

The Jewish Vegetarian

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JVS

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WELCOME

to the December issue of *The Jewish Vegetarian*

I hope that you have all been having a good autumn. For those of you based in and around London, we hope to see you at the JVS Chanukah party on Sunday 9 December for an evening of singing, dancing, food, drinks, making new friends and, of course, the lighting of the Chanukah candles. Those further afield – we'd love to hear how you will be celebrating Chanukah and whether any vegetarian gatherings have been planned! If you want to promote your vegetarian event on the JVS website or on our Facebook and Twitter pages, just drop us a line.

There's lots of exciting veggie news this issue including the launch of a new vegetarian cookbook by nutritionist and JVS life member Rosalind Berzon (page 46) and the opening of a meat-free cookery school in central London (page 17). As always, there are lots of lovely recipes in Cookery Corner, courtesy of Denise Phillips, and if you want to see Denise in action, come to our "Pesach with Style" cookery demonstration on Thursday 28 February – and please tell your non-vegetarian friends too! More details can be found on page 43.

I recently celebrated 40 years working at the JVS and would like to take this opportunity to thank members for your continuing support of the Society over the years. We wouldn't be here today without you!

Wishing all readers a very happy Chanukah as well as a happy, healthy, and peaceful 2013.



Shirley Labelda
Editor

CONTENTS

Welcome to <i>The Jewish Vegetarian</i>	3	Poem	27
Turning Words into Deeds	4	Health	28
Society News	5	Restaurant Review	30
Gift Subscription Prize Draw	8	Coach and Horses Competition	31
40 Years at the JVS	10	Consumer Corner	32
Ninth Interfaith Celebration of Animals	12	Travel	34
Raid on Israeli Pig Farm	13	Exciting Party Snacks	37
Choose Veganism, Honor Judaism, and Kvell	14	Gardener's Corner	40
New Vegetarian Cookery School	17	What's On Diary	43
My Life as a Vegetarian – Minna Pick	18	Books	46
Cookery Corner	20	Display Advertisements	51

TURNING WORDS INTO DEEDS

DONATIONS RECEIVED

We wish to thank all those who send funds to the Jewish Vegetarian Society. All donations help the JVS promote a kinder society and work towards our long-standing objective – for a vegetarian world.

SOCIETY – LONDON HQ

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£10 Dr. A.C.J., Richmond, Surrey
£8 Mr. G.G., Ontario, Canada
\$250 Mr. S.R., Victoria, Australia
\$50 Mr. P.S., Jerusalem, Israel.

BUILDING FUND – LONDON HQ

£15 Mr. R.F., London NW7. In memory of his dear wife.

THE JERUSALEM CENTRE – GINGER

\$50 Mr. P.S., Jerusalem, Israel

FRIENDSHIP HOUSE – ORR SHALOM

The JVS "House Parents" home for deprived and homeless children is in the care of "Orr Shalom" and is situated at Ganir Center, 2 Hahar Street, Har Tuv Aleph, Industrial Estate, Beit Shemesh 99067, Israel.

A NOTE TO READERS:

In 2011, the Israeli Ministry of Health introduced new nutrition guidelines for kindergartens and schools in Israel. This means that Orr Shalom is now required to serve both meat and fish, and is no longer vegetarian.

While, as ever, the JVS respects the work of Orr Shalom in supporting children at risk, we no longer coordinate donations on the charity. If readers wish to support Orr Shalom, please visit www.orr-shalom.org.il, email info@orr-shalom.co.il or call 00 972 2 9936900.

SOCIETY NEWS

NEWS FROM ABROAD

THE JVS FEATURES AT THE VEGEFIESTA IN FINLAND

Whilst on holiday in Finland, Suzanne Barnard was invited to give a talk about the Society and vegetarian/vegan advocacy at the Vegefiesta in Rovaniemi. The festival, running 18 – 19 August, offered live music, dance, lectures and workshops. Also provided was delicious vegan cuisine, free for anyone attending. The idea was to offer meat-eaters the chance to sample plant-based food. Dishes included Beetroot Soup; Carrot, Coconut and Coriander Soup; and a whole array of sides including grated carrot, marinated green lentils, potato bean salad, hummus and rye bread. Approximately 800 people attended over two days and the organisers received very positive feedback.



Suzanne 's talk was interactive and asked the audience to share their experiences of vegetarianism or barriers for going veg. She also discussed ideas for effective advocacy.

NEWS FROM LONDON

SHIRLEY CELEBRATES 40 YEARS

Shirley Labelda recently celebrated 40 years working at the Society, having come on board as a secretary in November, 1972. The JVS team went to the Luton Hoo on 6 September to celebrate over a wonderful vegetarian meal. Read a special interview with Shirley on page 10.



SOCIETY NEWS

THE JVS HITS GOLDERS GREEN

Following the purchase of a brand new exhibition stand, JVS staff and volunteers spent Sunday 14 October leafleting outside Sainsbury's Golders Green and talking to customers about how they could make animal- and planet-friendly choices during their weekly shop. A number of people signed up to receive the JVS monthly e-newsletter and others expressed interest in future events. A big thank you to Sainsbury's for supporting us.



“SHOULD JEWS EAT MEAT?” DEBATE AND FILM SCREENING

A screening of Lionel Friedberg's *A Sacred Duty*, a documentary exploring the impact our diets have on the world around us, followed by a debate - "Should Jews Eat Meat?" - was held at the LJCC, Ivy House, on Tuesday 20 November. Organised by the Jewish Community Centre for London, the event was described as a "thought-provoking and provocative evening about the relationship between Jews, meat and shechita (ritual slaughter)". The four panelists were Rabbi Jonathan Wittenberg, Ruchot Trustee Dan Jacobs, Founder of Biblical Foods Leon Pein, and JVS director Suzanne Barnard.

COMPETITION WINNER

Congratulations to Thomas Patman who won a £50 voucher to dine at one of Europe's finest and oldest gourmet vegetarian restaurants, Manna.

NEWS FROM THE JERUSALEM CENTRE/GINGER

The vegan momentum in Israel continues, as local grassroots initiatives propagate. Two very different initiatives recently got wide attention.



SOCIETY NEWS

On 2 October World Farm Animals Day, a group of activists gathered in Tel Aviv's Rabin Square to simulate the branding of calves, as practiced in the dairy and beef industries. Three of the activists were dragged across the ground, branded with the number "269" using hot metal, and shackled. On 1 November, World Vegan Day, a follow-up action was held in the same place and people lined up in to be tattooed with the number 269.

On their website 269life.com, the group explains: "The branding of the calf's number, chosen by the industry to be '269', is for us, an act of solidarity and immortalization. We hope to be able to raise awareness and empathy towards those, whose cries of terror and pain are only heard by steel bars and the blood stained walls of the slaughterhouses."

A separate group of activists took a very different approach to raising awareness, creating a short video called "Vegan Style" – a vegan parody of the South Korean pop hit "Gangnam Style". The video, which has been a YouTube hit, focuses on the vegan lifestyle which is portrayed as trendy and fun.

Meanwhile, leading Israeli environmental groups are also accelerating the movement. In October, Greenpeace, Green Course and the Heschel Center for Environmental Learning and Leadership launched a joint campaign about meat-related pollution. The campaign targets a governmental plan to offer the meat industry economic incentives (by cutting import taxes on meat, by cutting import taxes on live calves for slaughter, by investing in new quarantines for these calves and by subsidizing local cattle breeders). While not calling the public to go veg, it is a precedential campaign, as these groups have tended to overlook the environmental impact of the livestock industry in the past.

As all this storms around us, we at the Jewish Vegetarian Society, continue our relatively more laid-back activities. Our facilities at Ginger provide a meeting and working base for activist groups. Our courses provide new and veteran activists (as well as the general public) intellectual underpinning for their activities, and opportunities to discuss and find deeper insights on human-animal relationships. Our course "The Multi-Species Society", led by Dr. Ariel Tzovel, has been a success in Haifa, and we are looking forward to it starting in Beer-Sheba and (for the second time) Tel-Aviv. Our events and weekly meals not only acquaint people with knowledge, ideas and delicious creative vegan food, they also allow for mutual support and for community building, which is vital for the growing veg*n movement.

GIFT SUBSCRIPTION PRIZE DRAW

We welcome you all to the

48TH ANNUAL GENERAL MEETING

of the

International Jewish Vegetarian Society

Sunday 3 March, 2.30pm

**Jewish Vegetarian Society, Bet Teva,
853-855 Finchley Road, London NW11 8LX**

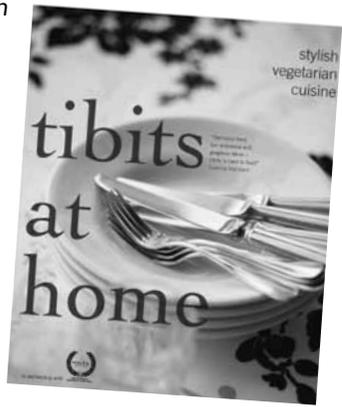
A tea will follow the meeting – vegan of course!

Phone **020 8455 0692** or email **info@jvs.org.uk** if you can attend

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TIBITS COOKBOOK!**

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Simply fill out the form opposite and send us a cheque for £12 (or email the details to info@jvs.org.uk and pay via Paypal or MyDonate) and we'll do the rest! Not only will your chosen recipient receive a JVS membership card and four issues of *The Jewish Vegetarian*, we'll also throw in a Gift Card with your personal message with their very first issue! Give a great gift *and* support the JVS by arranging a gift subscription today!



GIFT SUBSCRIPTION PRIZE DRAW

The special prize draw closes on Thursday 31 January, at 4 pm, when a winner will be drawn at random from all those purchasing gift subscriptions between now and then. One gift subscription = one entry so the more you buy, the more chance you have!



