

A close-up photograph of three glasses filled with a vibrant pink juice. Each glass is garnished with a slice of cucumber, a sprig of fresh basil, and a slice of strawberry. The glasses are placed on a light-colored wooden tray. The background is a bright, out-of-focus white surface.

# A SUMMER JUICING GUIDE

+ 12 SUNSHINE-WORTHY RECIPES



# Bring On the Fruits + Veggies *This Summer.*

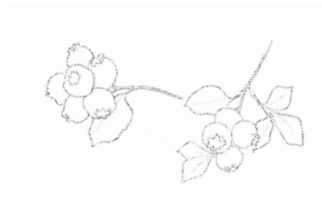
This season offers endless possibilities when it comes to juicing. Farmers' markets and grocery stores are bursting with fresh, colorful vegetables and fruits.

Many people find it easier to rise in the morning and may have more natural energy throughout the day. In Ayurvedic tradition, summer is considered the best time to enjoy fresh fruits, salads and yes, juice.

This abundance of produce can help fuel these longer days. Plus, these vibrant foods can help keep you hydrated, such as watermelons, lettuces, strawberries, cucumbers and tomatoes.







# Farmers' Market

## Shopping List.

Farmers' markets have colorful produce options, free samples, budget-friendly prices and you can meet the folks who grow your food. The fruits and vegetables have been picked fresh when you buy them, which means they are more likely to have a higher nutrient content.

Ready to hit the market?  
Here's what's fresh this season:





## Veggies

Arugula  
Beets  
Bell Peppers  
Broccoli  
Cabbage  
Carrots  
Celery  
Chard  
Collard Greens  
Corn  
Cucumbers  
Fennel  
Green Beans  
Kale  
Lettuces  
Okra  
Spinach  
Summer Squash  
Tomatillos  
Tomatoes  
Zucchini

## Fruits

Apricots  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Lemons  
Limes  
Mangos  
Peaches  
Pineapples  
Plums  
Raspberries  
Strawberries  
Watermelons

## Herbs

Basil  
Cilantro  
Chives  
Dill  
Garlic  
Jalapeño  
Mint  
Oregano  
Parsley  
Tarragon

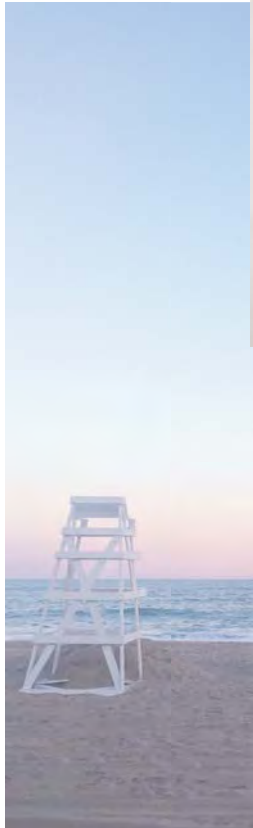


# How to Stay *Hydrated.*

How much water is enough? It depends on several factors including your age, activity level and the climate. When you sweat more during warmer months, you'll want to replace what's lost. The average U.S. adult drinks less than five cups of water per day, according to the Centers for Disease Control and Prevention.

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Recommendations suggest you may need anywhere from 11.5 cups (91 ounces) to 15.5 cups (125 ounces) each day.







# Why Hydration Matters.

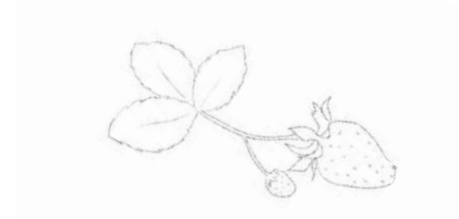
Staying hydrated in the summer is an important part of enjoying the season. It's great to soak up the sun and keep your thirst quenched. Water is critical for every cell, tissue and organ, as it helps:

- Regulate body temperature
  - Transport nutrients
- Support a healthy immune system
  - Promote healthy digestion
- Improve memory, energy levels, mood and sleep quality
  - Maximize physical performance and lubricate joints
- Flush waste from the body









