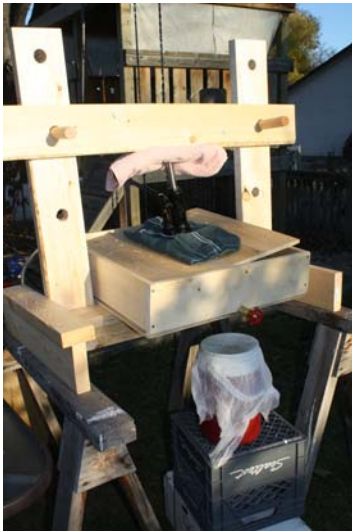




Homemade Fruit Press

Plans, Supply List and Building Instructions

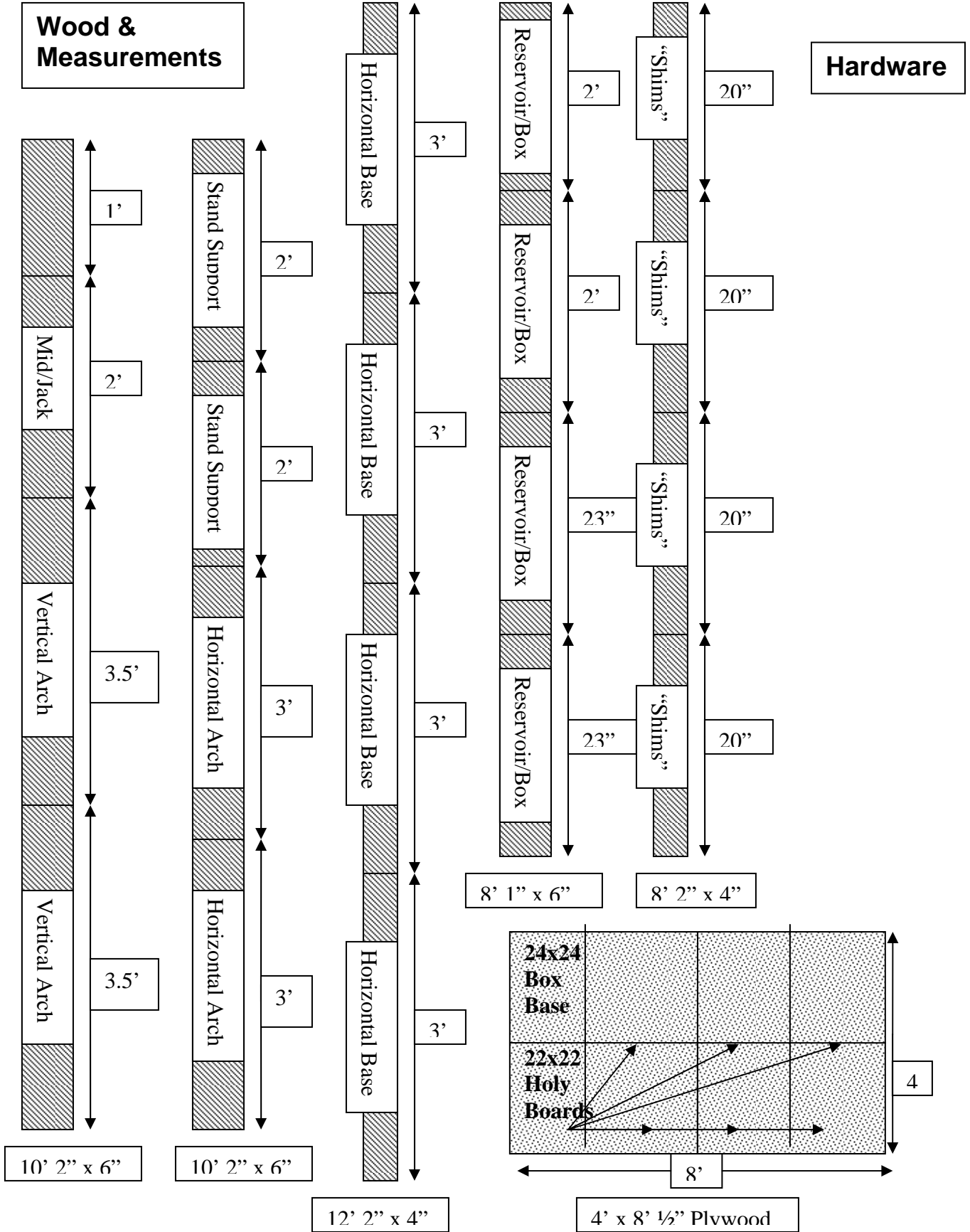
Prepared by Darby Jones, Fruit Share Volunteer



For more visuals check out these You Tube videos:

<http://youtu.be/dQz4uuLRqbY>
<http://youtu.be/u7rSYUNWrCQ>
<http://youtu.be/UyiM4gDVGeA>
http://youtu.be/pqhXp_JZ1PQ

Fruit Press Parts List and Cutting Diagram





: 1 5/8" Lag bolt x 12



: 2 1/2" Decking screw x 24



: 2 Ton hydraulic jack



: 1 spigot



: Aquarium sealant

Full List of Supplies:

- Two 10 foot 2" x 6"(s)
- One 12 foot 2" x 4"
- One 8 foot 1" x 6"
- One 8 foot 2" x 4"
- One 4 foot x 8 foot 1/2" plywood
- Twelve 5/16" x 3" Lag bolts
- TwentyFour 2 1/2" Decking Screws
- One 2 Ton hydraulic Jack
- One Garden style spigot
- One Tube aquarium sealant

List of Tools needed

- SkillSaw, MitreSaw or HandSaw
- #2 Head Screw driver or
- #2 DrillBit & Drill
- 1 1/2" Wood Drill bit
- 5/16" Wood Drill bit
- Socket set or Wrenches
- 100grit Sandpaper

Assembly Instructions

We purchased the wood from Home Depot, the jack from Canadian Tire and the aquarium sealant from Pet Smart, but Winnipeg Freecycle and construction sites are often great places to get yourself some free wood, which will save you a fair bit of cash in the long run. My very first press only cost me \$20 being I had the wood and the car jack on hand already from other Freecycle ventures.

