

180 Degree Farm – Juicing Recipes for August Harvest

1. Turmeric Sunrise

- **Ingredients:** 2 carrots, 1 orange (zested and peeled), 1 inch fresh turmeric, 1/2 inch ginger, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Turmeric:** Anti-inflammatory and antioxidant.
 - **Carrots:** High in beta-carotene, supports eye health, reduces cancer risk.
 - **Orange:** Rich in vitamin C, boosts immunity.
 - **Ginger:** Anti-inflammatory, aids digestion.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Zest the orange and lemon, then peel them.
 3. Juice the carrots, orange, turmeric, ginger, and lemon together.
 4. Stir well, add the reserved zest, and serve immediately.

2. Pepper Power

- **Ingredients:** 1 red bell pepper, 2 carrots, 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Red Bell Pepper:** High in vitamin C and carotenoids, protects cells from oxidative stress.
 - **Carrots:** Rich in antioxidants, supports immune function.
 - **Apple:** Provides fiber and polyphenols, supports heart health.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the red bell pepper.
 3. Zest the lemon, then peel it.
 4. Juice the bell pepper, carrots, apple, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

3. Perpetual Spinach Boost

- **Ingredients:** 2 cups perpetual spinach, 1 cucumber, 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Perpetual Spinach:** Packed with iron, vitamins A, C, K, supports overall health.
 - **Cucumber:** Hydrating, anti-inflammatory.
 - **Apple:** Rich in fiber, vitamin C, supports digestion and immunity.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Zest the lemon, then peel it.
 3. Juice the spinach, cucumber, apple, and lemon together.
 4. Stir well, add the reserved zest, and serve immediately.

4. Turmeric Green Detox

- **Ingredients:** 1 cup perpetual spinach, 1/2 cucumber, 1 inch turmeric, 1 green apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Turmeric:** Anti-inflammatory, antioxidant properties.
 - **Spinach:** High in vitamins, supports eye and heart health.
 - **Green Apple:** Low in sugar, high in fiber, supports blood sugar regulation.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Zest the lemon, then peel it.
 3. Juice the spinach, cucumber, turmeric, apple, and lemon together.
 4. Stir well, add the reserved zest, and serve immediately.

5. Lettuce & Basil Energizer

- **Ingredients:** 2 cups lettuce, 1 handful fresh basil, 2 carrots, 1 apple
- **Nutritional Benefits:**
 - **Lettuce:** Low in calories, provides vitamins A, K, and folate.
 - **Basil:** Contains eugenol, an antioxidant that helps fight inflammation.
 - **Carrots:** Supports eye health, immune function.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Juice the lettuce, basil, carrots, and apple together.
 3. Stir well, and serve immediately.

6. Butternut Squash & Ginger Zing

- **Ingredients:** 1/2 cup butternut squash (seeds and stem removed), 2 carrots, 1/2 inch ginger, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Butternut Squash:** Rich in vitamins A and C, supports immune health.
 - **Ginger:** Reduces inflammation, improves digestion.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the butternut squash.
 3. Zest the lemon, then peel it.
 4. Juice the squash, ginger, carrots, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

7. Kabocha Squash & Apple Delight

- **Ingredients:** 1/2 cup kabocha squash (seeds and stem removed), 1 apple, 1/2 inch turmeric, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Kabocha Squash:** High in beta-carotene, supports immune function and vision.
 - **Apple:** Contains quercetin, supports heart health.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the kabocha squash.
 3. Zest the lemon, then peel it.
 4. Juice the squash, turmeric, apple, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

8. Acorn Squash & Turmeric

- **Ingredients:** 1/2 cup acorn squash (seeds and stem removed), 1 orange (zested and peeled), 1 inch turmeric, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Acorn Squash:** Provides fiber, vitamin C, potassium, supports heart health.
 - **Turmeric:** Anti-inflammatory, antioxidant.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the acorn squash.
 3. Zest the orange and lemon, then peel them.
 4. Juice the squash, turmeric, orange, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

9. Onion & Garlic Immunity Boost

- **Ingredients:** 1 small onion, 1 clove garlic (peeled), 2 tomatoes, 1/2 cucumber
- **Nutritional Benefits:**
 - **Onion:** Contains quercetin, helps reduce inflammation, lower cancer risk.
 - **Garlic:** Known for immune-boosting, cancer-preventive properties.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Peel the garlic clove.
 3. Juice the onion, garlic, tomatoes, and cucumber together.
 4. Stir well, and serve immediately.

