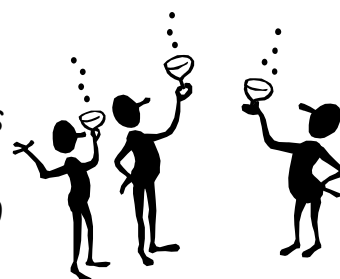


Fruits of Red Rose Forest

Fruit Pressing and Juicing

The Red Rose Forest Community Network has all the equipment you need to make your own juice from the fruits of your orchard. It is available on free loan from the Forest team, all that we ask is that it is returned in a clean condition, ready for the next group to borrow. Just give us a call in advance to book it out, then come and collect it and get juicing!

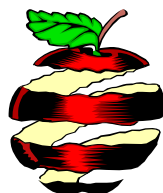
It is very easy to make juice and detailed instructions come with the equipment. Making juice is great fun, and drinking the fruits of your labour is even better – what greater way to celebrate a fab event or the success of your group's orchard, than to raise a drink of it's finest produce! The press is very easy to operate and can be used by children and adults, making it ideal to use at your celebration events.









Juice extraction works best with apples, pears or grapes, but you can also use it with blackberries, raspberries or elderberries, if you use a muslin bag to line the press and catch the seeds.



We also have a selection of wacky peelers which can add a bit of fun to your event. They peel, core and slice the apples in one go – a great way to impress people and make the fruit more a-peeling to the children!



Ideas Spot!

Why not.....  Harvest your fruit and make your own juice to raise a toast to the Orchard's success  Try mixing fruits to make your own blend – how about Autumnal Apple and Blackberry?  Hold a Longest Peel competition – using hand peelers as well as the mechanical  ones Have a Juice Tasting session using different  varieties Make tasty lollipops with  frozen juice Warm up your Winter events with cups of hot spiced fruit juice

Now for the Juicy Bit....

There are three steps to juice making, all of which are a great group activity:

1. Cutting up the fruit – there are small easy to use choppers which remove the core of apples and cut the fruit into segments. They need to be used on a hard surface and work best with apples and pears.

2. Scrattng the Fruit – the fruit is put into the ‘scrattng’ hopper placed on top of the press barrel, the handle then turns the spiky wheels in the base – the ‘urchins’. These crush the fruit into small pulpy bits which fall into the press.



3. Pressing the fruit – the lid is put on the press and the top cranked down to squeeze the juice out of the fruit. It pours from the drain holes and is collected. The ‘cake’ of pulp left in the press – the ‘pomace’ can be composted or fed to livestock.

The next, and best bit, is of course drinking it!

A top tip is to **NEVER** underestimate the amount of juice that can be consumed by adults and children alike! If it doesn't all get drunk straight away, it can be frozen (or even turned into Cider!)



Happy Juicing!

Images kindly reproduced from Vigo Ltd.– supplier of the fruit press. www.vigopresses.co.uk
There is a lot more information about recipes and fruit pressing on this excellent site, as well as links to other orchard related projects and more resources.

If you would like more information, please contact Red Rose Forest:

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Get involved

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