

**TABLE I**  
**Vegetable Blend**  
Quantity: 8 ounces

<b>Ingredients</b>	<b>Volume</b>	<b>Weight</b>
Carrots		1 pound
Celery	2 stalks	
Beet, medium size	¼ beet	
Parsley, Italian, including stems	4-5 sprigs	
Garlic, medium	1 clove	

## Directions

Prepare all vegetables by washing them in a water bath of Grape Fruit Seed Extract--GSE. Use 1 teaspoon of extract for three gallons of water. GSE is available in 2-ounce or 4- ounce bottles at Natural Food Stores.

Italian Parsley has more flavor than Curly Leaf.

1. Push a carrot through the juicer.
2. Wrap the garlic clove in parsley sprigs and push this through the juicer, being sure to always use the plunger. Wrapping the garlic prevents it from being tossed back out of the juicer which is likely if it's dropped in alone.
3. Push beet through juicer.
4. Then push two stalks of celery through.
5. Push remaining carrots through the juicer. The celery and carrots "clear" the juicer of the garlic flavor in case the cook chooses to make straight carrot juice afterwards without washing the machine.