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40 YEARS AT THE JVS

40 YEARS AT THE JVS – AN INTERVIEW WITH SHIRLEY LABELDA



How did you first hear about the JVS?

I was shopping in Wembley and passed an employment agency. I happened to glance in the window and saw an interesting-looking advert stating that the Jewish Vegetarian Society was looking for someone to fill a three-week secretarial position. I went for an interview and got the job!

When did you start working at the Society and can you remember your first day?

I started working at the Society in November, 1972. This was only meant to be a temporary position but, at the end of the three weeks, I was offered a permanent role as secretary. My main task was shorthand typing which initially I found difficult as the subject area wasn't familiar to me. I started off working five mornings a week, and later switched to three longer days.

At roughly what age did you become vegetarian?

I wasn't vegetarian when I started at the Society, but made the transition in the 1990s.

What made you become vegetarian?

Phillip Pick greatly influenced me.

Can you say something about particular JVS events that you have found to be especially memorable? Is there one which stands out?

The Sunday evening supper quizzes were really nice. We always used to get a good mix of people coming to those. There were two quiz masters and people sat as teams on different tables. The supper itself was provided by our very own Members Dining Room.

We also used to organise an annual coach trip on the first Sunday in June. Outings which stand out were to Tekels Park (Camberley, Surrey), Loseley Park

40 YEARS AT THE JVS

(Guildford, Surrey), the Royal Horticultural Society Garden (Wisley, Surrey), Tyringham Naturopathic Clinic, where some people had treatments, and the West Country. We were always sure to stop at a vegetarian guesthouse/hotel for a good meal and we charged a small fee to cover costs.

Could you say something about some of the people you have met in your years at the JVS who you particularly remember.

The Society used to have lots of visitors from abroad and many influential people attended the AGMs.

We also had some really interesting talks, for example Joe Goodman (naturopath) gave some fantastic talks and demonstrations. Emil Just used to run weekdays cookery classes and regular weekly yoga classes were held.

What are the main changes you have seen over the years?

The Members Dining Room was run on and off during the 1980s. Once that closed, educational classes were held in the hall and then a nursery for the under-fives hired the space. After Philip Pick died in 1992, I took over the running of the magazine.

Do you have a favourite issue of *The Jewish Vegetarian*? If so what one and why?

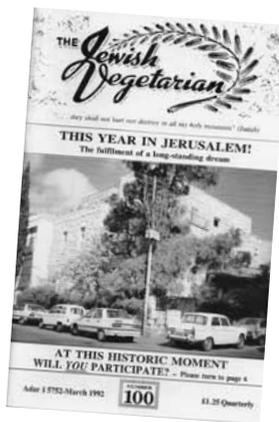
Issue number 100 (March, 1992) is very memorable. That was the time that a legacy led to the purchase of the Jerusalem Centre, now known as Ginger. It was an exciting time and I remember Philip Pick and other committee members, at various times, going over to Israel to visit it.

As an avid traveller where do you feel is the most vegetarian-friendly place?

India and Nepal are both very good for vegetarians. A friend and I travelled to both countries and I remember that we were the only two vegetarians in the group and the only two who didn't get any stomach problems. Our rule was "if you can't peel it, don't eat it"!

How would you like to see the Society develop?

I would like to see the Society continue and be self-sufficient. I would also like to see the Society going back to holding events on a regular basis, where people can get together – which is what people like. We could have more events on Sunday afternoons. We need an active committee, so it has been good to see the recently-formed events team starting to make plans.



NINTH INTERFAITH CELEBRATION

NINTH INTERFAITH CELEBRATION OF ANIMALS

The Ninth Interfaith Celebration of Animals took place on Sunday 2 September at the Golders Green Unitarians (GGU) in London.

This annual event is sponsored by the World Congress of Faiths, Quaker Concern for Animals and the Unitarian Animal Welfare Society.

The service was led by the Rev. Feargus O'Connor, MA, who has been associated with the Jewish Vegetarian Society for a number of years. An address was given by Thomas Bonneville, entitled "Why Animals? Why Interfaith?" and there were contributions from people of many different faiths, including Christian, Hindu, Humanist, Jewish, Muslim, Sikh and Unitarian Universalists. After each reading, a candle was lit to commemorate the world's animals.

The afternoon concluded with a tea provided by the members of the GGU as well as delicious vegetarian food provided by the Indian Veg Restaurant, Chapel Market, Islington, which is highly recommended.

Here is a hymn which was sung at the event and which is appropriate to the vegetarian cause.

Reverence for Life

By John Andrew Storey

In life's complex web of being
 Each is fitted for its place
 Plants and beasts and all things living
 Peoples of the human race
 But the balances of Nature
 Exploitation has disturbed
 And all creatures she will nurture
 Only when this greed is curbed

Dolphin leaping through the waters
 Skylark over lonely fen
 Timid fawn in dappled forest
 Hungry lion in its den
 Butterfly, the bee and flower
 Each should have its chance to thrive
 Humankind, restrain your power
 And for wider kinship strive.

RAID ON ISRAELI PIG FARM

RAID ON ISRAELI PIG FARM FINDS SHOCKING ABUSE



Inspectors raided one of Israel's largest pig farms in August and found 2,000 pigs living in cramped conditions, suffering from injuries and receiving no medical treatment. Sludge from the animals' manure layered the farm floor and the bodies of dead pigs were strewn within the sludge.

The raid, at the Araf piggery in the Western Galilee local council of Mi'ilya, was carried out under the joint action of the Environmental Protection Ministry, the Agriculture Ministry, Israel Police, the Tax Authority, the Israel Electric Corporation and the Interior Ministry.

Inspectors said that male pigs were forced to step on each other due to the lack of space and female pigs were held in such tiny cells that they were not able to move.

The farm, which had previously received orders to close, was under investigation for pollution caused by dumping sewage into nearby streams as well as allowing it to seep into the ground, contaminating the groundwater and increasing pollution levels.

Animal abuse in Israel is an offense punishable with up to three years imprisonment or a fine up to NIS 202,000. However, the Environmental Protection Ministry has found that it is common for pig farmers simply to pay their fines and continue to operate in the same manner.

Animal rights group Anonymous for Animal Rights is calling for the Agricultural Ministry to put into practice laws that ensure larger, healthier spaces for animals.

CHOOSE VEGANISM . . .

CHOOSE VEGANISM, HONOR JUDAISM, AND KVELL

By Jeffrey Cohan

This article was originally appeared in *The Jewish Chronicle of Pittsburgh, PA*, on 20 September, 2012. Reproduced by kind permission of Jeffrey Cohan and *The Jewish Chronicle of Pittsburgh, PA*

A divinity student from a Presbyterian seminary approached me recently and made a surprising comment.

“I’m so impressed,” he said, “with the emphasis that Judaism places on treating animals with compassion.”

I didn’t know whether to kvell or to cry.

Kvell, because all levels of Jewish texts, from the Torah on down, express incredible sensitivity for the welfare of animals. The divinity student knew something about Judaism – on paper.

Cry, because concern for animals is almost totally absent from Jewish communal discourse, while literally billions of farm animals are suffering in abysmal conditions.

We have a Torah that repeatedly and clearly establishes the ideal of veganism, and that calls upon us to show great concern for the comfort and well-being of animals, and yet most Jews continue to blithely consume meat, dairy and eggs as if the welfare of animals is irrelevant.

I say most Jews, by no means all Jews. In fact, a disproportionate number of rabbis, including some who are very prominent, have adopted vegetarian or vegan diets. Their ranks include Lord Jonathan Sacks, the chief rabbi of Great Britain; and Rabbi David Wolpe, the spiritual leader of Los Angeles’ Sinai Temple, one of the flagship Conservative congregations.

These rabbis understand that when it comes to something as fundamental as how we eat, God made his intentions known in no uncertain terms. The very first time he speaks to Adam and Eve, he tells them in Genesis 1:29 that plant-based foods are theirs to eat – period.

Just in case we didn’t get the message the first time around, God sustained

CHOOSE VEGANISM . . .

the Israelites on a vegan diet – manna – to prepare our ancestors for the Revelation.

And just in case we didn't deign to read the Torah at all, God took it a step further by designing our bodies to resemble the herbivores of the animal kingdom, rather than the carnivores.

Look at your fingernails. Do they look anything like the flesh-ripping claws of a carnivore? You might not know this about your own saliva, but it contains digestive enzymes for processing carbohydrates, like fruits and vegetables. Carnivores in the animal world don't have those same enzymes, but herbivores do.

The length of our intestines is 7 to 13 times the length of our torso, depending on the individual. But the intestines of bears, tigers and other carnivores are much shorter, only three to six times the length of their torsos, so that animal flesh will pass quickly through their bodies.

As compelling, and obvious, as our physical similarity to herbivores is, ethical considerations should still be the first and foremost consideration for Jews.

And the vegan ideal speaks to the very essence – the *raison d'être* – of Judaism.

Why did God give us the Torah if not to bring His attributes of mercy, compassion and morality into what was – and in many ways remains – a brutal, savage world?

For thousands of years, the strong have heartlessly exploited and oppressed the weak. The Torah arrived to save the world from humanity itself.

Jews should be especially sensitive to this dynamic, for reasons of both theology and history. Have we not been exploited and oppressed over the millennia?

So what do we do when we encounter animals, sentient beings who are at our mercy, whose care God entrusted to us?

What do we do when we're in the position of strength?

Unfortunately, we cram chickens into cages so small they can't lift a wing, we brand and often castrate cows without pain relief, we send living male chicks into grinders and steal newborn calves from nursing cows. Then, after subjecting them to lives of abject misery, we slit their throats.

CHOOSE VEGANISM . . .

And for what reason? Because we like how they taste? Because it's the conventional thing to do? Because non-Jews are doing it too?

As Jews, we should be expanding our circle of compassion, not narrowing it. We should be setting an example, not following the lead of a decadent society. As Rabbi Danny Schiff, Pittsburgh's former community scholar, likes to say, Judaism is a countercultural movement.

