

The Jewish Vegetarian

No. 187 December 2013 Kislev 5774

Quarterly

Delicious recipe
for Vegan Challah
from Isa Chandra
Moskowitz

PAGE 21

JVS

לא ירעו ולא-ישחיתו בכל הר-קדשי...

"...They shall not hurt nor destroy in all my holy mountain" (Isaiah)

PITA
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New JVS Recipe Leaflet Available

Would you like to support the JVS and promote the benefits of vegetarianism? Then ask us for some JVS leaflets to distribute amongst friends, leave on shop counters or display at local community centres. Simply email info@jvs.org.uk, ring **020 8455 0692** or write to **JVS, 855 Finchley Road, London NW11 8LX** and let us know approximately how many you'd like.

The leaflet is divided into four sections:

- Why Jewish Vegetarianism?
- Three delicious recipes, perfect for Shabbat
- What We Do
- Join the JVS

Thank you for your support!



Welcome to the December issue of *The Jewish Vegetarian*

In this, our final issue of 2013, you can read about our success at VegFest London, the Fair Chanukah Fayre and the Jewish Living Expo. Turn to page 48 for details of future events including our Chanukah celebration on 4th December.

We have an interview with one of our members who climbed Mount Kilimanjaro on a vegan diet, news from VegFest in Brazil and wonderful recipes in Cookery Corner from Denise Phillips and Isa Chandra Moskowitz who features in this issue's "My Life as a Vegetarian" interview (see page 14).

We are delighted to announce that we will be attending Limmud Conference UK for the first time and taking part in two panel discussions. More details will follow shortly.

We hope you enjoy the magazine and we would like to wish all of our members and supporters a happy, healthy and peaceful New Year.

Shirley Labelda
Editor

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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

£20 Dr. H.H. Guildford, Surrey

£10 Mr. G.E. London SW13

£8 Mr. W.W. Paignton, Devon

\$18 Rabbi S.S. Philadelphia. USA

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Friendship House – Orr Shalom

Friendship House, 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.

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**.

News from London

HOLLYWOOD ACTRESS MAYIM BIALIK BACKS JVS CALL FOR JEWS TO CONSIDER A VEGGIE DIET

Before Rosh Hashanah, the Jewish Vegetarian Society highlighted the health and global benefits of plant-based diets in a press release sent to Jewish media outlets in the UK, USA and Canada, with the backing of Jewish vegan actress Mayim Bialik.

In addition to taking part in a “My Life as a Vegetarian” interview, Mayim Bialik told the JVS that being vegan is “a wonderful call to action – to put your vegetarian self out there in the world and start to see the personal, community, and global benefits”.

She said: “There is a strong emphasis in Judaism on humane maintenance and use of animals. We respect other creatures and, of course, Adam and Eve were vegetarian before the fall and exile from Eden... Tikkun Olam lends itself to us using our body and lifestyle to do our part to repair the world. For me, veganism is very consistent with that.”

Mayim Bialik’s “My Life as a Vegetarian” interview can be found at www.jvs.org.uk/resources/my-life-as-a-vegetarian/mayim-bialik.



Mayim Bialik

© Denise Herrick Borchart

FRUIT HARVESTING

On 17 September, the Jewish Vegetarian Society joined forces with the Kensal to Kilburn Fruit Harvesters to pick pears before Sukkot. The aim was to make use of fruit that might otherwise be wasted and it was a great opportunity to explore the links between Sukkot and vegetarianism with like-minded people.

The small group who braved the rain picked over 10 kg of pears and the fruit, along with other fruit collected by Kensal to Kilburn Fruit Harvesters, was taken to “Farm the City London”, a community organisation made up of local



Yanina

volunteers. The pears were turned into juice at an urban farming festival.

For more information about Kensal to Kilburn Fruit Harvesters, visit www.abundancenetwork.org.uk.

There is a wonderful four-minute film about the group called Shaking the Tree, produced by Jonathan Goldberg. The film won “Environmental Video of the Year 2013” award at the Royal Geographic Society and can be viewed at www.youtube.com/watch?v=0d3NHFZ5ovM.

NEW JVS DIRECTOR

We are delighted to welcome Lara Smallman who has been appointed as the new Director of the Jewish Vegetarian Society. Prior to this, Lara worked part time as Co-ordinator of the “Big Green Jewish”, a campaign which raises awareness of environmental issues in the Jewish community. She has also worked for Gefiltefest, the London Jewish Cultural Centre and as a freelance filmmaker.