# Hydrating Ingredients

## *For Juicing.*



About 20 percent of your fluid intake actually comes from your food, which is another great reason to prioritize eating plenty of fruits and veggies. They also provide electrolytes, which are essential minerals such as sodium, potassium and magnesium that also contribute to hydration. Some of the most hydrating foods to include in juices are:

BROCCOLI • CABBAGE • CUCUMBER • CELERY

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LETTUCE • PEPPER • PINEAPPLE • RADISH

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SPINACH • STRAWBERRY • TOMATO • WATERMELON







# Ensure You're Hydrated

*all summer long.*

Start your day by drinking 8 ounces (or more) of water.

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Make a juice with hydrating produce like cucumber, watermelon or celery.

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Fill a water bottle for your day and keep replenishing it. Don't wait until you're thirsty!

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Consume water-rich foods.

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Don't like the taste of plain water? Try infusing it with fruit, vegetables or herbs to enhance the flavor.

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Enjoy beverages like coconut water and herbal iced teas. Consider combining them with a fresh juice.







12  
SUNSHINE-  
WORTHY  
RECIPES

# Green Citrus Splash



*The sun's rays through the windows,  
a warm and quiet morning.*



### Ingredients:

4 cups packed spinach

2 limes

1 orange

2 celery stalks

1 cucumber



### Directions:

Wash all produce. Peel the limes and orange. Cut all ingredients into the appropriate size for the juicer, juice in the order given, and enjoy. Makes 16 ounces.





Longer days call  
for a gentle breeze  
and a patch of  
shade

# Summer Refresher



### Ingredients:

- 1 lemon
- 2 cups pineapple
- 1 cup watermelon
- 1 cucumber

### Directions:

Wash all produce. Peel the lemon. Remove the skin from pineapple and watermelon, and cut into chunks. Cut all ingredients into the appropriate size for your juicer, juice in the order given, and enjoy. Makes 24 ounces.





Cucumber Limeade





### Ingredients:

- 12 mint leaves
- 4 limes
- 3 celery stalks
- 1 cucumber
- 8 oz. coconut water



*You have worked hard  
to find the sun, don't  
hide in the shade.*

### Directions:

Wash all produce. Peel the limes. Cut all ingredients into the appropriate size for your juicer, and juice in the order given. Combine juice with desired amount of coconut water in a glass with ice for a refreshing treat. Makes 16 ounces plus the coconut water.

# Melon and Basil Refresher





### Ingredients:

1/4 cup basil leaves

2 lemons

1 cup watermelon

1 cucumber

### Directions:

Wash all produce. Peel the lemons. Remove the skin from the watermelon, and cut into chunks. Cut all ingredients into the appropriate size for the juicer, juice in the order given, and enjoy. Makes 16 ounces.

Dappled light  
in the  
Late afternoon





Peach Fizz

Planting a fruit tree  
is for the future



### Ingredients:

6 mint leaves  
1 lemon  
2 peaches  
8 oz. sparkling water  
2 teaspoons honey or  
maple syrup, optional



### Directions:

Wash all produce. Peel the lemon and remove pits from peaches. Cut all ingredients into the appropriate size for the juicer, and juice in the order given. Pour juice in a glass and top off with desired amount of sparkling water. If you want it sweeter, add the honey or maple syrup. Makes 8 ounces, plus the sparkling water.





Try a slow and easy  
day, enjoy the calm.

Raspberry  
Plum Sparkler





### Ingredients:

- 1/4 cup basil leaves
- 1 lime
- 2 cups raspberries
- 1 large plum
- 8 oz. sparkling water
- 2 teaspoons honey or maple syrup, optional

### Directions:

Wash all produce. Peel the lime and remove the pit from the plum. Cut all ingredients into the appropriate size for the juicer, and juice in the order given. Pour juice in a glass and top off with desired amount of sparkling water. If you want it sweeter, add the honey or maple syrup. Makes 16 ounces, plus the sparkling water.



