to reevaluate his priorities and focus on improving his well-being, which ultimately led him to discover the potential benefits of juicing.

As John started his new dietary approach in 1995, he embraced a minimally processed, whole food, plant-based diet composed primarily of raw fruits and vegetables. He was passionate about juicing as a way to enjoy more fresh produce. Seeing firsthand the difference that a high-quality juicer made, John wanted to help others select the best juicers, so in 1998, he founded DiscountJuicers.com, a company dedicated to educating people about the various types of juicers and helping them find the best juicer at the most affordable price.

In 2008, John started the DiscountJuicers.com YouTube channel to directly educate the public about juicers. He has filmed over 800 episodes since then and his videos have been viewed over 43 million times. John's mission is to make juicing accessible and affordable for everyone, so they can experience the profound health benefits of a minimally processed, whole food, plant-based diet rich in raw fruits and vegetables.

Get to Know John and His Garden

“Batch juicing isn’t just convenient—it’s a game-changer, ensuring that more people can experience the incredible benefits of fresh juice each and every day.”

—

JOHN KOHLER

JUICING EXPERT AND FOUNDER
OF DISCOUNTJUICERS.COM



MAKE MORE JUICE AT ONCE

Want to drink more juice but feeling short on time? Batch juicing is a convenient, time-saving way to make more juice in one session. It's a great tool when you want to make a large amount of juice at once, instead of making just one juice at a time. You can pack your juicer with more fruits and vegetables for large batches of juice, which you can enjoy right away or save the rest to consume later.

“I like that I am able to grab one on the go and get my source of incredible nutrition with each sip.”

—
JOHN KOHLER



CONSUME YOUR FRUITS AND VEGETABLES IN A MORE CONVENIENT WAY

Less than 10 percent of U.S. adults eat the recommended servings of fruits and vegetables a day. Juicing allows you to concentrate all the incredible vitamins, minerals, and phytonutrients of these healthy, colorful ingredients into one glass. For example, a quart-sized jar can hold about 4 pounds of fruits or vegetables.

BENEFITS OF BATCH JUICING



“Increasing your intake of produce is correlated with a healthier and longer life, specifically leafy green vegetables and root vegetables.”

—

JOHN KOHLER

1. COMMITTING TO A HEALTHY HABIT

We all know juicing is good for you, but sometimes it can be hard to motivate yourself to make juice. Batch juicing is a tool to make sure you have juice available that's been prepared ahead of time. It allows you to have juice on hand, helping you make healthier choices when cravings hit.

2. JUICING FOR FAMILY

Juicing is a great way to add more fresh foods to both younger and older family members' lifestyles. It is much easier to maintain healthy habits when the whole family is enjoying nourishing foods and juices together. Serving juice can become a fun way to engage your kids by asking: What color juice do you want to drink today? When it comes to making sure your whole family has healthy juice available, batch juicing helps ensure you have more juice to offer everyone.



3. JUICE DAILY

Sometimes, you need a reset or just want to flood your body with extra freshness and nutrition. A juice cleanse is a great way to up your intake of vitamins, minerals, and antioxidants. However, John Kohler, juicing expert and friend of Nama who helped provide the information for this guide, recommends a perpetual juice cleanse, which involves drinking one vegetable juice a day before eating breakfast, rather than following a juice-only diet where you consume juice for several days.

This daily approach is more sustainable and helps to consistently provide your body with essential nutrients without the deprivation associated with extended juice-only cleanses. Batch juicing is useful here as it helps you prepare enough juice to enjoy daily for several days.

Meal prepping is a wonderful way to eat healthier, save time, and waste less food. While many people use this method to make meals for the week, you can also meal prep your juices so that you are guaranteed to drink at least one juice a day.





4. JUICE ONCE, DRINK THROUGHOUT THE WEEK

After making your juice, store it in a way that preserves its freshness and nutritional value. At Nama, we recommend storing juice in an airtight jar for up to 72 hours in the refrigerator. John prefers to preserve the nutrients in juices by a method called vacuum sealing as this helps to keep them fresh for up to one week.

5. SAVE TIME & MONEY

Instead of preparing ingredients several times a day or week, batch juicing allows you to take on this task just once. It also means fewer trips to the grocery store and less time spent cleaning the juicer. You can save money with batch juicing as well. Shop the sales at the grocery store when buying produce in bulk. For example, romaine lettuce may be \$1.99 but you can purchase a 6-pack of romaine hearts for \$4.99, or shop at stores that offer larger amounts such as a 5-pound bag of carrots.



