

Part 3, Chapter 25: Buying in Bulk

When getting into juicing in a big way, it can get expensive. As much as possible, buy in bulk. You can either do this online or, more conveniently, talk to your local produce manager. Most are willing to sell by the case. (If they aren't, find a different produce manager.) This month (June, 2017) alone I've bought a case of each cucumbers, oranges, pineapples, apples, strawberries, two cases of organic bananas, and a case of broccoli. The cucumbers, strawberries and bananas were processed and frozen in quart bags. The broccoli was, for the most part, steamed and frozen for use during the year. The apples, oranges and pineapples were strictly for juicing.

The concept of buying fruit and vegetables by the case, in bulk, isn't rocket science. Emmale and I do this all the time. It does take planning, however. Buying when fruit and vegetables are in season will save a lot. Buy what you'll actually use, too, and keep in mind storage requirements. Some produce will keep for a while un-refrigerated; some will not. For example, cucumbers will last a few days. At that point I peel and slice them and store them as 'vegetable ice cubes'—instead of using regular ice. Of the bananas the produce manager got a deal and passed the savings on to me (less than \$15.00 a case). Of the strawberries, Aldi's had them at 99¢ a pound and so I bought enough to freeze eight quarts.

Too, watch regular prices. When produce goes "on sale" is typically a great time to buy by the case. At the same time, lower prices usually follow seasonal trends. Buying by the case has saved us hundreds of dollars. The one caveat, of course, is that you have to use up the produce fairly quickly and, sometimes, you do end up with a moldy piece of fruit. (Normally these are screened out when the produce is put up for sale.) A second refrigerator is ideal, though not critically necessary. An auxiliary freezer is a must, however. Nevertheless, even with waste, you still save a lot of money. Moreover, all waste, including fruit and vegetable scraps, ultimately end up tilled back into the garden—you do have a garden, don't you—so virtually everything is utilized somewhere.

Finally, be creative in your juicing recipes. Focus on using what you have available, especially if your produce is getting 'ripe'. For the most part it's not difficult to come up with your own juice combinations. I had part of a watermelon and cantaloupe and juiced it, blending it with frozen strawberries. It was delicious. As a general consideration, apples, oranges, carrots, pears, cucumbers and pineapples will work with almost anything. To spice it up, add vegetables fresh from the garden. Swiss chard, kale and lettuce are easy to grow and loaded with nutrients.

You're in this for the long haul and going way beyond the government's ridiculous recommendation of how many fruits and vegetables to consume in a day. The main issue here is that if you're going to get big into juicing then get into it intelligently and cost effectively. Buying in bulk allows you to do this.