

# WHY YOU SHOULD CHOOSE SLOW JUICER?

## About slow juicers

Devices called slow juicers operate on a screw, sometimes even two (depending on the model).

Screw, twisting and having a cochlear structure, squeeze the products through the strainer. Thanks to this, the juice is separated from the flesh and we can enjoy a real vitamin bomb with almost every fruit, vegetable or herbs. Here the advantage over the traditional extractor is the range of work we can do with the juicer.



### Slow rotation - characteristic

As we mentioned at the outset, the principle of slow juicers is based on the rotation of the axis of the heavy and solid screw (auger), which, thanks to special projections and force, crushes even the toughest vegetables. Slow juicers, as the name implies, squeeze juice in a fairly slow way - extractors do it much faster. Here the equipment works at very slow speed - from 40, for 50, 55 to 100 per minute. As we have already mentioned, each device has its pros and cons. And on them, and the scope of work we do, you have to base your choice.

These low rotation speed has several important advantages. The screw rotates slowly and compresses the product, so the juice is not aerated, as is the case with extractors. This in turn causes the juice to have more healthier properties and more nutrients that could be damaged by oxygen.

Many studies have shown that juice from slow juicer is richer, e.g. with more vitamin C or E. The process of squeezing the juice itself keeps it fresh for a long time (of course, it is better to drink the juice right away, however, keeping it in the refrigerator for several hours does not spoil its quality). And even though it is said that the juice from the squeezer can be stored for even a few days in the refrigerator, we recommend drinking it right away - it is healthier and certainly tastier. Slow juicers are also definitely quieter than traditional juicers, which can determine the choice between the two devices (especially if you want to juice when everyone else is sleeping).

### Slow juicer and herbs

In the chapter about traditional juicers we said that they are poorly dealing with so-called "green" products. In contrast to them, slow juicers are even created for this product group. Squeeze almost any product, fruit or vegetable, and also herbs - from apples, carrots to cabbage, lettuce and kale, and ending with cut or sage. In the case of squeezing herbs, it is worth buying models with reverse. With this type of products it will be a very convenient solution.

### Other important juicer options

Apart from the fact that the slow juicer is very effective in processing fruits and vegetables, it should be mentioned about its additional possibilities. Among them are add-ons such as shredder for salads. In addition, the juicer may have the function of preparing sorbets or cocktails, and even we can squeeze out vegetable milk, such as nuts or almonds. In this respect they are extremely functional. Their capabilities should be checked before purchase.