JOHN'S MONEY-SAVING TIPS

Visit your local wholesale produce terminal. It's a very important distinction, as they won't just sell you one cucumber; they sell cases of cucumbers.

Shop at warehouse club stores or restaurant supply stores such as Costco and Sam's Club that sell bulk sizes of produce for less.

Shop at a local farmers' market. Visit farmers at the end of the day when they may give better deals so they don't take home perishable produce.

Grow your own produce. Grow fresh greens you can juice year-round.



HOW TO BATCH JUICE



Getting Started

Before you start juicing, you need to shop for your produce and then prepare the fruits and vegetables for the juicer.

“My choice is to buy organic whenever I can,” John says, estimating that about 90 to 95 percent of his diet is store-bought organic or comes from his garden. “You do not have to buy organic produce, but I would encourage you to do so when possible. The reason I choose organic is because, in many but not all cases, the phytonutrients are maximized as the plant has to foster its own defense systems, increasing its polyphenols and various phytonutrients. In addition, choosing organic will reduce the amount of man-made pesticides and sprays in your food.”

Organic refers to the way farmers grow and process their fresh produce. Instead of using chemical weed killers, herbicides, or insecticides, they use natural fertilizers, natural sprays, and beneficial insects and birds, and they rotate their crops. If buying organic is not an option for you, experts suggest that the benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Just be sure to wash everything well.





JOHN'S TIPS FOR WASHING PRODUCE

Based on the studies I have reviewed, generally a high-pressure spray of water is best for removing chemicals sprayed onto the food.

You can also soak your produce with vinegar (3 parts water to 1 part vinegar), or a mixture of water, lemon, and baking soda to help remove dirt, bacteria, and pesticides from your food.

Once your vegetables are washed, cut them to an appropriate size for your juicer and be sure to remove any bad spots.

KITCHEN TOOLS

Having the right setup and supplies will make batch juicing a breeze.



1. SELECT A JUICER

Slow, cold-pressed juicers are better suited for batch juicing and won't get overheated. Look for a machine that allows you to load produce into the hopper and walk away versus feeding produce one at a time, like the Nama J2. Also, look for larger hoppers that allow you to load a large amount of produce at once.

2. SERRATED KNIFE

This type of knife can cut through most produce items effectively, but whatever knife works best for you and you feel comfortable with will help you chop your produce efficiently. John uses a micro-serrated ceramic knife because it generally stays sharper longer and minimizes oxidation.

3. LARGE CUTTING BOARD

You want to make sure you have a large surface area to chop and prepare your produce or multiple cutting boards that can help you get the job done.

4. LARGE CONTAINER

When it comes to batch juicing, it's important to have a large container that can hold extra juice or make sure you have multiple containers available.

5. STORAGE CONTAINERS WITH LIDS

You will want to make sure you have containers to store your juice. John recommends wide-mouth containers with vacuum seal lids as they are easier to pour juice into and tend to be easier to clean.





JOHN'S TIPS FOR PICKING THE HEALTHIEST PRODUCE TO JUICE

My first recommendation is to juice the vegetables, specifically the leafy green vegetables and non-starchy vegetables. My favorite leafy greens to juice are romaine lettuce hearts and red cabbage. Next are stem vegetables such as celery, broccoli, and cauliflower. Following that would be root vegetables like carrots, beets, jicama, and purple sweet potatoes. It is important to pick variations within these categories of vegetables to add a wide variety of produce to your diet. Fruit juice can be healthy depending on what it's substituting out of your diet. If it is a substitute for soda, you're making great improvements.

PICKING PRODUCE

Select water-rich fruits and vegetables to get the most juice out of your produce.



Some of John's Favorite Produce for Juicing

SWEET FRUIT

apple

citrus

melon

pear

NON-SWEET FRUIT

bell pepper

citrus

cucumber

tomato

winter melon

VEGETABLES

bok choy

cabbage

cauliflower

celery

jicama

lettuce

ADD-ONS

arugula

cilantro

collard greens

garlic

herbs

hot pepper

kale

lemon

parsley

turmeric



“I can’t stress enough the importance of rotating your ingredients in every juice recipe.

