

**V8**  
**VEGETABLE**  
**JUICE**

**Compiled by**  
**Campbell M Gold**

**(2009)**

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**V8 Vegetable Juice** is a trademark name for commercial beverage products, which are sold worldwide and are made from either eight vegetables or a mixture of both fruits and vegetables. The V8 brand is owned by the Campbell Soup Company.

V8 juice was originally created in 1933, by W.G. Peacock, the founder of New England Product Co., which manufactured individual vegetable juices under the name "Vege-min."

Today's V8 vegetable juice includes the same eight vegetable juices it did in 1933: tomatoes, carrots, celery, beets, parsley, lettuce, watercress and spinach.

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**Raw V8 Juice**

Here is an excellent do-it-yourself V8 raw juice recipe (the ingredients, preferably organic, must be juiced not liquidised):

- 6 medium-sized carrots
- 1 small beet (wash well)
- 3 large tomatoes
- 1 bag baby spinach
- 1/4 head fresh cabbage
- 1 red bell pepper
- 1 green bell pepper
- 3 stalks celery
- 1/4 sweet onion
- 1/2 clove garlic or less to taste
- Kale leaves (a little goes a long way so take care)
- Chili pepper or Tabasco to taste

Juice and enjoy...

End

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