Precisely because God and our sages recognized the human tendency to oppress the weak, they liberally sprinkled the Torah – writ large – with commandments to treat animals with kindness. Indeed, animals are even to be given a day of rest on the Sabbath.

Modern factory farming – which is where more than 90 percent of kosher meat comes from – makes a mockery of these mitzvot.

We should not delude ourselves that the laws of shechita absolve us from complicity in this widespread cruelty. For one thing, the laws of kosher slaughter apply only to slaughter, not to the suffering imposed on the animals before they're taken to the slaughterhouse. And secondly, it is virtually impossible to strictly apply the laws of shechita in modern factory farms, where the sheer number of animals killed in a single day is often in the hundreds or even thousands. These laws were written in and for an era when a shochet might slaughter one or two animals a day, or week.

It seems God anticipated this. His wisdom is truly awe-inspiring.

In his wisdom he prescribed a vegan diet for us, and as it turns out, a vegan diet is not only better for animals, it's better for our own health, too.

Have you ever known anyone to develop heart disease, diabetes, obesity or cancer from eating blueberries? Or lentils? Or broccoli?

Thankfully, as veganism continues to grow in popularity, a whole host of vegan substitutes for meat and dairy products are widely available, even at regular supermarkets. Many of them are as tasty, or tastier, than the original versions, while being much lower in fat and completely free of cholesterol.

Great Websites like tryveg.com and chooseveg.com have sprung up to help people transition to a plant-based diet. You don't need to become a vegan overnight. Start with one meal a day and take it from there. Or try a vegetarian diet first, then move toward abstaining from all animal products.

CHOOSE VEGANISM . . .

In the coming year, we all have an opportunity to bring Jewish values into our daily lives by eating in a way that aligns with the ideals and compassion of our Torah.

Maybe someday soon I can look at the theological student in the eye and just kvell.

NEW VEGETARIAN COOKERY SCHOOL

NEW VEGETARIAN COOKERY SCHOOL OPENS

The summer saw the much awaited opening of “Sutra Kitchen”, central London’s first exclusively vegetarian and vegan cooking school and deli. This innovative new concept located in Kingly Court, Carnaby Street, is the latest project by up and coming vegetarian chef and author Jay Morjaria. Sutra Kitchen is home to Chef Jay’s global range of vegetarian, vegan and raw cooking classes as well as his daily deli where he dishes up a range of tantalising and healthy food options such as gourmet salads with unique flavour combinations, freshly made tartlets and pastries, Ligurian focaccias, raw lasagna, soups and bakes.



Sutra Kitchen’s cooking school hosts practical, hands-on classes to develop participants’ culinary interests and to show how to make fresh meat-free dishes from scratch. Classes, held in Sutra Kitchen’s modern professional kitchen, include; baking focaccia bread, blending together a Thai green curry, creating impressive desserts and learning important knife skills. The classes are small and designed to appeal to every level of cook with cuisine spanning Thai, Lebanese, Italian, Indian street food, Spanish tapas, raw vegan food and much more, with new classes being added every month. Sutra Kitchen’s “Cook + Lunch” and “Cook + Eat Dinner” classes have been particularly popular with students coming to cook and eat their meal during their lunch hour, or making their dinner in just 45 minutes for only £12!

For more information and to book a class visit www.sutrakitchen.co.uk.

MY LIFE AS A VEGETARIAN

MINNA PICK



Minna Pick is the wife of the late Philip Pick, founder and former president of the Jewish Vegetarian Society. Their daughter Vivian wrote a letter to the Jewish Chronicle in the 1960s, asking if there were like-minded vegetarians who wanted to meet, and she also posted up notices at the Royal Academy of Music where she studied. For many years Minna collaborated with Lady Dowding and the organisation Beauty Without Cruelty.

At roughly what age did you become vegetarian?

I was very, very young indeed, in fact I can't remember exactly when – I was so young. My family used to have fish for Friday night, which Jewish people usually do, and I would push it away and just have the vegetables. That's why one day, when I met my husband, my mother said it must be "bashert" (fate) – it was meant to be. He had no bother converting me because I was already vegetarian!

What made you become vegetarian?

I couldn't tell you – I was too young, much too young. All I know is that I wouldn't eat the meat and I wouldn't eat the fish. So I just ate the vegetables.

What is your favourite vegetarian meal?

Oh dear – now you're asking! Since my husband died I don't do anything like the cooking I used to. I eat very small amounts now – salads and things like that.

MY LIFE AS A VEGETARIAN

Which is the best vegetarian restaurant you have been to?

Shearns in Tottenham Court Road was wonderful! We used to go there for meals because the food there was so good. The Rabbonim used to go there to eat because they knew it was kosher. It was very nice food there – really lovely food. That was the one I most enjoyed. I can't remember when it closed down. After that there was the Vega in Leicester Square. We used to be very friendly with the owner Mr. Fleiss. He and his wife Jenny were such a lovely couple – so nice. And his clientele were wonderful – if they came to his restaurant, they had to be vegetarian. Roy Fox's band used to come there and we used to sit there and listen to them talking. There was a minister who used to go there and he used to have a special little room and sit and eat on his own! Shearns and Vega – these are the two restaurants in my mind that I will never ever forget.

Where is the most vegetarian-friendly place?

I think England is the easiest. It's also very easy to be vegetarian in Israel – you don't even have to say anything, you just order what you want and there are no questions asked!

What has been your worst experience as a vegetarian?

I have never found it difficult to be vegetarian. We always chose very carefully where we ate. People knew what we were and they respected us for it. My husband was an important person – an architect – and we ordered what we wanted, and we got it. Some people used to say at the table "oh that does look nice!"

When we got married we had a vegetarian wedding. There were some people who said they wouldn't come because they were worried about what they would eat!

Can you recommend any good vegetarian resources (cookbooks/guides/websites/etc.)?

When something comes naturally to you, you don't look around for books – you don't need books. But my husband was a wonderful cook – he taught me how to cook.

What's your "signature dish" (and can you give us the recipe)?

My husband used to enjoy soup and I used to make him lovely soups. And he used to like fruit cake. He enjoyed whatever he ate.

COOKERY CORNER

Recipes courtesy of Denise Phillips, Jewish chef and food writer.



TERIYAKI AUBERGINE

Aubergine is one of the most versatile vegetables – it can be baked, roasted, pureed and, depending on how it is cooked, its appearance and flavour will vary quite considerably. Whilst in Israel wandering around the back streets of Neve Tzedek, one of the original neighbourhoods of Tel Aviv, I ordered this dish. I was so impressed that I have created my own version. It is perfect as part of a starter mezze and delicious hot or cold which makes it suitable for Shabbat and Yom Tov. The tasty sauce is delicious

mopped up with chollah.

Preparation Time: 10 minutes plus 20 minutes to salt aubergine

Cooking Time: 25 minutes

Serves: 4 – 6 people as a starter/side dish

Ingredients

- 2 large aubergines – sliced lengthways and cut in 4 cm widths
- 2 tablespoons salt
- 3 tablespoons olive oil
- 2 tablespoons sesame oil
- 50 ml soy sauce
- 50 ml sake or mirin rice wine
- 2 tablespoons sugar
- 1 tablespoon grated fresh ginger

For the garnish

- 2 tablespoons toasted sesame seeds
- 2 tablespoons fresh basil – roughly chopped



Method

Sprinkle salt on to the sliced aubergine and leave for 20 minutes. Rinse well and pat dry.

Pre-heat the grill.

Drizzle olive oil over the aubergine and grill for about 5 minutes on both sides until soft and golden. Transfer to an ovenproof dish.

COOKERY CORNER

Combine the sesame oil, soy sauce, sake, sugar and ginger together.

Pour the teriyaki sauce over the cooked aubergine.

Pre-heat the oven to 200°C/400°F/Gas mark 6.

Place the aubergine in the oven for 15 minutes for the flavours to infuse.

To serve the stylish way: Garnish with toasted sesame seeds and a sprinkling of chopped basil leaves.

DIP IT!

Offering a selection of dips with crudités is a pleasant way of eating with friends and family; these always make a healthy sociable start to any meal.

Hummus and guacamole are my favourite dips and I like to accompany them with a colourful combination of crudités – carrots, peppers, asparagus, sugar snaps, mangetout, etc. Hummus will keep for up to 4 days; however the guacamole is best served fresh and used on the day it is made.



HUMMUS

(Parev)

This creamy golden purée of chick peas is a Middle Eastern speciality that has become popular world wide. It is eaten as an appetiser and is often part of a mezze with hot pitta bread.

I have chosen to use tinned chick peas to speed up the recipe but traditionally the dried variety is used and these need to be soaked over night and then cooked for 2 hours or until soft.

Preparation Time: 10 minutes

Cooking Time: No cooking

Serves: 8 people

Ingredients

2 tins 14 oz/400g chickpeas – drained and rinsed

Salt and cayenne pepper

COOKERY CORNER

2 cloves of garlic – peeled and crushed
 Juice of 1 lemon
 3 tablespoons tahini (sesame paste)
 4 – 6 tablespoons olive oil

For the garnish

Olive oil, chopped parsley and olives

Method

Put the chickpeas in a blender or food processor with the lemon juice and work to a smooth puree.

Add the tahini paste and add all but 2 teaspoons of the olive oil, the garlic and seasoning.

Blend until smooth. Check the seasoning and adjust accordingly.

Spoon in to a serving dish.

To serve the stylish way: Garnish with chopped parsley, olives and drizzle with the reserved olive oil over the top. Serve with hot pitta bread.

GUACAMOLE

(Pesach friendly – Parev)

This is a very quick spicy dip that requires no cooking. Ideal with an assortment of crudités such as carrot sticks, radishes, peppers, button mushrooms, strips of celery, mangetout, sugar snaps, cucumber or even grilled vegetables.

