

Spring into Fresh!

We are thrilled to announce that Veronica Luk is our new winner for the Refresh ‘Win a Cookbook’ draw. And, we are equally pleased to announce that Mary Gillespie is our ‘E-Newsletter Sign-Up’ winner for a \$100 freshcard. Congratulations ladies!

Juice up and get healthy at the Fresh juice bar this spring. All juices are \$6 Mondays to Thursdays until May 21st. This includes smoothies, vegetable cocktails, immune elixirs, power, protein, espresso and wheatgrass shakes.

Most of us are familiar with the saying, “Cleanliness is next to godliness”. To the early 20th century health practitioner, this adage also applied to internal hygiene. Almost a century before “detox” regimes came into fashion, detoxification was already a key practice of natural medicine.

Modern pollution, toxic waste, chemically treated and processed food make a cleansing regime more vital than ever for good health. By drinking cleansing juices you can achieve dramatic results in your overall well-being. Clear eyes and skin, improved digestion, loss of surplus fluid, even a clearer mind....these are some of the quickly perceived benefits of internal cleansing.

The juice of citrus fruits stimulates saliva glands, aiding the digestive process right from its beginnings in the mouth. Herbs and spices increase production of the stomach’s digestive juices to ensure the proper breakdown of food and availability of vitamins and minerals. Carrots cleanse the skin from the inside outwards. Green vegetables activate the liver, stimulate the kidneys and deal with fluid retention. Once you’ve experienced the feeling of lightness, alertness and inner cleanliness, you’ll be a firm detox fan.

Making cleansing juices at home requires that you have a home juicer. If you don’t have a juicer but are considering buying one, we recommend the Breville Juice Fountain Plus or the Omega 9000W. Both these centrifugal models expel the pulp outside the basket which means you can juice more before you have to stop to clear the basket. They are quiet which means you can juice without waking up your family or roommates. They are efficient which means they will produce a higher yield of juice for every pound of fruit or vegetable you use. Finally, they are compact and look good on the kitchen counter. If you store your juicer out on the counter, you are more likely to remember to use it every day.

On the other hand, you can walk into Fresh and order your favorite juice and have it in your hand within minutes. No muss no fuss. It’s up to you, of course.

Spring Tonic

This light, cleansing cocktail was a juice bar favorite on our 2007 menu. It now appears in our latest cookbook, *refresh*. You can still order it at Fresh as a “create your own” combination.

- 2 red apples
- 1 handful green kale
- ½ lemon, peeled

2 pink grapefruits

Method: Juice the kale first. Follow with lemon and apples. Finish with the grapefruit. Pour into a large glass and enjoy!

Detox Cocktail

Believe it or not, this cocktail is quite sweet, smooth and satisfying. It is one of our longest running vegetable cocktails on the menu. The Detox was created in 1995 when we were a little juice bar called, Juice for Life, located across from CityTV.

10 stalks parsley
1 handful spinach
3 stalks celery
3 medium carrots, peeled

Method: Juice the parsley first. Follow with the spinach. Continue with the celery and finish with the carrots. Pour into a large glass and enjoy!

Urgen-C

Vitamin C plays a vital role in strengthening the immune system. This juice has a high concentration of vitamin C and cleansing citrus ingredients. Vitamin C made from ascorbic acid has a tangy flavor that is best suited for mixing into juices, compared to vitamin C made from sodium ascorbate which has a salty flavor.

½ inch ginger root
1 lemon, peeled
2 oranges, peeled
1 grapefruit, peeled
4 slices pineapple
3 oz. filtered water
½ tsp. vitamin C ascorbic acid loose powder

Method: Juice the ginger and lemon first. Follow with oranges, grapefruit and pineapple. Run a little filtered water to flush the juice through. Stir in the vitamin C powder. Pour into a large glass and enjoy!