



# CLEAVERS SUCCUS

With its fresh, green flavor and high water content, cleavers is best prepared as a juice, or succus. Similar to wheatgrass juice, cleavers juice may be sipped straight or blended with other vegetable juices and smoothies. If you aren't consuming it right away, you can freeze the juice or preserve it with alcohol. These methods also work well with spring plants like chickweed and plantain.

*Yield: 4 to 6 servings*

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## To extract cleavers juice

Note: Regular juicers tend not to be adept at juicing cleavers, and thus you need to use a blender, food processor, or mortar and pestle. However, if you have a wheatgrass juicer, you can try that instead of the process below.

1. Mash up the cleavers using a blender, food processor, or mortar and pestle. If necessary, add a little bit of water to make blending easier, but try not to add too much.
2. Place a fine-mesh strainer over a bowl and line it with a nut milk bag, jelly bag, or several layers of cheesecloth. Squeeze to extract as much liquid as possible. (Alternatively, you can use a tincture press.)
3. Drink the juice immediately, freeze it, or preserve it with alcohol (see below).

## To freeze cleavers juice

1. Pour the freshly squeezed cleavers juice into an ice cube tray and place it in the freezer.
2. Once the cubes are frozen, transfer them to a freezer-safe bag or container.
3. To use, add a frozen cube to a glass of water, or toss it in a smoothie.

## To preserve cleavers juice with alcohol

1. Measure the volume of freshly squeezed cleavers juice.
2. Divide this number by 3 to calculate how much (100-proof) alcohol to add. For example, if you have 300 ml of juice, you will use 100 ml of alcohol.
3. Combine the cleavers juice and alcohol in a clean jar. Tightly cover the jar and give it a shake.
4. Store the jar in a cool, dark place for 3 days. At the end of this time, you will see sediment at the bottom of the jar. Leaving the sediment behind, carefully pour off the clear liquid, straining it through a paper coffee filter into a clean jar.
5. Store the succus in a cool, dark place for up to 2 years.

