



A GARDEN OF FLAVOR

BY **DYLAN TUSSEL** PHOTOS COURTESY
OF **GARDEN OF FLAVOR**

Celebrities are doing it, professional athletes are doing it, and now more and more people are realizing the benefits of juicing. What has been known for years is catching on everywhere you look: drinking raw juice is the fastest, most efficient way to nourish your body with necessary vitamins, minerals, oxygen, enzymes and chlorophyll, and makes you feel great.

Lisa Reed, a raw food chef certified in plant-based nutrition, is a longtime believer in the benefits of juicing. A few years ago, she decided that others should enjoy the benefits of juicing, so she started Garden of Flavor to share her own cold-pressed, raw, natural juices made with organic fruits and vegetables. Lisa's 23-year-old son Clayton signed on, and together they brought Garden of Flavor's raw, organic juices to Mustard Seed, Whole Foods, Lemon Falls Café, Optimal Wellness Center, and Heinen's stores throughout Northeast Ohio. "When you drink raw, organic juice, you flood your body with nutrients and you feel incredible," says Lisa.

A bottle of raw juice contains more ingredients than a typical plant-based meal. For instance, it takes nearly five pounds of green, leafy vegetables to make one bottle of Garden of Flavor's Mean Green juice. To extract its fresh, raw juice, Garden of Flavor cold-presses

organic vegetables in a refrigerated room which prevents oxidation and the breakdown of vital enzymes. While other refrigerated juices are heated to extend their shelf lives — killing their living enzymes and nutrients — Garden of Flavor juices are immediately bottled, stored and pressurized to extend shelf life at low temperature, while retaining all of the natural benefits.

While juicing concentrates the beneficial nutrients, it also concentrates harmful pesticides and herbicides used in growing conventional produce, which is why Lisa only uses organic produce. “It’s in the soil, and it’s in the seed — it can’t just be rinsed off. That’s why I’m so adamant about being certified organic,”



Lisa explains. “I strongly believe that it’s organic or nothing.”

Garden of Flavor strictly adheres to Lisa’s “organic or nothing” rule. Recently there was a shortage of organic Granny Smith apples, a prominent ingredient in Garden of Flavor’s Appleade. Rather than substitute non-organic apples, Lisa stopped making Appleade altogether. “Until organic Granny Smith apples are available, we won’t make the juice,” says Lisa.

Garden of Flavor also makes a six pack, one day juice cleanse. “A juice cleanse is a great way to jumpstart a new habit, to lose a few pounds, to get rid of bloating, to find mental clarity, or just to feel great,” Lisa explains. “Nutrients from cold-pressed juice are more easily absorbed into your body, so you’re not using energy you normally would on digestion. You have more energy which is one of the reasons you feel so great.”

Go to GardenOfFlavor.com for more on Garden of Flavor’s raw, organic juices, as well as a full list of stores that carry them. You can reach Lisa by phone at 216.702.7991 or by email at Lisa@GardenOfFlavor.com. FLC

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