Lara Smallman

Read Lara’s “Why I am a Vegetarian” article on page 44.

VEGFEST



Lara and Jess

Over 9,000 visitors attended VegfestUK London at Kensington Olympia held on 5 and 6 October.

With 190 stalls and 12 caterers serving scrumptious vegan foods, visitors were spoilt for choice between comedy from Dave Spikey, Lucy Porter and Andrew O’Neill, entertaining cookery demos (including one by JVS member Nishma Shah, of Shambhu’s), plus talks, book signings, music from Macka B and more!

The JVS ran a stand on the Sunday talking to people, selling cookbooks and vegetarian badges and giving away recipe

leaflets and magazines. There was a lot of interest and the team got 100 new subscribers to the JVS e-newsletter. Many thanks to Rita Bloomberg and Jess Gold for their help with running the stand.

WORLD FOOD DAY

In honour of World Food Day on 16 October, the JVS hosted an evening of sustainable food, joining people across the globe taking actions to end hunger.

The workshop, led by Gemma Harris, focused on exploring the provenance of food: how we can have a positive impact by eating UK-grown, seasonal, plant-based food and making use of the invisible abundance around us. Guests were encouraged to comment and ask questions throughout.

20 people attended and enjoyed delicious sustainable treats such as spelt sushi, acorn crackers with pea and bramley apple dip, spelt flatbread with broad bean hummus, falafel and homemade dried fruit. A salad (made of completely foraged salad leaves and edible flowers) was served on plates made of pastry which could be eaten, to avoid the waste of disposables! There were also various cooking demonstrations – almond milk, a salad dressing made from nettles, and spelt flatbread – all of which were sampled afterwards!

Many thanks to Gemma Harris for leading the workshop, preparing the dishes and encouraging us so inspirationally to think about the provenance of food. Thanks also to Michael Stewart for talking about



From above: Gemma, Spelt bread being prepared by Lara, Jon, Gemma

the Kensal to Kilburn Fruit Harvesters and to Luke Berman and Rita Bloomberg for their help with welcoming guests, serving food and drinks, and clearing up afterwards.

For information about produce that is sustainable, ecologically viable and not dependent upon animal exploitation, visit www.veganorganic.net. All of the resources used on the night are available to view on our website: www.jvs.org.uk/resources/articles/world-food-day-by-the-jewish-vegetarian-society/

NEW LIFE MEMBER – GREGORY EDELSTON

We are delighted to welcome Gregory Edelston as a new Jewish Vegetarian Society life member.



Greg Edelston

Originally from Johannesburg, Gregory moved to London in 1994. He met his partner Piero (also vegetarian) and decided to stay.

Gregory says he can no longer bear to be part of the cycle of industrial animal farming that murders 50 billion sentient creatures a year.

As a Jew, he also feels that being vegetarian helps him obey G-d's commandment with regards to Tikkun Olam.

A Personal Trainer by profession, Gregory enjoys (or endures!) rowing - a heavy stamina and strength-based sport. Nutritionally he knew that he had to be careful about switching to a vegan diet and found a great nutrition book – *Vegan Body Building* – which put his concerns to rest.

Gregory turned vegetarian a week before Rosh Hashanah 2013 and on erev Rosh Hashanah he made a resolution to go vegan.



Sustainable Sushi

FAIR CHANUKAH FAYRE

It was a pleasure to attend the first Fair Chanukah Fayre, an ethical marketplace for Chanukah gifts, at New North London Synagogue on 27 October. The Fayre was an all day event featuring hands-on sessions exploring ethical and environmental themes within and beyond a Jewish context. JVS ran an interactive 'Sustainable Sushi' workshop at the end of the day, which attracted participants of all ages.

JEWISH LIVING EXPO

Following on from last year's successful presentation at the Jewish Living Expo, the JVS this year decided to run a stand in the exhibition hall. Kosher restaurant Pita very kindly created a brand new dish especially for us and donated over 300 portions of it. The vegetarian 'Gefilte Fish', made with sweet potato, tofu, soya, leek, garlic and herbs, went down a treat. Thank you to Jessica Saffer and Joseph Moses who helped run the stand on 3 November.