# Strawberry Lemonade



Enjoy bowls of  
ripe berries  
Outside



### Ingredients:

- 2 lemons
- 2 cups strawberries
- Dash of honey or maple syrup, to taste
- 8 oz. sparkling water



### Directions:

Wash all produce. Peel the lemons. Cut all ingredients into the appropriate size for the juicer, and juice in the order given. Pour juice in a glass and top off with sparkling water. If you want it sweeter, add the honey or maple syrup. Makes 16 ounces, plus the sparkling water.



# Peach and Blue Spritz





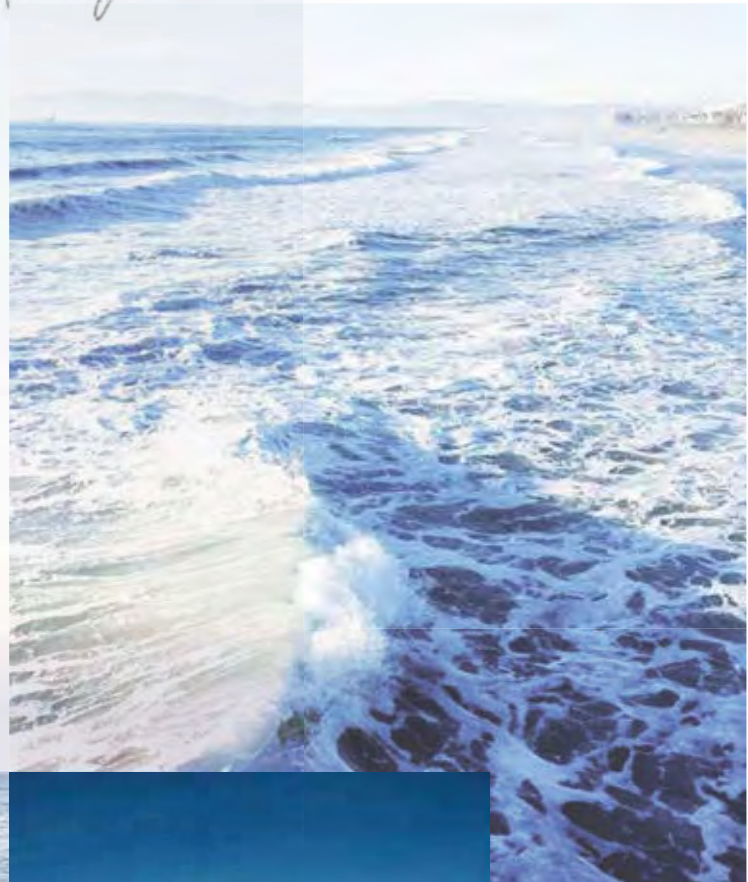
### Ingredients:

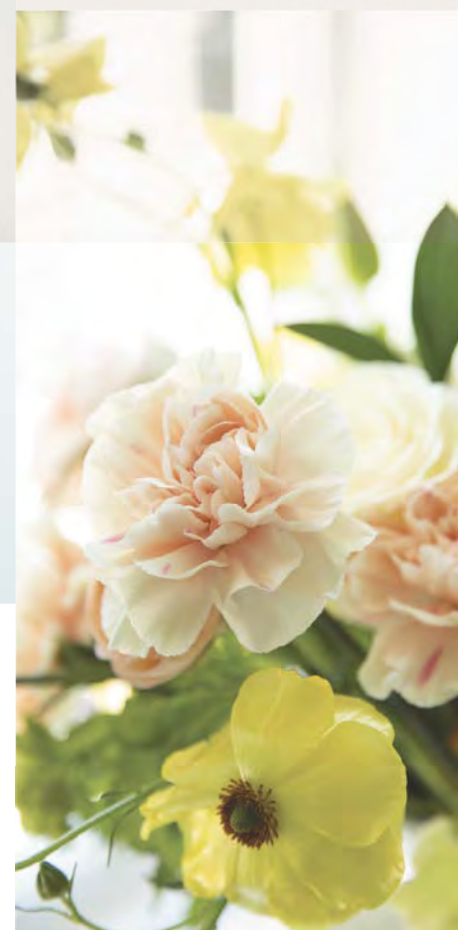
- 1 lime
- 1 cup blueberries
- 2 large peaches
- 2 teaspoons honey or maple syrup, optional
- 8 oz. sparkling water

*Take a blanket and go sit by the sea*

### Directions:

Wash all produce. Peel the lime and remove pits from peaches. Cut all ingredients into the appropriate size for the juicer, and juice in the order given. Pour juice in a glass and top off with desired amount of sparkling water. If you want it sweeter, add the honey or maple syrup. Makes 10 ounces, plus sparkling water.