By mixing things up, you’re not just keeping your taste buds happy—you’re supercharging your diet with a wider array of nutrients. So, if you’ve juiced with spinach today, awesome! But next time, let’s switch it up—try parsley, arugula, or kale. Your body will thank you for that incredible variety of greens, and you’ll be feeding it a more diverse spectrum of nutrition.”

—

JOHN KOHLER



How to Formulate a Batch Juice Recipe

Formulating a batch juice involves prioritizing vegetables to make up the majority, ideally 100 percent if possible, for the most nutritional benefits. Your juice base should consist of mild vegetables like cucumbers, jicama, celery, romaine hearts, cabbage, zucchini, or other mild-tasting vegetables you enjoy. These should make up about 70 percent of your juice, providing a substantial base that is both hydrating and nutritious. The remaining 30 percent can be divided into 20 percent leafy greens, such as kale, spinach, Swiss chard, bok choy, or other leafy greens of your choosing, and 10 percent herbs and spices like basil, mint, turmeric, ginger, or other herbs and spices you like. These additions will add depth of flavor and further enhance the juice's nutritional profile.

“If the juice needs a touch of sweetness to be more palatable, consider adding a small amount of fruit, but only as necessary.”

—

JOHN KOHLER





JOHN'S TIPS ON JUICING FRUITS

While whole fruits provide a balanced intake of vitamins, minerals, and fiber, juicing them concentrates the sugars and lessens their health benefits as compared to eating fruit whole.

If you find vegetable juices less palatable, you can add just enough fruit to improve the taste, and gradually reduce the fruit content over time as your palate adjusts. Fruits like apples, pears, or oranges (with the white pith on) can enhance the flavor without overwhelming the vegetable content, ensuring that your juice remains primarily vegetable-based.



All About Pulp

Different juicers create different types of pulp. For example, a very efficient juicer will create drier pulp, which means that most of the juice, including all its enzymes and nutrients, have been squeezed out for you to enjoy. If your pulp comes out wet or heavy, it's a sign that your juicer might be less effective at extracting juice. You can always run the pulp through the juicer a second time to extract more juice. And if your juicer leaves a bit of pulp in the juice, it means your juice will have extra insoluble fiber, which is essential for your body's digestive health. You can keep it in the juice or use a fine mesh or tea strainer to strain it out. The **Nama Pulp Strainer** is designed to nestle perfectly into your Nama juice container.

If you don't love the taste of juice pulp, you can try adding a few ice cubes to make it a little more palatable. The ice cubes can help make the pulp feel less prominent in the juice. Experiment and see what you like best.

With batch juicing, you may end up with a bunch of leftover pulp all at once. You can add it to a sealed bag or container with a lid and store it in your fridge for a few days. You can easily freeze pulp for future use, as well. One of the easiest ways is to make pulp cubes by adding your pulp to an empty ice cube tray and freezing it.

If you're not a fan of reusing your juice pulp in a meal, you can always compost it. Learn more about composting [here](#). Pulp can also be mixed into pet food to add extra nutrition and fiber to their diets—just be sure to review what vegetables are safe for **dogs** and **cats**.





JOHN'S TIPS FOR PULP

I recommend re-juicing pulp by mixing it with at least 50 percent cubed jicama (or carrots) in the Nama J2 Juicer. The jicama helps agitate the pulp, encourages it to drop into the juicer more easily, and prevents it from sticking to the sides, thereby extracting more juice and improving yield.

I particularly like using jicama because it is a prebiotic food rich in fructooligosaccharides (FOS), which feed your microbiome and support gut health, creating a mild-tasting juice that is delicious and allows you to extract the most nutrition from your pulp.

A photograph of several glass jars filled with fresh juice, including orange and green varieties, on a wooden surface with lemon slices. The jars are arranged in a cluster, with one orange juice jar in the foreground and several green juice jars behind it. The background is softly blurred, showing more jars and a wooden surface. In the bottom right corner, there are several slices of lemons on a wooden cutting board.

STORING BATCH JUICES

After making your juice, store it in a way that preserves its freshness and nutritional value.

1. IMMEDIATE STORAGE

Once your juice is prepared, store it immediately in an airtight jar or one with a vacuum seal to prevent nutrient loss.

