

Pressed Juice Daily's Roots 1 and Citrus 1 both contain nutrients that boost your immune system.



Cleanse the Body & Mind

Fresh-pressed juices deliver health and convenience

BY KIMBERLY LORD STEWART

At a restaurant opening a few weeks ago, a fellow food writer turned down a platter of sliders. “I am on a cleanse,” he said as the rest of us gave him an empathetic smile and dug in nonetheless. In this job, juicing is a food writer’s best defense against a food hangover or as a way to get back on track when a stream of new restaurant openings seems endless.

It’s surprising that the fresh juicing trend has trickled into Colorado at a slower pace than other states, such as our western neighbor, California. Restaurants such as Zeal and True Food have juicing menus, but fresh juicing as a sole business is just now gaining traction. *Denver Life Magazine*

checked in on two of Denver’s boutique juice spots inspired by California juice shops.

PRESSED JUICE DAILY

When Christian Davis and his best friend, Adam Cianciola, played Little League together in Ann Arbor, Michigan, they dreamed of owning their own business. Many decades later, that day finally arrived. Pressed Juice Daily recently opened a new shop on Broadway, adding to the 16th St. Mall and 36th Ave. locations. Davis got into cold press juicing as a hobby for his friends and family. “Every three days I was making juice for eight hours a day, but it was messy and a huge amount of work,” he says. “Denver is the healthiest city in America, so it made perfect sense for us to do this.”

Pressed Juice chooses ingredients that provide the widest variety of nutrients and antioxidants. As a base for a cleanse, they suggest including a couple green drinks each day as well as one root drink and one citrus juice. Pressed Juice removes all of the fiber in their juices because they believe that your digestive system needs a bit of a break during a cleanse. They strive to create cleansing programs that rejuvenate and provide immune support and stress reduction.

Pressed Juice offers four green drinks (Greens 1, 2, 3 and 4). My personal favorite is Green 2, with kale, spinach, pineapple, cucumber and celery. It’s bright and fresh with just enough green. Two more juices worth adding to your cleanse are Citrus 1, with orange, red apple, lemon and

ginger, as well as Citrus 3, with orange, pineapple, grapefruit and coconut water. The former lowers cholesterol levels and boosts your mood; the latter is full of potassium, vitamin C and digestive enzymes. As a health booster and post-workout electrolyte, Pressed Juice sells blue-green algae shots and supplemental waters including lemon; ginger and raw honey; chlorophyll; aloe and coconut.

JUICE BY NUMBER

Pressed Juice Daily’s cleanses are sold in sets for one day, three days, five days and seven days. Each comes in three levels. They deliver throughout the Denver metro area and as far south as Castle Rock and north as Boulder. A one-day cleanse starts at \$57, and a seven-day cleanse is \$399. pressedjuicedaily.com

Cold-pressed juices, such as those offered by The Juicing Tree, contain three to five times the vitamins, amino acids and minerals of juices extracted using other methods.




THE JUICING TREE

A lipstick-pink bougainvillea, black chalkboard and charming Dutch door on 32nd St. mark the 40-square-foot juice shop of The Juicing Tree in LoHi. A steady stream of locals seem to know the place by heart. Jeremy Schaalman, a yoga instructor at nearby Yoga Pod, stops by to pick up four bottles to get him through his afternoon and evening classes. Schaalman says he used to drive across town every day to buy the freshly pressed juice. It's a common theme, says owner Paul Krzystyniak. "One woman drives from Kansas weekly to buy his juice, and doctors from the University of Colorado Health Science Center are regular customers," Krzystyniak says.

He got hooked on fresh juices while on an extended business trip in Los Angeles. "After a week I craved it and actually looked forward to it," he says. His wife, Lesley, a nurse practitioner, encouraged him to give it a go. After a few ceiling disasters and enough followers from yoga studios, he began using a commercial kitchen and the first location of The Juicing Tree was born in Park Hill in June 2013. The LoHi location followed a year later.

The Juicing Tree juices utilize only whole fruits and vegetables, nuts and a few surprises, such as jalapeno and cayenne. There are too many choices to list here, but I can recommend a few. Purple Wizard is a personal favorite with beets, celery, kale, lemon, parsley and spinach. Some beet juices are a little too beet-y, but this offers a good balance. And, The Juicing Tree uses a Norwalk juicer for its greens, which presses and grinds greens, so there is more body to their green drinks than other companies' juices.

Among my other favorites is a seasonal watermelon and mint; the perfect post-workout refresher. And the pink Cadillac with sprouted raw cashews, strawberries, Colorado honey and Himalayan pink salt is the best meal replacement drink I have ever tried (no kidding). The Juicing Tree also sells healthy house-made snacks, such as chia cups, kale clusters and naked nuggets (seeds and dried fruit). 

JUICE BY NUMBER

The Juicing Tree's cleanses, available for pick up or online order with delivery, include one-, three- and five-day cleanses. Six juices are the standard quantity. Any cleanse can be personalized for specific health needs, such as illness, post-chemo-recovery or allergies. Prices vary from \$5-\$11 per bottle. juicingtree.com

PRESSED FOR HEALTH

Denver offers more than a handful of places to take a health break during the day.

PARSLEY: Jason Bailey's juice, smoothie, soup and sandwich shop is a healthy island in the Golden Triangle on a quiet corner of 11th St. and Cherokee. Vegetable and fruit juices are made onsite and are available from 11 a.m. to 5 p.m. daily. parsleyandbailey.com

VIBRANT EARTH: Developed by Registered Dietician, Jill Latham, this juice company provides a full host of juices for 15 Denver Safeway stores and a Vibrant Earth juice truck. They add flax oil to their drinks for higher bio-availability of certain nutrients, and juices are bottled with high pressure packaging (HPP) for a one-week shelf life. vibrantearthjuices.com

PROTEIN BAR: Growth is in high gear for this healthy, fast casual company. They are adding a fourth Colorado location on Glenarm Pl. late this year. They offer four raw juices daily that include carrots, beets, greens, cucumber, pineapple, apple, berries and ginger. theproteinbar.com

PRESSERY: You can find these pre-bottled juices at Denver and Boulder grocers and Colorado mountain town markets. The juices use HPP packaging and delivery is available for orders of \$75 or more. pressery.com