Preparation Time: 15 minutes

Cooking Time: No cooking

Serves: 6 people

Ingredients

2 large ripe avocados
 3 tablespoons lemon juice
 4 ripe tomatoes, skinned and deseeded
 1 red chilli – deseeded and finely chopped
 2 cloves of garlic – peeled and finely chopped
 ½ teaspoon Tabasco sauce – optional
 2 spring onions- finely chopped
 Salt and freshly ground black pepper

COOKERY CORNER

Method

Prepare the tomatoes by plunging them into a bowl of boiling water for 2 minutes. The skins will peel off easily. Halve the tomatoes, discard the seeds and roughly chop the flesh.

Halve and stone the avocados and reserve the stone. Mash the avocado flesh in a bowl with the lemon juice. Stir in the chopped tomatoes, spring onions, chilli, garlic and Tabasco sauce.

Season well and place in a serving bowl. Push the avocado stone in to the mixture. Cover and refrigerate until ready to use.

To serve the stylish way: Remove the stone and serve with a selection of crudités arranged in colours.

NB. Burying the avocado stone in the guacamole will help prevent discolouration.

LINGUINE WITH TOMATO, ROCKET AND OLIVE SAUCE

The secret of very good Italian food lies in its simplicity and in using only the best quality ingredients you can buy. This dish is an excellent example of exactly this. Organic tomatoes on the vine, authentic Italian-made pasta with the deli counter olives as opposed to the tasteless tinned variety will provide a truly tasty Italian pasta experience.



Make this as a starter and served twirled on a small plate or as a larger portion for a main course lunch or dinner. Complete with a drizzle of Italian extra virgin olive oil. Deciding which olive oil is best is like choosing which bottle of wine you prefer as it is a

COOKERY CORNER

question of personal preference. However olive oils that are made in Tuscany and Umbria have an excellent range. They may vary in flavour from strong and fruity to peppery and even slightly bitter. If you have the opportunity, do some experimenting!

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4 people

Ingredients

400g dried or fresh linguine – use spaghetti if unavailable

6 vine-ripened tomatoes – preferable organic or from the garden! – skinned and deseeded

2 tablespoons extra virgin olive oil – plus extra for drizzling

100g marinated black olives

50g bag of wild rocket salad – (buy unwashed it is a lot cheaper!)

4 tablespoons grated Parmesan cheese – (optional)

Salt and pepper – to taste

For the garnish

Finely chopped fresh chilli –optional

2 tablespoons extra virgin olive oil

Dusting of freshly ground black pepper

Method

Put a large saucepan of salted water on to boil.

Plunge the tomatoes into a separate pan of boil of boiling water for 2 minutes. Pierce with a knife, then drain the water and remove the skins. Cut in half and remove the seeds. Roughly chop and set aside.

Add 2 tablespoons of extra virgin olive oil to a bowl, add the rocket, olives and tomatoes. Season and set aside.

Cook the linguine in the boiling water according to the packet instructions or until al dente.

Drain and add the tomato mixture with the Parmesan cheese, tossing to coat.

To serve the stylish way: Add some finely chopped chilli and a drizzle of extra virgin olive oil and a dusting of black pepper.

COOKERY CORNER

PECAN SHORTBREAD BISCUITS

Shortbread biscuits are always popular and this variety flavoured with lemon zest and pecan nuts make a great addition to the biscuit repertoire. Shortbread originates from Scotland and is so called because of its crumbly texture. Traditional shortbread is made of three ingredients: flour, sugar and butter. Today there are many variations. The type and texture of the dry ingredients greatly influence the consistency of the shortbread. The addition of rice flour gives shortbread a grainy, crumbly texture whilst cornflour gives it a more dense texture.



In the Shetland Islands decorated shortbread biscuits were traditionally broken over a bride's head before she entered her new home for good luck. Also shortbread was classified as a bread by bakers to avoid paying tax on biscuits!

To keep them fresh and crispy, place in a plastic bag when cool and then in an airtight container.

Preparation Time: 15 minutes plus 30 minutes to chill

Cooking Time: 25 minutes

Makes: 40 biscuits

Ingredients

255g plain flour

50g corn flour

100g rice flour

100g icing sugar

225g butter or margarine – roughly chopped

Zest of 1 lemon

50g whole pecan nuts

Method

Place all the ingredients in the food processor.

Whizz together until the mixture gathers up into a ball.

Chill for 30 minutes.

COOKERY CORNER

Pre-heat the oven to 150°C/300°F/Gas mark 2.

Either roll out to 1cm thick on a floured surface and cut out your chosen shapes or place in a piping bag and pipe shapes onto your baking tray.

Bake all biscuits onto a tray lined with baking parchment paper.

Decorate with whole or slithers of pecan nuts.

Bake for 25 minutes until firm. Slightly under cooked is best as they will harden when they cool.



DATE ON A PLATE

This is a really successful format for meeting new people – six men and six women learn to cook a three-course meal, and then eat it!

Sun 2 Dec	Age: 50-60	Lebanese
Sun 16 Dec	Age: 35-45	Chanukah Special
Sun 13 Jan	Age: 26-38	Sushi
Sun 20 Jan	Age: 35-50	Stylish Spanish
Sun 3 Feb	Age: 45-60	Chinese Feast
Sun 10 Feb	Age: 30-45	Valentine Special
Sun 17 Feb	Age: 40-55	Moroccan Banquet
Sun 3 Mar	Age: 28-40	French Bistro
Sun 17 Mar	Age: 35-50	Tasty Tex Mex

LEARN TO COOK - THE STYLISH WAY

Join Denise Phillips for a fun “hands-on” class, presented in my trademark simple but stylish manner. Enhance your love of food and add to your cooking repertoire:

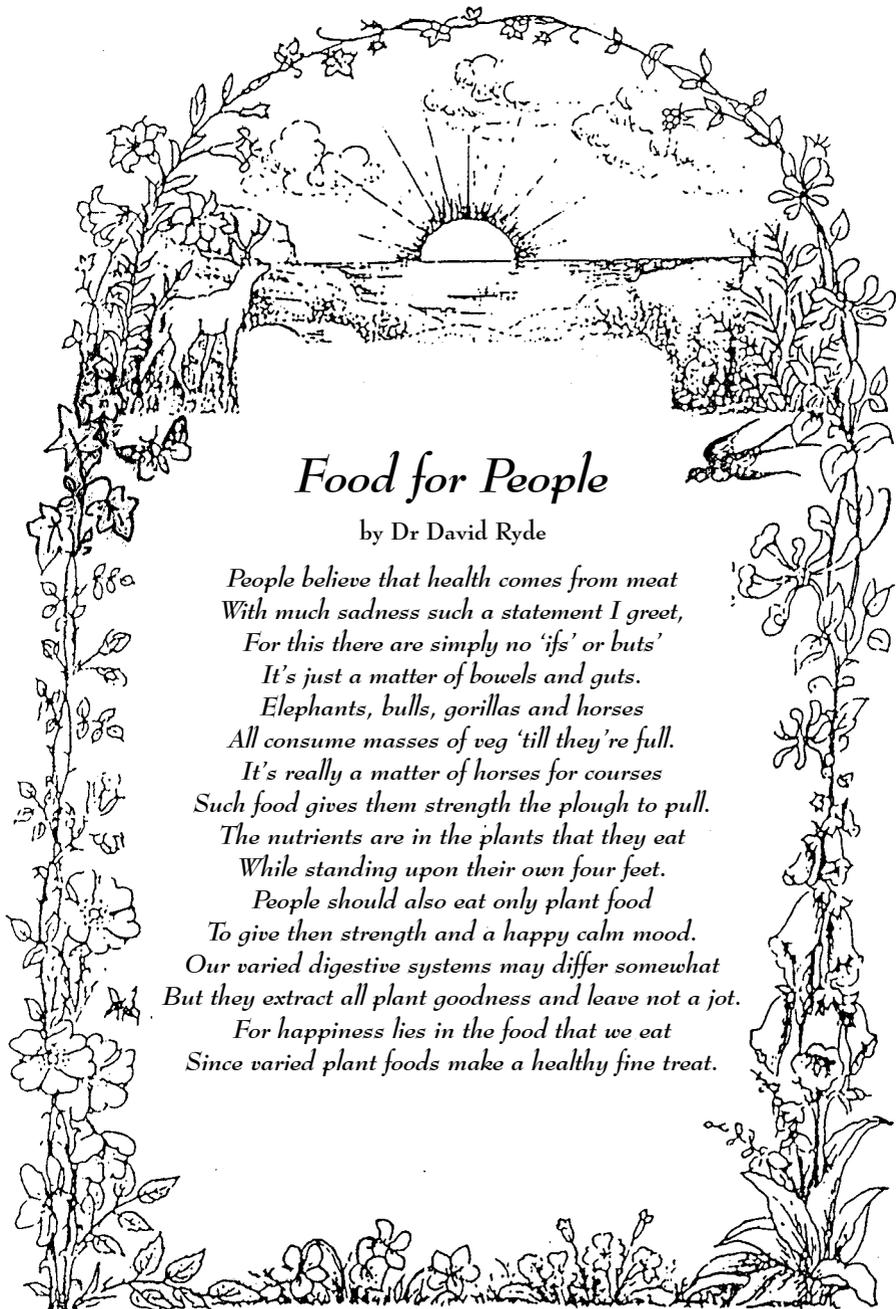
Wed 5 Dec	Easy Buffet
Thurs 6 Dec	Jewish Baking
Sun 9 Dec	Classy Canapés
Tues 15 Jan	Express Dinner Parties
Wed 16 Jan	Creative Bread Making
Sun 27 Jan	Shabbat Lunch
Wed 20 Feb	Chinese Banquet
Thurs 21 Feb	French Bistro
Wed 6 March	New Ideas for Pesach
Thurs 7 March	Thai Feast
Sun 10 March	New Ideas for Pesach

Venue : Northwood. Times : Weekdays 10am –1.30pm. Sunday : 6pm-10pm
Cost : £65 including three course meal and all ingredients
More info : www.jewishcookery.com or denise@jewishcookery.com
Or phone Denise on 01923 836 456

PLEASE NOTE

If you wish to attend any of the above classes, please let Denise know in advance and she will be happy to supply vegetarian ingredients.