Jessica at Expo

PRESENTATION AT UNIVERSITY COLLEGE LONDON

Our Charity Officer Steven Altman delivered a presentation on the benefits of vegetarianism and the links with Jewish teachings to an audience of over 40 students on 14 November. This was followed by a sushi cookery demonstration and of course, the chance to taste some.

Thank you to the UCL Jewish Society committee for inviting us and to London chaplain Rabbi Gavin Broder for offering his kitchen for food preparation. If you would like JVS to visit your university campus, please email steven@jvs.org.uk.

SUPPER QUIZ

The much-loved JVS Supper Quiz made a welcome return on 17 November. 45 guests enjoyed a homemade two course meal: Moroccan Vegetable Tagine, Middle Eastern Bread with Za'atar and Apple Strudel.

Members of the winning team each received vouchers donated by tibits restaurant and the runners-up won copies of *The Adventurous Vegetarian* cookbook by Jane Hughes. Thank you to our fantastic Quiz Master



Winning team: James, Luke, Ros, Daniel, Kelly and Daniel.

Gordon Moser and to helpers Ros Berzon, Etan Smallman, Luke Berman, and Melvyn Smallman.

As part of Mitzvah Day we collected donations of non-perishable vegetarian food, which was donated to The Food Chain, a charity which exists to ensure that people living with HIV in London can access the nutrition they need to get well, stay well and lead healthy, independent lives

JOINING THE JEWISH SOCIAL ACTION FORUM

JVS was recently accepted as a member of the Jewish Social Action Forum (JSAF). JSAF is composed of 20 key organisations including communal groups, charities and synagogue movements dedicated to social justice in England. JSAF is committed to inspiring and educating the Jewish community about issues related to social action with a particular focus on Jewish involvement in national and global issues of universal concern. JVS is delighted to be bringing a voice on animal welfare and environmental issues to the JSAF.

News from The Jerusalem Centre/Ginger

As I am writing this report the drama is still unfolding around the Soglowek slaughterhouse in Northern Israel.

An undercover investigation at the Soglowek slaughterhouse, the findings of which were published at the end of October, revealed severe abuse of chickens and turkeys. An investigator for Anonymous for Animal Rights documented the daily routines at one of Israel's largest chicken slaughterhouses. The waiting periods of the chickens in the packed cages were long, up to 19 hours, which is an infringement of the law. The transport trucks arrive at the slaughterhouse between 8 and 9pm, but the actual slaughtering does not begin until the following day. The chickens receive neither food nor water during the night. The turkeys were seen heavily panting with their beaks wide open. All that time the chickens cannot even stand up straight as they are confined to low-ceilinged cages. Sometimes they are stuck in the grille unable to move. At times they are wounded and bleeding. They can suffer from pecking by the other chickens imprisoned with them – all frustrated, dehydrated, hungry and thirsty.

When their time comes, the chickens are violently taken out of the cages: the cages are put in a tilting machine, the cages' doors then open, and the chickens are thrown out on to a conveyor belt, sometimes from great heights: one on top of the other, one underneath another, a terrified mass of fluttering wings and flying feathers. Sometimes chickens are caught in the cage grille, unable to free themselves. Workers keep tilting the cage in a way that forces it against the machine wall, and then again and again, tilting and shaking, until the only chickens remaining in the cage are those whose body parts are so stuck that no tilting can remove them. These chickens hang from above, held by their heads, feet or wings, forcefully shaken each time the cage is tilted.

Once exposed, this systematic cruelty caused public fury. The day after this information was made public, three different class-action claims were filed against Soglowek by customers who claim that the company made them complicit with animal abuse against their will. It was discussed at the Knesset and the story flooded both the media and online social networks. Whilst in many instances the subject was framed as cruel versus legal [or "humane"] slaughter, many journalists and public figures took the opportunity to emphasize the importance of vegetarianism.