2. OPTIMAL TEMPERATURE

Store your juice in the coldest part of your refrigerator, which is normally on the bottom in the back. Avoid storing them on the fridge door where temperatures tend to fluctuate more.

3. VACUUM SEALING FOR MAXIMUM FRESHNESS

Juice is best consumed within 24 hours to maintain its maximum nutritional benefits and flavor. Juices can last up to 72 hours but the juice will lose nutrients and change flavor the longer it is stored. If you want to enjoy it beyond 24 hours, John recommends vacuum sealing the juice which removes up to 85% of the oxygen from the container, significantly reducing oxidation and preserving the juice's nutrients and flavor for up to a week.

4. AVOID FREEZING WHEN POSSIBLE

Freezing juice is not recommended, unless absolutely necessary. Freezing can lead to increased oxidation and the thawing process can further degrade the nutritional quality. If you must freeze juice, ensure it's vacuum sealed and thaw it quickly to minimize nutrient loss.

5. CITRUS FOR PRESERVATION

Incorporate citrus fruits like lemons and limes into your juice recipes. The antioxidants in citrus fruits help prevent oxidation, allowing your juice to last longer and maintain its nutritional benefits.

By following these updated storage practices, you can juice once and enjoy fresh, nutrient-rich juice throughout the week, maximizing both convenience and health benefits.

A person is shown from the chest down, wearing a light-colored shirt. They are holding a clear glass jar and pouring green juice from a juicer into it. The juicer is white and black, and the juice is a vibrant green color. In the background, there are other glass jars, some containing yellow juice and others containing green juice. The scene is set in a kitchen with a white countertop.

JOHN'S TIP FOR CLEANING THE JUICER

The Nama J2 Juicer can be cleaned quickly and easily. Make sure the spout cap is closed, open the lid and slowly pour in a mixture of 25 ounces of warm water with three squirts of dish soap.

The image features four glasses of vibrant green juice, each garnished with several ice cubes and thin slices of lemon. The glasses are arranged on a light-colored, possibly marble, surface. The text is overlaid on the central part of the image.

BATCH JUICE RECIPES

FROM NAMA



IMMENSELY GREEN

MAKES: 36 OUNCES

Fennel has a light licorice flavor thanks to anethole, a naturally occurring aromatic compound. When combined with sweet kiwi and grapes, along with the zesty citrus and mild cucumber, this light green juice will refresh all palates.

1 lime

1 lemon

2 cucumbers

2 fennel bulbs

4 kiwis

2 cups green seedless grapes

01.

Wash all produce well.

02.

Peel lime, lemon, and kiwis.

03.

Cut all ingredients into the appropriate size for the juicer and enjoy.

AMPLE PINEAPPLE

MAKES: 36 OUNCES

Want a slightly spicy, tropical-tasting juice for a crew? Look no further than this vibrant drink that features jicama, which is crispy and sweet like an apple, and also a high-yield vegetable that produces a ton of juice along with the cucumber and pineapple.

- 1 large pineapple**
- 1- to 2-inch piece ginger**
- 2 lemons**
- 1 jicama**
- 1 cucumber**

01.

Wash all produce well.

02.

Peel pineapple, lemons, and cucumber.

03.

Cut all ingredients into the appropriate size for the juicer and enjoy.



CABBAGE BATCH

MAKES: 60 OUNCES

Cabbage is a nutrient-dense cruciferous green that sweetens when you juice it and pairs well with celery, lime, pear, and ginger to offer an easy-to-make, crowd-pleasing juice with tons of anti-inflammatory properties.

4 pears

1 bunch celery

½ cabbage

2 limes

1- to 2-inch piece ginger

01.

Wash all produce well.

02.

Peel limes.

03.

Cut all ingredients into the appropriate size for the juicer and enjoy.





COSMIC CARROT-FLOWER

MAKES: 46 OUNCES

This unique twist on carrot juice packs a powerful punch with the addition of cauliflower, which is known to help improve gut health and exhibit cancer-fighting properties, especially when combined with turmeric.

- 8 carrots
- 1 head cauliflower
- 4 green apples
- 2 lemons
- 2-inch piece turmeric

01.


Wash all produce well.

02.

Peel carrots and lemons.

03.

Cut all ingredients into the appropriate size for the juicer and enjoy.





nama® + JOHN KOHLER