POEM



Food for People

by Dr David Ryde

*People believe that health comes from meat
With much sadness such a statement I greet,
For this there are simply no 'ifs' or buts'
It's just a matter of bowels and guts.
Elephants, bulls, gorillas and horses
All consume masses of veg 'till they're full.
It's really a matter of horses for courses
Such food gives them strength the plough to pull.
The nutrients are in the plants that they eat
While standing upon their own four feet.
People should also eat only plant food
To give them strength and a happy calm mood.
Our varied digestive systems may differ somewhat
But they extract all plant goodness and leave not a jot.
For happiness lies in the food that we eat
Since varied plant foods make a healthy fine treat.*

HEALTH

MODERN LIVING LEADS TO AN INCREASE IN ASTHMA SUFFERERS

Asthma is one of the most common respiratory diseases worldwide. During an asthma attack, the airways become constricted, leading to symptoms ranging from wheezing and coughing to severe shortness of breath. Severe attacks also often bring with them feelings of panic, excessive sweating and an increased pulse rate.

Faced with the increasing numbers of sufferers, more and more studies are focusing on the connection between vitamin D and asthma. The causes of asthma have still not been adequately researched. However, it has been shown that modern lifestyles, with factors including too little sunlight, too little exercise, obesity and insufficient intake of calcium can increase the likelihood of developing respiratory disorders.

Vitamin D plays a particularly important role in this respect. Many studies have shown that vitamin D has a positive effect on the immune system. Vitamin D activates the T cells in the body so that they can seek out and destroy bacteria and viruses. Therefore, lack of vitamin D can lead to a decline in lung function and increase the likelihood of asthmatic disorders.

Scientists have observed how asthma is more common in northerly latitudes than in southern countries. The disease also tends to get worse during the winter months. "In light of these results, it's not just asthma patients who should ensure they get regular UV exposure", says Ad Brand of the Sunlight Research Forum (SRF). The risk of vitamin D deficiency is particularly high in winter when there is little natural sunlight, and this can have a negative effect on the immune system. This is when it can make sense to visit a solarium as a preventive measure.

The Sunlight Research Forum (SRF) is a non-profit organisation based in the Netherlands. The SRF works to communicate new medical and scientific research into the effects of moderate UV exposure on humans. For more information, visit www.sunlightresearchforum.eu.

QUOTE FROM ALBERT EINSTEIN

"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet."

HEALTH

“MENTHOL BREATHE” AROMATHERAPY ROLLER BALL LAUNCHED



Around 15 million people in the UK are affected by colds and flu each year, especially during the autumn and winter months.

To help combat winter woes, Tisserand Aromatherapy, a specialist in aromatherapy, essential oils and personal care products, has launched a new Menthol Breathe Aromatherapy Roller Ball.

A perfect way to prepare for colds and ailments, Menthol Breathe combines a fusion of clearing eucalyptus, refreshing peppermint and purifying tea tree essential oils for an instant breath of fresh air. These essential oils are renowned for their mentally enhancing properties so will help to refresh and rejuvenate the mind as well as clear blocked airways.

The Menthol Breathe Aromatherapy Roller Ball can be applied to the skin around the throat and upper chest to refresh and soothe. It features a blend of 100 per cent natural essential oils and is free from parabens and synthetic fragrances.

“We’ve created Menthol Breathe based on the need for a natural remedy to assist with winter ailments. All of the essential oils in this blend – eucalyptus, peppermint and tea tree – are good to help keep you breathing,” said Jennie Harding, Tisserand’s technical advisor. “The Roller Balls are a great introduction to aromatherapy as well as those who simply enjoy the benefits of using essential oils as part of their health and beauty regime.”

Just as with traditional aromatherapy, Tisserand’s Roller Balls utilise aroma, using the sense of smell from the natural essential oils to stimulate subtle changes in mood and feelings, and by massaging the blends into pulse points, tiny amounts of essential oils pass through the skin into the bloodstream to provide physical benefits.

Menthol Breathe will join the existing range of roller balls in Tisserand’s convenience aromatherapy range of Sweet Dreams, De-Stress, Energy, Head Clear, Focus, Travel and Diet Aid. There are also two specialist skin care essential oil blended roller balls in lavender and tea tree. With an RRP of £5.50, Menthol Breathe is available in good health food shops.

RESTAURANT REVIEW

THE COACH AND HORSES ★★★★★

29 Greek Street, London W1D 5DH

If you ever get the craving for old fashioned fish and chips, you absolutely have to visit the Coach and Horses pub on Greek Street, in Soho, which is now becoming famous for its “Tofush and Chips” – an amazing dish of deep fried tofu covered with seaweed nori and coated in organic ale batter.



Downstairs the historic pub is quite traditional and has a nice buzzing atmosphere. But when you go upstairs – you have to ask the staff to let you through behind the bar – you’ll find a hidden gem of a place.... 1940s music playing, candles and fresh flowers on each of the cloth-covered tables, and low lighting in keeping with the atmosphere. It’s no wonder it’s called Soho’s Secret Tea Room – indeed cream teas as well as full afternoon teas are served daily and for £17.50 you’ll get a pot of tea for one, a homemade scone with cream and jam, a slice of cake, a fairy cake and a round of sandwiches. While there are always a few vegan options available (including fruit scones), with 48 hours’ notice, a full vegan afternoon tea can be provided.

Though tea is served from 12 noon right to 10 pm, on this occasion we didn’t come for that. My friends and I opted to share a mushroom pate served with mango chutney and crispy slices of bread as a starter, which we all enjoyed. While one of my friends then chose a Courgette, Mushroom and Pumpkin Pie, and the other a Portobello Mushroom Burger, I didn’t think twice – it had to be



the Tofush and Chips! Served with tartar sauce, peas and a wedge of lemon, the crispy battered tofu was absolutely delicious with just a hint of seaweed. For me this was better than some of the fish substitutes on the market, which remind me a little too much of the real thing. Completely full after this, I didn’t feel like dessert, though dishes such as Orange Rice Pudding and Fruit Scones,

both vegan, looked tempting. My friend’s Apple Upside Down Cake did look nice drizzled with vegan cream.

COMPETITION

The waitress was charming and friendly and the service couldn't be faulted. Leftover food was presented in a hand-labelled box, advising when best to consume by! Our meal for three, including a couple of drinks and service, came to just under £50 – which we felt was reasonable. A full three-course dinner with wine would obviously set one back a bit more. The pub has a sister establishment, The Smithfield Tavern (ironically situated very close to Smithfield meat market at 105 Charterhouse Street, London EC1M 6HR) which apparently does an amazing vegan Sunday roast.

I'd strongly recommend the Coach and Horses, and be sure to eat in the Secret Tea Room rather than the pub downstairs if you go – it has a unique feel and you won't be disappointed!

Reviewer: Suzanne Barnard

COACH AND HORSES COMPETITION



The Coach and Horses is kindly offering one lucky JVS supporter and their friend the chance to dine in the pub's Secret Tea Room. For your chance to win a meal for two at London's first vegetarian pub, including a bottle of vegetarian/vegan wine, simply send your name and address to **Coach and Horses Competition, Jewish Vegetarian Society, 855 Finchley Road, London NW11 8LX** or send an email with subject line "Coach and Horses Competition" including your name and address to **info@jvs.org.uk**.

The competition closes on **Thursday 19 December, at 4 pm**, when the winner will be drawn at random. Please note that the winner will need to book their meal in advance and bookings are subject to availability.

CONSUMER CORNER

ETHICAL FOOD FIRM REDWOOD MAKES A SPLASH WITH WHOLE RAFT OF NEW LINES, INCLUDING FISH-FREE “FISH”



Multi award winning ethical food firm The Redwood Wholefood Company has made a splash with a whole raft of new lines, including fabulous fish-free “fish” cakes, “fish” steaks and vegan pizzas, all kosher certified.

According to the Food and Agriculture Organisation, by the year 2030 an additional 37 million tonnes of fish each year will be needed to maintain current levels of fish consumption and to cope with an increased world population of 2 billion more people.

With the number of fish left in the ocean declining rapidly, Redwood’s new Making Waves Gourmet Fish Style Cakes and Fish Style Steaks offer a more ethical, sustainable and cruelty-free alternative.

Like Redwood’s ever popular Fishless Fingers, these mouth-watering new fish alternatives are made from succulent “fish” flakes with a crispy breadcrumb coating and have all the taste of the ocean, yet none of the fish.

Also new are Redwood’s fabulous gourmet vegan pizzas, believed to be the first range of vegan pizzas on the market in the UK. Featuring Redwood’s dairy free Super Melting “Mozzarella”, these come in three delicious varieties including Meatless Feast and Cheezly & Tomato.



Another new product is Redwood’s flavour-enhancing vegan “Parmesan”. With its delicious piquant taste, Redwood’s dairy-free Parmesan-style cheese is the perfect ingredient for adding extra flavour to salads, minestrone and pasta dishes.

According to The Ethical Company Organisation and The Good Shopping Guide, Redwood is the UK’s most ethical vegetarian foods supplier. The new ranges are available from good health food shops and online at www.redwoodfoods.co.uk.

CONSUMER CORNER

COOKS&CO LAUNCHES NEW RANGE OF RAPESEED OILS



Fine food and ingredients specialist COOKS&CO has fortified its growing oils portfolio, with three new “unique” cold pressed rapeseed oils, including the category’s first “Butter Flavour” offering that is lactose free and ideal for baking.