Especially interesting was the initial response of Rabbi David Lau, the recently elected Ashkenazi Chief Rabbi. In an interview on Ynet, one of Israel's leading news portals, Rabbi David Lau said: "As a human being and as a Jew I was shocked by the footage, by the brutal behavior of those employees toward helpless animals. Such things shouldn't happen. The *Torah* forbids us to act in this way and obliges us be extra vigilant with regard to *tza'ar ba'alei hayim*. We cannot remain silent in the face of such things. We will act firmly and sternly against this factory. Apart from the religious and moral issues involved, there are also serious problems of *Kashrut* here. The brutal use of sticks must have caused the birds internal injuries, and there's no doubt that the dying chickens are not fit for Kosher slaughter. We will use all means at our disposal so that such factories will not only fear the Ministry of Health and animal rights organizations, but the Chief Rabbinate as well, and we'll act firmly in this case. We will set up rules regarding imposing sanctions on such companies, and take steps that may even lead to the revocation of the *Kashrut* certificates, and everyone knows what this means for these factories." Later, after a meeting with Soglowek functionaries and Rabbis involved in the *Kashrut* inspection in the place, he stated that Soglowek products *were* Kosher, he still insisted on the need to make the prevention of animal abuse one of the objectives of the Rabbinate's inspection. We hope that this is a sign of awakening in the heart of the Rabbinical establishment.

Advocating for chickens can be difficult. They do not attract people's empathy as much as calves or lambs. Amongst a sea of pictures of mass production, people often lose sight of their individuality. An important feature of the campaign following the Soglowek

exposé is our effort to use pictures of individual chickens, to show footage of chickens that were saved from the meat industry, and to teach people about the social, behavioral and mental characteristics of these wonderful creatures. The shocking contrast between this and the cruel and objectifying treatment they receive in farms and slaughterhouses should, we hope, shake people and make them change their diets.

News from Israel



Israeli Prime Minister Benjamin Netanyahu and his wife Sara have added their names to a list of public figures and organisations joining the Meatless Monday initiative, which involves going meat-free every Monday. "With my responsibility as prime minister to protect the lives of people here, I feel committed to increase awareness to fight cruelty toward animals," Netanyahu said. Their son Yair is has been a vegetarian for two years, and Sara's father was one of the first vegans in Israel. "I come from a home which was highly aware of the issue," Sara said. "I am interested in helping raise additional people's awareness and sensitivity to the suffering of animals".

Israel is about to become the first country in the world to ban the sale of foie gras, the production of which has been illegal under Israel law for almost ten years. One of our trustees, former Chief Rabbi of Ireland Rabbi David Rosen, was quoted in the Jewish Chronicle's coverage of this development, saying that foie gras, the process of force-feeding weeks-old ducks up to 2 kg of food daily through a metal tube that is pushed down their throats, "is in complete contravention of the Torah's prohibition of causing tsa'ar ba'alei chayim (cruelty or pain to animals)". We hope that Israel's ban will pave the way for many other countries getting rid of this horrendous practice.

Vegetarian Events

Brief details of all events will be included in the "What's On Diary" if they are received in good time.

Details should be received 5 to 6 weeks before publication. The magazine is due out on 1st December, March, June and September. Please write to us.



We have a number of Badges and Rubber Stamps with the "V" sign, available at £2 for the pair, which includes postage.

Contact the office regarding payment.

BATES method for natural vision improvement and relaxation.

ALEXANDER TECHNIQUE

Details of lessons and courses
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or

Laurence – 07933 326 182

Isa Chandra Moskowitz



Isa Chandra Moskowitz has written an array of best-selling cookbooks including *Veganomicon*, *Vegan Cookies Invade Your Cookie Jar*, *Vegan with a Vengeance* and *Appetite for Reduction*. Isa created her own cooking show *The Post Punk Kitchen* after watching *The Food Network* and noticing that something was missing, a vegan cooking show. Her website www.theppk.com is full of mouthwatering recipes, one of which, Vegan Challah is featured in this issue on page 21.

At roughly what age did you become vegetarian?

I became vegetarian at 15 years old.

What made you become vegetarian?

I always loved animals, especially cats. Once I made the connection that all meat comes from animals, I immediately wanted to be vegetarian. It took a few years to make the change, because I was just a kid.

What is your favourite vegetarian meal?

I love Vietnamese food. A good Bahn Mi does it for me everytime.

Which is the best vegetarian restaurant you have been to?

That's a tough one! But I'd probably go with Portobello in Portland, OR.

Where is the most vegetarian-friendly place?

New York City.

What has been your worst experience as a vegetarian?

Honestly, I don't have bad experiences because of the way I eat. At most, I get mildly inconvenienced. But I try to focus on the positive.

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

Well, besides mine? I really love *Vegan For Life* by Ginny Messina as well as her site, www.TheVeganRD.com, for important vegan nutrition information.