Celery  
Revitalizer

*finding peace in the little things that make life sweet*



**Ingredients:**

1/2 cup parsley

1 lemon

10-12 stalks celery

**Directions:**

Wash all produce. Peel the lemon. Cut all ingredients into the appropriate size for the juicer, juice in the order given, and enjoy. Makes 16 ounces.







# Agua Fresca



**Ingredients:**

6 mint leaves

1 lime

2 cups watermelon

8 oz. sparkling water, optional

*Live in the sunshine  
Swim in the sea  
Breathe in the wild air*



**Directions:**

Wash all produce. Peel the lime. Remove skin from the watermelon and cut into chunks. Cut all ingredients into the appropriate size for the juicer, and juice in the order given. Pour juice into a glass and top off with sparkling water. Makes 16 ounces, plus the sparkling water.



Raspberry  
Limeade



**Ingredients:**

- 1/4 cup mint leaves
- 3 limes
- 2 cups raspberries
- 8 oz. sparkling water
- 1-2 teaspoons maple syrup or honey, optional

Enjoy a picnic  
in the  
Garden



**Directions:**

Wash all produce. Peel the limes. Cut all ingredients into the appropriate size for the juicer, and juice in the order given. Pour juice in a glass and top off with desired amount of sparkling water. If you want it sweeter, add the honey or maple syrup. Makes 14 ounces, plus the sparkling water.



## Piña Colada

*relax and listen to the waves*



**Ingredients:**

6 mint leaves

1 lime

2 cups pineapple

1/2 cucumber

6 oz. coconut milk

Splash of sparkling water, optional

Crushed ice, for serving

**Directions:**

Wash all produce. Peel the lime and remove skin and core from pineapple and cut into chunks. Cut all ingredients into the appropriate size for the juicer, add coconut milk and juice ingredients to the chamber, and juice. Pour juice into a glass over crushed ice, and top off with sparkling water if using. Makes 20 ounces.



BENEFITS  
OF 6  
SUMMER  
FOODS

## Blueberries

Look for wild and/or organic blueberries whenever possible. A good rule of thumb is the smaller the berry, the bigger the flavor. Blueberries contain pectin, vitamin C and potassium, an important electrolyte. Plus, they are a juicy fruit that can help keep you hydrated.

## Cherries

Both sweet and tart varieties are available in summer. Drinking tart cherry juice can help you get a better night's sleep and help you recover from post-workout soreness. Sweet cherries are just as nutrient-rich and full of beta carotene, vitamin C and quercetin and are loaded with potassium, a natural blood-pressure reducer.





## Cucumbers

Cucumbers are composed of about 96 percent water, making them effective at promoting hydration. Like water, they are full of micronutrients and antioxidants. Specifically, they contain a group of polyphenols called ligans, which are cardioprotective and help fight inflammation.

## Leafy Greens

Leafy greens grow in abundance now and come with many health benefits. For example, spinach may help lower body temperature due to its high-water content and also contains potassium and magnesium, both hydrating and energizing. Green leafy veggies also contain iron that can help you feel more energized for summer activities.



## Tomatoes

Whether you are enjoying small cherry tomatoes or big beefsteaks, tomatoes are loaded with potassium, which helps hydrate the body. As a bonus, they contain lycopene and carotenoids that can help your body naturally protect itself from the sun from the inside out.

## Watermelon

Watermelon is made up of about 92 percent water. This quintessential summer fruit also delivers skin-protecting lycopene, an antioxidant that protects the body from free radical stress. It's also a source of electrolytes magnesium and potassium, which are key for fluid balance and overall hydration on hot summer days.