Available to order now, COOKS&CO’s cold pressed rapeseed oils offer food lovers a versatile and quality alternative to other oils such as olive, which is widely forecast to rise in price over the coming months following significant shortfalls in this years’ Spanish olive harvest.

COOKS&CO cold pressed rapeseed oils have half the saturated fat of olive oil, 10 times more omega 3, and natural vitamin E. And, unlike many of the other rapeseed oils currently available, COOKS&CO’s rapeseed offerings are all cold pressed and contain no trans fats. They also have a pure nutritional profile and a high smoking point that makes them ideal for all types of cooking.

Sourced from 100% British rapeseed, COOKS&CO’s range of three cold pressed rapeseed oils (RRP: £3.49 each/500ml) includes the following:

- **100% Pure**, which has a mild, nutty taste, is rich in omega 3, 6 and 9, and is perfect for making salads, marinades, cooking and baking.
- **Extra Mild**, which is gently steam deodorised to reduce the nutty flavour and is perfect for use in all types of cooking.
- **Butter Flavour**, which is a totally unique addition to the rapeseed oil category and is made using a natural, plant-based aroma. It offers the added benefit of being lactose free, while delivering a butter taste that is ideal for baking, frying and general cooking.

COOKS&CO’s cold pressed rapeseed oils can be ordered from Ocado. A selection of recipes which use the oils are featured in COOKS&CO’s new 24-page *Guide to Speciality Oils*, which is free to download at www.cooksandco.co.uk.

TRAVEL

CRUISING, VEGETARIAN STYLE

By Shirley Labelda



On a recent cruise in Asia (Japan – South Korea – China) with the Holland America Line, I was amazed at the wide variety of vegetarian food available in the main restaurant/dining room. In addition to good options to choose from on the general and kosher menus, there was also a completely separate vegetarian/vegan menu.

The food was beautifully cooked, very well presented and was available every evening. Dishes included Asparagus, Carrot and Zucchini Tart; Vegetable Jambalaya; and Strawberry and Bucatini Bruschetta.

If there was something different you fancied which wasn't on the menu (although the selection was vast), you only had to ask – preferably the day before – and it was made for you.

The buffet and themed restaurants also had a good selection of vegetarian/vegan options, so wherever you decided to eat, you were satisfied.

My passion is Crème Brulee and every evening, as well as trying a selection of desserts on the menu, I had my Crème Brulee in many different flavours.



TRAVEL

THE JEWS OF SHANGHAI

by Shirley Labelda

Whilst in Shanghai, I decided to visit the Shanghai Jewish Refugees Museum which is located at 62 Changyang Road, Hongkou District. The museum consists of three parts – the former site of Ohel Moshe Synagogue and two exhibition halls. It is an important component of the “Tilanjiao Historic Area” and serves as a witness commemorating the phase of history when the Jewish refugees lived in Shanghai.



The Ohel Moshe Synagogue is one of the only two existing synagogues in Shanghai

where the Jewish refugees gathered for religious rites during the Second World War. In 2004 it was listed among the fourth set of architectural heritage treasures of Shanghai. Yitzhak Rabin, the former Israeli Prime Minister, said during his visit: “To the people of Shanghai for unique humanitarian act of saving thousands of Jews during the Second World War, thanks in the name of the government of Israel.”



In March 2007, the People’s Government of Hongkou District budgeted special funds for a full renovation of the synagogue in accordance with the original architectural drawings found in the city archives. The former site of Ohel Moshe Synagogue has been restored to the same architectural style when it was used as a synagogue in 1928. In addition, the interior structures have also been adjusted according to the drawings. It was completed at the end of 2007.



Over 140 photos are displayed and a multi-screen display system is the first

TRAVEL



of its kind to be used in Shanghai. The short film about the refugees living in Shanghai, together with an oil painting, sculptures and a 1943 copy of the *Shanghai Jewish Chronicle*, and much more, make that phase of history come alive.

It was a most interesting and moving experience, and I was glad I made the decision to pay a visit to the museum.

BUSINESS FRIENDS

JVS BUSINESS FRIENDS

The JVS Business Friends programme enables the Society to partner with vegetarian businesses which would like to support the work of the JVS.

Business Friends support the Society through donations and member discounts, and in return receive the following:

- Annual subscription to the JVS's 52-page magazine *The Jewish Vegetarian*
- Discounted adverts in *The Jewish Vegetarian*, sent out quarterly to all members and other interested parties
- Company listing on the JVS website
- Complimentary copies of all new JVS promotional materials
- Exclusive promotional opportunities through social networking exposure and competitions
- Opportunities for business networking with other JVS Business Friends

To find out how to become a JVS Business Friend, please email info@jvs.org.uk or ring **020 8455 0692**.

EXCITING PARTY SNACKS

EXCITING, DELICIOUS AND HEALTHY PARTY SNACKS

By Maya Segal, Diet and Nutrition Advisor

Last month my son Alexander returned from his best friend Olly's birthday party. I was happy to see him but, oh my word, he was so hyper-active and irritating! "What did you have to eat at the party?" I asked him. Having a mum so concerned with his nutrition, he is used to me asking him this repetitive and boring question. "Well," he said, "I had a pizza, but I chose the vegetarian option...and..." His voice trailed off. With my arms folded I persevered. "Anything else?" I carried on the "third degree" about the "poison" he had just digested into his body and brain. "Oh yes!" he remembered; "I also had an ice cream for dessert from an ice-cream machine, it was sooo cool!" He continued enthusiastically, "You can load as much ice-cream as you want and add coloured sweets and chocolate on top! I even managed to break down their machine!" he announced proudly, "I have the picture!" I stopped him with dejection, "Now that you have filled your body and your brain with colourings, chemicals and tortured dairy products that will probably cause you a rash and definitely will make you hyper-active, I know, like always, you will end up in tears!"

This scenario has been occurring time and time again. I can even predict the chain reaction of my son's behaviour. The moment he touches sweets, milk, chips or any junk food is the moment he becomes miserable and unhappy. This also happens after he consumes sugar, cream, colourings and artificial flavourings. He even managed to break the ice-cream machine due to the manic behaviour caused by the damaging ingredients, not to mention eating meat which he knows is completely off the agenda.

I was in despair – I really wanted my son to go and meet friends at birthday parties but I could not see how he could keep on taking part in them when he always came back worse than he left. That moment of despair soon gave me a brilliant inspiration. For my son's 11th birthday, which was soon, I realised I could come up with some exciting delicious and healthy party snacks.

The idea was to provide a fun party for my son whilst at the same time offering refreshing vegetarian food inspiration to his friends' parents – food that would not damage their children's health. After thinking of a few ideas, I put together some easy and inviting recipes. I must admit, I was quiet nervous of seeing people's reaction to the less traditional refreshments on offer on the birthday table. When the children found out what the food was at the party – fruit and other healthy snacks – their faces went white and the whole

EXCITING PARTY SNACKS

party went silent. Soon, however, they got stuck in and before long there was nothing left. I was absolutely amazed and overjoyed at the same time!

It has always puzzled me why we feel obliged to offer at our kids party food that will make them act in a manic way at the end of a party. I believe that breaking the mould from the usual crisps, fizzy sugary drinks and sweets with many preservatives, can be easily done. There are so many options available that are sweet, delicious, colourful and fun. After all, as parents, we want a successful and happy party ending up in laughter and not tears.

The key to success in creating delicious, exciting and healthy snacks lies in three main factors: The food has to be colourful, it has to be presented in a fun way and, of course, it has to be nutritious.

FRUIT KEBABS

This is the most simple recipe and your child can take part in preparing it.

Ingredients

Blueberries; strawberries, chopped at the end; kiwi cubes; banana chunky slices; melon cubes; wooden kebab sticks

Method

Place each type of fruit in a separate bowl. Then create your master design on the first kebab stick by assembling the biggest fruit cube to the smallest one. I recommend inserting a blueberry between each fruit to master the ultimate design. Then you can let your child follow your design or create their own...



From my experience you cannot make enough of these kebabs because eating fruit from a kebab stick is a fun experience and they look really colourful. They appeal to both kids and adults alike!

MONSTER FRUIT BITES

This is really fun snack to create!

All you need is one watermelon, one melon and some wooden toothpicks.

Method

The art to creating this snack is to know how to cut the watermelon when it

EXCITING PARTY SNACKS



is still in its full form. To create a monster shark shape, you start with a small carving into the watermelon shell. Gradually cut out a mouth shape resembling a shape of a moon crescent. Then scoop out big chunks of watermelon, which will then need to be cut into cube shapes. When the inside of the watermelon is completely emptied of the juicy fruit, refill the carved shape with watermelon and melon cubes. Then poke wooden toothpicks, cut in

halves, into the edge of the watermelon shell to create scary teeth. Add two eyes out of blueberries connected by small piece of toothpick. When it comes to serving children can pick the monster teeth out of place and use these to fish the melon and watermelon from the monster mouth. This creates a really fun way of eating the watermelon and melon.

BUCKWHEAT PANCAKE KEBABS

Ingredients

500g buckwheat flour
500ml coconut milk
Pinch of Himalayan salt
Teaspoon of organic vanilla essence
Cold pressed olive oil
Maple syrup
Kebab sticks



Method

Mix the flour, milk, salt and vanilla in a bowl until liquefied. Pour the mixture with a spatula into a large frying pan that has been smeared with a tiny amount of olive oil, one pancake's worth at a time. Once you have used all the mixture, smear the pancakes with maple syrup.

Roll them and cut the rolls to approximately 5cm pieces. All you need to do at this point is to stick the sweet pancake chunks onto kebab sticks, alternating with blueberries and finishing with a strawberry for a spectacular presentation. Mmmm.... sooo yummy!

If you found this article interesting you can follow Maya's blog at <http://mayadodwell.wordpress.com>.