Here are the step by step instructions from start to finish on how to construct and use your very own homemade fruit press!

1. Measure and cut your wood pieces to size (as marked on page 1 of this guide).
2. Drill three 1 3/8" holes in the center of the vertical arch boards, 6" apart. Also drill one 1 3/8" hole on both ends of the two horizontal arch boards, 6 1/2 inches in from the end.
3. Pre-drill two 7/32" pilot holes into one of the two horizontal arch beams 12 inches in, one hole 1" from top, other hole 1" from bottom. Mirror same on 2nd horizontal arch. Also make two 7/32" pilot holes, 6" & 7 1/2" (consecutively) in and 3/4" up from bottom and 1 1/2" up from bottom onto both ends of the horizontal base(s). Match up holes to the bottoms of the vertical arches and extend pilot holes through. This technique makes the ratcheting/drilling of the lag bolts 100% easier.
4. To assemble main press:
 - 4.1. Drill 3 deck screws 3/4" in along the widest part of a clean (no pilot holes) horizontal base board, evenly spaced apart. Drill these 3 deck screws into the narrow part of another horizontal base board that already has the 7/32" pilot holes, making a large "L" bracket. Repeat same for other 2 horizontal base boards.
 - 4.2. Measure a line 9 1/4" in on the horizontal arch boards on both ends, and lay the jack/mid board in between the 2 lines, centering the jack board. Ratchet/Drill the lag bolts through the 2 horizontal arch boards and continue through to both sides of the jack board, essentially "sandwiching" the jack board in place.
 - 4.3. The vertical arch boards should slide between either ends of the sandwiched top plate, and the large 1 3/8" holes should line up. Insert dowels through the 2 holes, and secure the dowels in place by drilling a decking screw through the outside ends of the dowels.

After first use of press, a 7/32 hole can be drilled in the removed screw ends of dowel, for the decking screws to simply "drop" into place for ease of entry and removal.

- 4.4. With the top arch in place, the pilot holes on the bottom of the vertical arch boards and the horizontal support boards should line up, allowing the remaining four lag bolts to be drilled/ ratcheted through.
- 4.5. Once you have your "square" secured with lag bolts and dowels, it can be lifted to stand up 3.5" high. Center the stand support boards with the vertical arch boards. With the help of an assistant, lower the large "square" a couple degree's, to allow the flow of the reservoir to one end. Upon satisfaction of slope, attach stand support to vertical arch board with 4 decking screws.
5. To assemble and prep reservoir box:
 - 5.1. Screw two decking screws into widest part of 2' (24") reservoir board, 1/4" from end. Screw these same screws into ends of 23" boards, and repeat on other ends of 23" boards, essentially making another "square" box.
 - 5.2. Lay this newly assembled box flat onto a 24" x 24" plywood cutout, and drill four decking screws through plywood into the reservoir boards, making the bottom of your reservoir box.
 - 5.3. Take your reservoir box and place it into your fruit press. Examine the slope. Drill a 3/4" hole partially through the plywood bottom and partially through the reservoir board, centered, for your spigot to "tap" into. Screw the spigot into the reservoir box.
 - 5.4. Time to seal up your box! With a gloved hand or paper towel, rub a small amount of aquarium sealant onto the inside ridges and corners of the box. Also apply some sealant around the spigot. The aquarium sealant requires 48 hours to cure, so once it's in place, do not disturb or get it wet.
 - 5.5. While waiting for the sealant to cure, you can drill holes into your 22" x 22" plywood pieces. Each piece can comfortably fit anywhere from 30-50 holes. It's not important what size of hole you drill, whatever size wood bit you have on hand will do. You'll save time by drilling through all six boards at a time, if your bit will pass through them all.
 - 5.6. The last remaining 24" x 24" piece will be your "press plate", where your jack comes into contact with your pressing pile.

Usage Instructions

The assembly was the trickiest part. If you made it this far, you're doing great!

To get the most out of your fruit, it's best to crumble, shred or smash it into tiny bits for better pressing. You can simply press quartered apples, but your juice yield will be significantly lower.

A food processor seems to work best for making quick work of pulverizing the fruit

1. Wash and quarter apples, leaving skins and seeds on.
2. Run the apples through the food processor (or quarter and freeze the apples), dumping each batch into pillow cases inserted into a bucket, or into cheesecloth, and then rolled up.
3. Depending on how many people are involved, you can either start pressing 2-3 bags at a time, or fill the whole press with 6 bags and raise the top plate to the proper position.
4. To press the apples, put 2 "shim" boards, narrow side down into the reservoir, and place a "holy" 22" x 22" board onto the shim boards. Place a bag onto the board, then place another holy bag on top of that one, and continue doing so until you've got a nice little pile of fruit bags and boards.
5. Slowly start lowering the press down, by pumping the handle of the jack. I find it best to keep the spigot closed for the time being, to see how much juice is getting pressed, then open the spigot and let the juices flow.
6. It's a good idea to put a piece of fine mesh over your juice bucket or directly over the spigot (with an elastic) to catch any wood bits or little pieces of apple that might've passed through the cheese cloth.
7. Once you're done with the press, it needs to be thoroughly cleaned, as the acids from the juices don't treat spruce wood very well. It's also a good idea to coat the wood in butcher block oil to preserve it for future pressings.

Enjoy your new Fruit Press!!!

Fruit Share

Fruit Press