10. Hot Pepper Detox

- **Ingredients:** 1 hot pepper (small), 2 carrots, 1/2 cucumber, 1 apple
- **Nutritional Benefits:**
 - **Hot Pepper:** Contains capsaicin, has anti-cancer properties, boosts metabolism.
 - **Carrots:** High in beta-carotene, supports immune health.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove seeds from the hot pepper.
 3. Juice the hot pepper, carrots, cucumber, and apple together.
 4. Stir well, and serve immediately.

11. Okra Green Juice

- **Ingredients:** 1/2 cup okra, 1 cucumber, 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Okra:** Rich in fiber, supports digestive health.
 - **Cucumber:** Hydrating, provides antioxidants.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Zest the lemon, then peel it.
 3. Juice the okra, cucumber, apple, and lemon together.
 4. Stir well, add the reserved zest, and serve immediately.

12. Squash & Ginger Elixir

- **Ingredients:** 1/2 cup butternut squash (seeds and stem removed), 1 inch ginger, 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Butternut Squash:** High in antioxidants, supports eye health.
 - **Ginger:** Reduces inflammation, aids digestion.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the butternut squash.
 3. Zest the lemon, then peel it.
 4. Juice the squash, ginger, apple, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

13. Zucchini & Basil Refresh

- **Ingredients:** 1 zucchini, 1 cucumber, 1 apple, Handful of basil
- **Nutritional Benefits:**
 - **Zucchini:** Low in calories, supports healthy digestion.
 - **Basil:** Contains anti-inflammatory compounds.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Juice the zucchini, cucumber, apple, and basil together.
 3. Stir well, and serve immediately.

14. Turmeric & Pepper Immunity Juice

- **Ingredients:** 1 inch turmeric, 1 red bell pepper, 2 carrots, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Turmeric:** Anti-inflammatory, antioxidant.
 - **Red Bell Pepper:** High in vitamin C, carotenoids.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the red bell pepper.
 3. Zest the lemon, then peel it.
 4. Juice the turmeric, red bell pepper, carrots, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

15. Lettuce & Onion Detox

- **Ingredients:** 2 cups lettuce, 1 small onion, 1 cucumber, 1 apple
- **Nutritional Benefits:**
 - **Lettuce:** Provides hydration, vitamins.
 - **Onion:** Rich in antioxidants, supports heart health.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Juice the lettuce, onion, cucumber, and apple together.
 3. Stir well, and serve immediately.

16. Garlic & Basil Power Juice

- **Ingredients:** 1 clove garlic (peeled), 1 handful basil, 2 tomatoes, 1/2 cucumber
- **Nutritional Benefits:**
 - **Garlic:** Immune-boosting and cancer-preventive properties.
 - **Basil:** Anti-inflammatory and supports digestion.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Peel the garlic clove.

3. Juice the garlic, basil, tomatoes, and cucumber together.
4. Stir well, and serve immediately.

17. Turmeric & Okra Antioxidant Juice

- **Ingredients:** 1 inch turmeric, 1/2 cup okra, 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Turmeric:** Anti-inflammatory, antioxidant properties.
 - **Okra:** Supports digestive health, provides fiber.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Zest the lemon, then peel it.
 3. Juice the turmeric, okra, apple, and lemon together.
 4. Stir well, add the reserved zest, and serve immediately.

18. Spinach & Zucchini Green Juice

- **Ingredients:** 1 cup perpetual spinach, 1 zucchini, 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Spinach:** High in iron, vitamins, supports overall health.
 - **Zucchini:** Supports digestion, low in calories.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Zest the lemon, then peel it.
 3. Juice the spinach, zucchini, apple, and lemon together.
 4. Stir well, add the reserved zest, and serve immediately.

19. Basil & Squash Boost

- **Ingredients:** 1/2 cup butternut squash (seeds and stem removed), Handful of basil, 1 carrot, 1 apple
- **Nutritional Benefits:**
 - **Butternut Squash:** Rich in vitamins, supports immune health.
 - **Basil:** Anti-inflammatory and aids digestion.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the butternut squash.
 3. Juice the squash, basil, carrot, and apple together.
 4. Stir well, and serve immediately.

20. Turmeric & Garlic Health Shot

- **Ingredients:** 1 inch turmeric, 1 clove garlic (peeled), 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Turmeric:** Powerful anti-inflammatory.
 - **Garlic:** Boosts immunity, fights infections.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Peel the garlic clove.
 3. Zest the lemon, then peel it.
 4. Juice the turmeric, garlic, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

21. Pepper & Lettuce Cleanser

- **Ingredients:** 1 red bell pepper, 2 cups lettuce, 1 cucumber, 1 apple
- **Nutritional Benefits:**
 - **Red Bell Pepper:** High in vitamin C and carotenoids.
 - **Lettuce:** Hydrating, low in calories.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the red bell pepper.
 3. Juice the bell pepper, lettuce, cucumber, and apple together.
 4. Stir well, and serve immediately.