GARDENER'S CORNER

WINTER 2012



Snow in October

As the year draws to a close, we have been witness to an extraordinary year of climate. Initially there seemed to be a drought with a dry start through January to March. This triggered a hosepipe ban across the country and we were all concerned with saving precious water. Then the heavens opened and proceeded to pour on us the wettest summer since records began. Many areas were severely flooded and arable crops suffered with poor development, leading to a below average harvest.

Earlier in the spring, the cool weather and rain prevented the bees and other pollinating insects from fertilising the fruit trees and many of us, as well as commercial growers, saw negligible crops of apples, pears, plums and cherries.

On the plus side, our soft fruit did as well as normal, with a fine crop of currants red, white and black. We enjoyed some good compotes made from these but the gooseberries definitely did not like the damp. (Even our mildew-resistant varieties showed signs of a powdery white fungal attack.)

The potatoes thrived in the wet weather and the tops grew well and flowered. The dreaded blight was held off by the cooler days and nights but eventually, when it warmed up a little in August, the blight was rife particularly on allotments where it rapidly spread from plot to plot, carried by the wind. We managed to get a good harvest from ours, by digging them up a bit sooner than normal, before the blight got deep into the tubers. There were some affected plants but, in the main, we had a good few sacks and are enjoying them cooked in the many ways of this staple vegetable.



Potatoes ready for the sacks

Outdoor tomatoes were even more susceptible to blight, being in the same family as potatoes, and we were forced to abandon this crop and burn the vines as plump green tomatoes turned brown and mushy.

GARDENER'S CORNER

Fortunately those in our greenhouse fared well, as we had control of the environment and an excellent crop was had, giving us fruit from July until the final picking ripened in trays in our larder into November. We had much surplus which we skinned with boiling water and put into the freezer in bags. They should be perfect for sauces and soups between now and the start of the next harvest.

We also did very well with our cucumbers, both in and outdoor, and we enjoyed some fine aubergines particularly from the grafted plants bought from the nursery. These were well worth the small outlay and grew vigorously with plenty of fruit.



Tomatoes

Our main problem in the greenhouse was from whitefly which build up so quickly when they get established. Next year we will definitely invest in a biological control by purchasing a little wasp – *Encarsa Formosa* – which flourishes in devouring whitefly and will keep any outbreak under control. They have to be introduced early though – in about May time – to be effective. Much later than this, it is too late to start with them as the pest is too numerous.

The onions, garlic and shallots all did well, as did our carrots which were really good. We also enjoyed good beans, starting in June with the broad beans, then the dwarf, climbing French and the king of beans – the Scarlet Runner.



Last of the summer flowers

The leeks and parsnips should winter well in the ground and be available over the months ahead, giving us the taste of fresh garden produce in the cold months. These are versatile for stews, soups or just as a vegetable on their own.

The flower garden gave its usual flamboyant display from the home-grown bedding plants and the perennial herbaceous bed. Among the notable successes were the Marguerites which were all grown from cuttings, taken in the autumn, and potted up in the greenhouse and bedded out in June. They romped away with a continuous mass of flowers right up to the first frosts. The

new cuttings have now taken for next year's show.

GARDENER'S CORNER

We are now about to wrap up our tree ferns as these need protection from the depths of winter. We do this with straw protecting the body of the plant and fronds, generously applied, and the whole fern encased in a horticultural fleece bag, well tied down against the winter winds. These are very striking and decorative plants which are well worth the care to get them over the winter.

Now as the seasonal gloom of short days and poor light descends, we turn our thoughts to planning for the year ahead with compost dug into our beds, our tender plants in the greenhouse, and our seed trays washed and ready for another lot of spring annuals.

In the past, I have often noticed that a poor year for produce, particularly tree fruit, is usually followed by a bumper crop – let's hope 2013 will prove so.

NOTICE

WE ARE SEEKING VEGETARIAN-RELATED CONTRIBUTIONS/ARTICLES/REVIEWS ETC. FOR INCLUSION IN THE JEWISH VEGETARIAN. UNFORTUNATELY WE ARE UNABLE TO PAY FOR SUCH ARTICLES, BUT WILL, OF COURSE, GIVE CREDIT TO THE SOURCE. PLEASE HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

Every Monday: 7.00 – 10.00 pm

SUPERVISED RUBBER BRIDGE

at The Jewish Vegetarian Society
853 Finchley Road. NW11.

£2.50 including refreshments

Why not come along?
Just ring the bell marked "Nursery".

**Tel: JVS Office Mon-Fri 10.00-4.00pm or
Laurence – 07933 326 182**

WHAT'S ON DIARY

JVS CHANUKAH PARTY

*Sunday 9 December, 7.00 – 10.30 pm,
members £6, non-members £8*

**Jewish Vegetarian Society, Bet Teva, 853-855 Finchley Road,
London NW11 8LX**

Welcome to the JVS Chanukah party for an evening of singing, dancing, food, drinks, making new friends, raffle and, of course, the lighting of the Chanukah candles. Phone **020 8455 0692** or email info@jvs.org.uk to book a ticket.

“PESACH WITH STYLE” COOKERY DEMONSTRATION

*Thursday 28 February, 7.30 – 9.00 pm,
members £10, non members £12*

**Jewish Vegetarian Society, Bet Teva, 853-855 Finchley Road,
London NW11 8LX**

Join Jewish chef and food writer Denise Phillips at the Jewish Vegetarian Society for a special vegetarian cookery demonstration. Denise will be demonstrating how to prepare four delicious and stylish dishes – a starter, salad, main and dessert – all vegan and all kosher for Passover. Phone **020 8455 0692** or email info@jvs.org.uk to book your place.

JVS EVENTS TEAM MEETINGS

*Wednesday 9 January, Wednesday 13 February,
Wednesday 13 March: 6.30-7.30 pm*

**Jewish Vegetarian Society, Bet Teva, 853-855 Finchley Road,
London NW11 8LX**

Welcome to the JVS Events Team. Join us to help organise exciting advocacy, social and fundraising events for the charity. Phone **020 8455 0692** or email info@jvs.org.uk if you can attend!

WHAT'S ON DIARY

ANIMAL AID'S CHRISTMAS FAYRE & VEGAN SOCIETY AGM

Sunday 2 December, 10.00 am – 5.00 pm, £2

Kensington Town Hall, Hornton Street, London W8 7NX

Held in central London, the fayre will feature more than 95 stands promoting ethical living and cruelty-free products – representing campaigning groups, animal sanctuaries, ethical companies and food outlets. Further information can be obtained via email – info@animalaid.org.uk. The Vegan Society's AGM (for current Vegan Society members only), also at the Kensington Town Hall, will be running at the same time. Email info@vegansociety.com for more information.

LONDON VEGANS – POTLUCK

Wednesday 5 December, Wednesday 2 January, Wednesday 6 February: 6.00-8.00 pm

Faraday House, 48-51 Old Gloucester Street, London WC1N 3AE

The London Vegans potluck takes place on the first Wednesday of every month. Potluck is an event where like-minded people get together to share homemade food, swap recipes, make friends and talk about topics that interest them.

LONDON VEGANS – SUNDAY ROAST DINNER

*Sunday 9 December, Sunday 13 January, Sunday 10 February:
5.30 – 8.30 pm*

Pogo Cafe, 76 Clarence Road, Hackney, London E5 8HB

This is a regular event, taking place on the second Sunday of every month. Pogo's roast dinner varies from month to month. Booking is essential and you can do so at www.londonveganmeetup.co.uk/events.

LONDON VEGANS – BOOK CLUB

*Tuesday 11 December, Tuesday 8 January,
Tuesday 12 February: 6.30 pm*

tibits, 12-14 Heddon Street, London W18 4DA

WHAT'S ON DIARY

The Book Club meets on the second Tuesday of the month. Everyone is welcome. Just bring yourself, a suggestion for the next book and a desire to eat some yummy food. If you have actually read the month's book, even better!

LONDON VEGANS – DRINKS

Thursday 20 December, Thursday 17 January, Thursday 14 February: 6.30 – 11.30 pm

Tibits, 12-14 Heddon Street, London W18 4DA

The monthly London Vegans Drinks are going from strength to strength at Tibits. Eat what you like. Drink what you like. Socialise and meet without meat.

JVS AGM

Sunday 3 March, 2.30pm

**Jewish Vegetarian Society, Bet Teva,
853-855 Finchley Road, London NW11 8LX**

Welcome to the 48th Annual General Meeting of the Jewish Vegetarian Society. A tea will follow the meeting – vegan of course!

Phone **020 8455 0692** or email **info@jvs.org.uk** if you can attend.

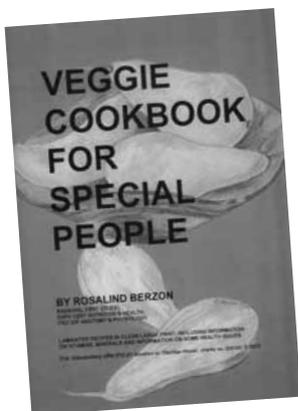
GEFILTEFEST – LONDON JEWISH FOOD FESTIVAL

Sunday 19 May

**London Jewish Cultural Centre, Ivy House, 94-96 North End
Road, London NW11 7SX**

Gefiltefest, a charity embracing all things Jewish and foodie, will be holding its annual food festival at north London's Ivy House in collaboration with the LJCC and JCC. Look out for the JVS stand! More details in the next issue.

BOOKS



VEGGIE COOKBOOK FOR SPECIAL PEOPLE

By Rosalind Berzon

**Special folder edition, £14.99
(includes a £1 donation to the JVS)**

With Berzon's Potato Pancakes 'Lutkas'; Vegetarian Moussaka; Caribbean Peaches; and Date and Apple Pancakes; *Veggie Cookbook for Special People* includes a whole range of delicious and nutritious recipes which are easy to follow.