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

I definitely don't have a signature dish! But would you like my recipe for beet burgers? They're pretty good.



Plant-Based Nutrition for Health

For good health, we need a balanced, nutrient-dense diet supporting an active lifestyle. All healthy diets include plenty of whole plant foods. Guidelines from expert Registered Dietitians working with The Vegan Society suggest the following:

Veg and Fruit: Eat plenty of brightly-coloured vegetables and fruit, including dark green leafy vegetables, every day.

Wholefoods: Eat plenty of lightly-processed, whole plant foods (wholemeal bread, wholegrain rice, etc.).

Vitamin B12: Everyone over the age of 50 (no matter your diet), as well as all vegans, should get at least three micrograms of vitamin B12 from fortified foods or 10 micrograms from a supplement each day, or one 2000 microgram supplement each week.

Vitamin D: Everyone (no matter your diet) needs to check they are getting enough vitamin D. Unless you are getting enough healthy sun exposure (at least 15 mins on your arms and face when your shadow is shorter than you), get 10 to 20 micrograms of vitamin D each day from fortified food or a supplement. Note: vitamin D2 is plant-based, and there is a vegan-friendly vitamin D3 supplement from lichen. Otherwise, D3 is from sheep's lanolin which may be unsuitable for vegetarians, and is not suitable for vegans.

Iodine: Get about 100 to 300 micrograms of iodine per day. Be careful, as both too much and too little can harm you. A daily supplement is the most reliable source, or you can consider tiny daily quantities of reliably-labelled iodine-rich seaweeds.

Calcium: Get 500 mg per day of calcium from calcium-rich foods or supplements. For healthy bones, calcium is a team-player: vitamin D, vitamin K, moderate protein and potassium, plus healthy weight-bearing exercise, play an important part. Limit your sodium (salt) intake, and avoid caffeine (tea, coffee, colas) at meal times.

Good Fats: Avoid hydrogenated fats. Use rapeseed oil as your standard kitchen oil, or have a tablespoonful of ground flaxseed or a teaspoonful of (uncooked) flaxseed oil daily, to get plenty of omega 3 fats. Other omega 3-rich plant foods include hemp and walnut and their oils.

For more information, visit www.vegansociety.com/lifestyle/nutrition.

International Marine Conservation Movement on a Mission to end the Industrial Overfishing of our Oceans

Illegal driftnets in the Mediterranean Sea form a major hazard to dolphins, whales, turtles, sharks and fish. The use of driftnets has been banned by the United Nations for over 20 years, yet an estimated 500 vessels from Morocco, France, Italy, Turkey, Algeria and Tunisia continue to use them, killing an estimated 10,000 whales and dolphins every year, as well as thousands of endangered sharks, sea turtles and fish.

The Black Fish is working to put a permanent stop to the use of illegal driftnets by:

- Patrolling areas of the Mediterranean Sea to monitor the illegal use of

driftnets and where possible taking action to challenge illegality.

- Identifying illegal driftnet vessels and making this evidence available to support enforcement authorities in taking appropriate legal action.
- Building an international citizen-led community, increasing public pressure on governments to adequately enforce the laws which prohibit the use of driftnets.

You can support the vital work they do by:

- Reading up on the latest updates through their campaign blog.
 - Sharing campaign news with your friends, family and colleagues.
 - Donating items in-kind from their wishlist to support our crew working on the ground directly.
 - Lending some of your spare time to get actively involved.

Visit www.theblackfish.org to learn more about this vital campaign and follow them on Twitter [@blackfishorg](https://twitter.com/blackfishorg).



Crew members of The Black Fish patrol areas around the Aeolian Islands in a bid to locate illegal driftnet fishing.

TeenVGN's School Letters Campaign Fighting for Young People to be given the option of having Vegan Food at School

TeenVGN's School Letters Campaign Fighting for Young People to be Given the Option of Having Vegan Food at School.

So many teenagers have spoken out about their school not having enough healthy, cruelty-free food available at lunch time and are often left to eat alone and are sometimes even bullied.

TeenVGN believe that this campaign can be targeted not only at vegetarians and vegans, but also aimed at those who have health conditions and intolerances to certain foods. A vegetarian and vegan diet is also far healthier and would therefore benefit all school children.

