

Farm to Table



Kale & Cucumber Juice

Ingredients:

- 2 cups fresh kale leaves (washed and chopped)
- 1 large cucumber (peeled if preferred)
- 1 cup orange juice (store-bought or freshly squeezed if you have plenty)
- 1 cup cold water (adjust for thickness)
- **Optional:** ginger to taste or a squeeze of lime

Steps:

- 1 cup orange juice (store-bought or freshly squeezed if you have plenty)
- 1 cup cold water (adjust for thickness)
- **Optional:** ginger to taste or a squeeze of lime

Steps:

1. Add kale and cucumber to blender.
2. Pour in orange juice and water.
3. Blend until smooth.
4. Taste — add more juice if you want it sweeter, or more water if too thick.
5. Strain for a lighter texture or enjoy as-is.
6. Serve chilled!