22. Onion & Squash Elixir

- **Ingredients:** 1 small onion, 1/2 cup acorn squash (seeds and stem removed), 1 carrot, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Onion:** Contains quercetin, helps reduce inflammation.
 - **Acorn Squash:** Provides essential vitamins, supports heart health.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the acorn squash.
 3. Zest the lemon, then peel it.
 4. Juice the onion, squash, carrot, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

23. Garlic & Turmeric Boost

- **Ingredients:** 1 clove garlic (peeled), 1 inch turmeric, 1/2 cucumber, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Garlic:** Known for immune-boosting properties.
 - **Turmeric:** Anti-inflammatory, supports overall health.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Peel the garlic clove.
 3. Zest the lemon, then peel it.
 4. Juice the garlic, turmeric, cucumber, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

24. Squash & Spinach Detox

- **Ingredients:** 1/2 cup kabocha squash (seeds and stem removed), 1 cup perpetual spinach, 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Kabocha Squash:** High in antioxidants, vitamins.
 - **Spinach:** Supports bone health, reduces oxidative stress.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the kabocha squash.
 3. Zest the lemon, then peel it.
 4. Juice the squash, spinach, apple, and lemon together.
 5. Stir well, add the reserved zest, and serve immediately.

25. Zucchini & Turmeric Green Juice

- **Ingredients:** 1 zucchini, 1 inch turmeric, 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Zucchini:** Low in calories, supports healthy digestion.
 - **Turmeric:** Reduces inflammation, fights oxidative stress.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Zest the lemon, then peel it.
 3. Juice the zucchini, turmeric, apple, and lemon together.
 4. Stir well, add the reserved zest, and serve immediately.

26. Hot Pepper & Basil Energizer

- **Ingredients:** 1 small hot pepper, Handful of basil, 1 cucumber, 1 apple
- **Nutritional Benefits:**
 - **Hot Pepper:** Boosts metabolism, may have anti-cancer properties.
 - **Basil:** Contains antioxidants, supports digestion.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove seeds from the hot pepper.
 3. Juice the hot pepper, basil, cucumber, and apple together.
 4. Stir well, and serve immediately.

27. Butternut Squash & Garlic Immunity

- **Ingredients:** 1/2 cup butternut squash (seeds and stem removed), 1 clove garlic (peeled), 1 carrot, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Butternut Squash:** High in vitamins A and C, boosts the immune system.
 - **Garlic:** Immune-boosting, anti-cancer properties.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the butternut squash.
 3. Peel the garlic clove.
 4. Zest the lemon, then peel it.
 5. Juice the squash, garlic, carrot, and lemon together.
 6. Stir well, add the reserved zest, and serve immediately.

28. Lettuce & Okra Detox

- **Ingredients:** 2 cups lettuce, 1/2 cup okra, 1 cucumber, 1 apple
- **Nutritional Benefits:**
 - **Lettuce:** Provides hydration and essential vitamins.
 - **Okra:** Supports digestion, provides fiber.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Juice the lettuce, okra, cucumber, and apple together.
 3. Stir well, and serve immediately.

29. Turmeric & Onion Cleanser

- **Ingredients:** 1 inch turmeric, 1 small onion, 1 carrot, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Turmeric:** Powerful anti-inflammatory.
 - **Onion:** Rich in antioxidants, supports heart health.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Zest the lemon, then peel it.
 3. Juice the turmeric, onion, carrot, and lemon together.
 4. Stir well, add the reserved zest, and serve immediately.

30. Squash & Garlic Antioxidant Boost

- **Ingredients:** 1/2 cup acorn squash (seeds and stem removed), 1 clove garlic (peeled), 1 apple, 1/2 lemon (zested and peeled)
- **Nutritional Benefits:**
 - **Acorn Squash:** Provides essential vitamins, supports heart health.
 - **Garlic:** Known for its immune-boosting, anti-cancer properties.
- **Steps:**
 1. Wash all ingredients thoroughly.
 2. Remove the seeds and stem from the acorn squash.
 3. Peel the garlic clove.
 4. Zest the lemon, then peel it.
 5. Juice the squash, garlic, apple, and lemon together.
 6. Stir well, add the reserved zest, and serve immediately.