Inspired by the late Dr Emil Just, who gave many inspiring cookery demonstrations and nutrition talks at the JVS, Rosalind Berzon became a vegetarian and then went on to study health and nutrition herself.

Now a vegetarian of over 40 years, she has adapted many meat and fish recipes into tasty vegetarian alternatives and the cookbook contains these, as well as family favourites and recipes given to her by her students and friends.

Presented in an attractive A4 folder, the recipes can be removed one by one and placed in a plastic wallet, to avoid staining whilst cooking. And, helpful to those with less than 20-20 vision, each recipe is presented in large clear print!

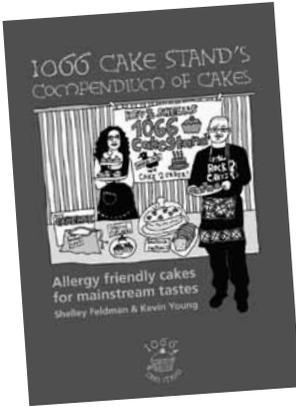
Veggie Cookbook For Special People contains over 85 recipes in addition to "Nutrition in a Nutshell", a chapter on vitamins and minerals. It's an inspiring and useful addition to any kitchen!

Rosalind Berzon is a London-based writer and nutritionist, and life member of the Jewish Vegetarian Society.

***Veggie Cookbook For Special People* is available from the Jewish Vegetarian Society. UK postage costs £4.50. Please email info@jvs.org.uk or call 020 8455 0692 to place an order.**



BOOKS



1066 CAKE STAND'S COMPENDIUM OF CAKES

By Shelley Feldman & Kevin Young

**Published by 1066 Cake Stand,
paperback, priced £8.99**

Expertly designed and printed in sunny Hastings and presented with a wipe clean laminate cover and lay flat binding, *1066 Cake Stand's Compendium of Cakes* contains allergy friendly cakes for mainstream tastes. The compendium guides you in

baking everything from a simple chocolate cake to a traditional wedding cake. All cakes are vegan and many are gluten free and sucrose free.

Banana and Walnut Loaf; Coconut Tray Bake; Pina Colada Cake; Walnut Espresso Fudge Cake; Ginger and Date Scones; Victoria Sponge; and Doughnuts – if you're looking to bake something tasty and creative, you can't go wrong! The book also contains adaptations of traditional recipes including Hastings Rock Cakes and Sussex Heavies, as well as a delicious recipe for Golden Syrup Cakes (perfect for Rosh Hashanah and featured on JVS.org.uk courtesy of Shelley Feldman and Kevin Young).

1066 Cake Stand's Compendium of Cakes is available from www.1066cakestand.co.uk or from the 1066 Cake Stand Shop, 82 Queens Road, Hastings, TN34 1RL (Monday to Saturday 11-3).

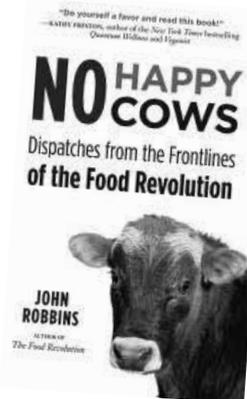
NO HAPPY COWS

Dispatches from the Frontlines of the Food Revolution

By John Robbins

Published by Conari Press, an imprint of Red Wheel/Weiser, paperback, priced £14.99

John Robbins, internationally known vegan and author of *Diet for a New America*, has continued his observations and investigations into food-related issues of the day on his popular Huffington Post column. *No Happy Cows* is a collection of his most



BOOKS

recent columns along with never before published material put together for the first time in book form.

Robbins shares his dispatches from the front lines of the food revolution: From his undercover investigations of feed lots and slaughterhouses, to the rise of food contamination, the slave trade behind chocolate and coffee, the sham of “vitamin water” and the effects of hormones on animals and animal products. Chapters include “Does Soy Cause Alzheimer’s?”, “The Skinny on Grass-fed Beef” and “No Sweetness Here: Chocolate and 21st-Century Slavery”.

Robbins’s provocative observations into the relationships between animals and the humans who raise them remind us of the importance of working for a more compassionate and environmentally responsible world.

No Happy Cows is available from www.deep-books.co.uk.

VEGAN EATS WORLD

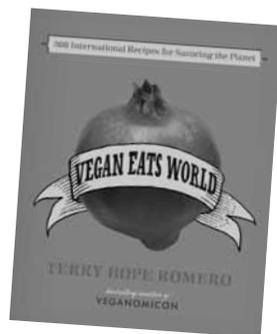
By Terry Hope Romero

**Published by The Perseus Books Group,
hardback, priced £25**

As the popularity of meat-free, dairy-free and health focused eating continues to gain momentum, *Vegan Eats World* answers the call with a wealth of novel flavours and ingredients. In a masterful collection of more than 250 recipes, renowned vegan chef and bestselling author Terry Hope Romero makes delicious cuisine from all corners of the globe accessible to everyone.

Inspired by the diverse foods of New York City (Terry’s hometown) from Greek to Caribbean, Indian to Afghani – *Vegan Eats World* is a delectable tour of classic ethnic dishes, popular street foods and takeaway reinvented.

Recipes include Jamaican Plantain & Pumpkin Curry; Pho Noodle Soup with Sizzling Seitan & Bok Choy; Creole Paella; Samosas with Peas, Potatoes and Curry Leaves; Lemon & Olive Seitan; Shanghai Kale Dumplings; Kati Rolls; Yuca Quesadillas with Mushrooms; Orange Blossom Hazelnut Baklava and so much more.



BOOKS

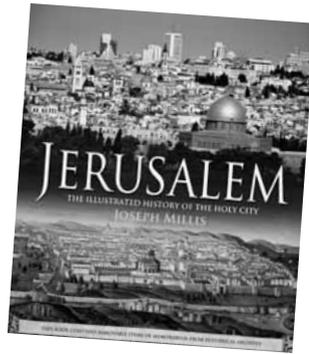
The book is beautifully illustrated with colour photographs and helpful advice. Now you can eat your way around the world – and save the planet at the same time!

Vegan Eats World is available from Amazon. For further information about the book, visit Terry Hope Romero's website www.veganlatina.com.

JERUSALEM: THE ILLUSTRATED HISTORY OF THE HOLY CITY

By Joseph Millis

**Published by Andre Deutsch Ltd,
hardback, priced £35**



This stunning book takes you on a journey through the history of magnificent Jerusalem, brought to life through striking illustrations and rare memorabilia.

Written by Joseph Millis, award-winning journalist and former foreign editor of the *Jewish Chronicle*, the book is an intriguing and concise history of the city of Jerusalem, whose story is one of the richest and longest in the world. Lavishly illustrated, this beautiful book contains a combination of historically chronological and themed chapters that recall the origins of Jerusalem and show how it has been at the centre of disputes between the three major world religions – Judaism, Islam and Christianity – for nearly two millennia.

With special chapters on some of the most important features of the city, such as the Western Wall, the Church of the Holy Sepulchre and the Al-Aqsa Mosque, as well as others on key moments in its story, such as the declaration of Israel's independence and the Six-Day War, *Jerusalem: The Illustrated History of the Holy City* offers a fascinating insight into how the city has continued as a focus not just for the people of the Middle East, but also for the world.

***Jerusalem: The Illustrated History of the Holy City* is available from Amazon.**

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Quarter Page £45 (\$70) **1" (full width)** £25 (\$40)

Full Colour (Back/Front Inside Covers and Back Cover):

Full Page £250 (\$400) **Half Page** £125 (\$200) **Quarter Page** £100 (\$160)

WHAT IS THE JEWISH VEGETARIAN SOCIETY

The Jewish Vegetarian Society is an international charity dedicated to promoting a kinder society, without killing animals for food.

The Society spreads awareness of the benefits of rejecting cruelty to animals and the extension of this to an improved society where mankind is not cruel to fellow beings, both human and animals. These sentiments are expressed in the Torah, which teaches kindness to all sentient creatures and in the Talmud where it is stated that "the earth is the L-rd's" and that we are to be partners with G-d in preserving the world.

Annual subscriptions are £12/\$20 (single) and £15/\$25 (family). Life membership is £200/\$320 (single) or £300/\$385 (family). To find out more, please visit JVS.org.uk or phone 020 8455 0692. The Jewish Vegetarian Society is an international movement and membership is open to everyone.

The Jewish Vegetarian magazine is published quarterly by The Jewish Vegetarian Society in March, June, September and December.

The magazine is distributed in the USA by SPDSW, 95 Aberdeen Road, York, PA 17406. Periodicals postage paid at York, PA. US POSTMASTER: Send address changes to: The Jewish Vegetarian, c/o PO BOX 437, Emigsville, PA 17318-0437.

VEGFAM feeds the hungry without exploiting animals

Vegan famine relief. Providing funds for: Vegetable growing projects, fruit/nut tree planting, water supplies and emergency food. Donations greatly appreciated. SAE for details to: Vegfam, c/o Cwm Cottage, Cwmyynys, Cilycwm, Llandoverly, Carmarthenshire SA20 0EU, Wales, UK. Established 1963 – Registered Charity No. 232208.

Online giving

www.charitychoice.co.uk/vegfam

Please visit our website: www.vegfamcharity.org.uk

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Email:
alitamirim@hotmail.com

JVS BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. A Building Fund has been set up for donations.

Please help. Any donations, large or small will be much appreciated.

FULL-TIME CARER sought by elderly, observant Jewish woman, in friendly, vegetarian, Chelsea household.

Pleasant bedroom, with TV, adjacent own fridge and cooking facilities but all meals provided. Two shared bathrooms and washing machine.

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For a vegetarian world

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Life Members are the pillars
of the Society.

Their support enables our work for
vegetarianism to expand and plans for
the future to be implemented.

**UK Life Membership
£200**

**Israel Life Membership
\$320**

**American Life Membership \$320
or 5 annual payments of
£50 (\$80)**

Visit our website
JVS.org.uk