There are over 5,000 schools in the UK, and TeenVGN aim to start their mission by contacting one school in every city of the UK. They feel that if they can get just one school in each city to change, others will follow suit.



"We believe that sending a professional and personal letter to schools is likely to have a far greater impact than sending an email. Your donation will be used towards the initial letter,

follow up letters, letters to council, paper, envelopes and postage.

TeenVGN is the social network for young vegetarians and vegans! TeenVGN HQ is based in South Wales, but operates globally through the website. We believed that there needed to be a place for compassionate teens to come together to meet like-minded people and share their stories!"

You can support Teen VGN's campaign by donating here: www.gofundme.com/schoolletters and you can find out more by visiting www.TeenVGN.com and following them on Twitter [@TeenVGN](https://twitter.com/TeenVGN).



This is the Universal Symbol for Vegetarianism.

It carries the message of peace and compassion wherever it is seen. Use it on your stationery, car, window or manufactured goods. Stickers and rubber stamps available – Stamp everything!

Send for circular (s.a.e. please) to Universal Symbol Committee
855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**



Denise's Kitchen

LEARN TO COOK – THE STYLISH WAY

Book a date in your diary and make time for yourself. These comprehensive "hands-on" classes, presented in my trademark simple but stylish manner, will enhance your love of food and add to your cooking repertoire. Pick a theme and see the difference it will make. So go and benefit from some great new food ideas. Choose from:

Wed	4 December	Family Vegetarian
Thurs	5 December	Parev Starters
Sunday	8 December	Classy Canapés
Wed	22 January	Simple Indian
Thurs	23 January	Shabbat Lunch
Thurs	27 February	Flavours of Morocco
Wed	5 March	Exciting Pesach (1 of 3) Seder Night
Wed	12 March	Exciting Pesach (2 of 3) Mid-week Dining
Wed	19 March	Exciting Pesach (3 of 3) Pesach Baking
Thurs	20 March	Friday Night Dinner
Mon	31 March	Simple and Easy Suppers

Venue: 2 The Broadwalk, Northwood, Middlesex HA6 2XD
 Time: 10.00 am – 1.30 pm: Weekday / Sunday 5.00 pm – 8.30 pm
 Cost: £65 per class. All materials provided

Booking: Call Denise Phillips on **01923 836 456** / denise@jewishcooking.com



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.

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

Mango & Toasted Sesame Seed Salad

This is a sophisticated salad that is ideal as a light starter or side dish. It needs to be made in to individual portions and plated, but all the preparation of the ingredients and dressing can be done in advance. The best way to toast sesame seeds is to place them on an oven tray at 200C/400F for about 10 minutes. Keep an eye on them as you do not want them to burn!

Serves 4 **Prep time** 10 minutes **Cooking time** No cooking*
 * apart from roasting sesame seeds



Ingredients

- ✦ 2 mangoes – peeled
- ✦ 1 large courgette
- ✦ 1 cucumber
- ✦ 150 g sugar snaps

- ✦ Bunch of fresh coriander
- ✦ Bunch of fresh mint
- ✦ 2 tablespoons sesame seeds – roasted

For the dressing

- ✦ 1 lime
- ✦ 1 teaspoon honey/agave nectar
- ✦ 1 tablespoon extra virgin olive oil
- ✦ Salt and freshly ground pepper – to taste

Method

1. Slice mango into thin 7 cm rounds, chop sugar snaps, chop coriander and mint.
2. Using a spiralizer or food processor peeler, make courgette noodles and cucumber ribbons.
3. To make the dressing, mix the lime juice, honey/agave nectar and salt.



Method

1. Add water and turmeric to a small sauce pot. Bring to a boil. Keep an eye so that it doesn't boil too long and evaporate. Immediately turn off the heat. Add the coconut oil and 90 g sugar to the pot, and stir to melt the coconut oil. You want the mixture to cool so that it isn't hot to the touch, but is still warm. So let it sit while you work on the rest of the recipe.
2. In a very large mixing bowl, mix together the warm water and the remaining sugar. Sprinkle in the yeast and set aside to get all yeasty.
Note: make sure that the mixing bowl is large enough to hold all of the flour and additional ingredients for this recipe, because this is where you'll be mixing everything.
3. In a separate bowl, mash the bananas very well, until they appear pureed. The coconut oil mixture should be cooled enough now, so proceed with the recipe.
4. Add the mashed banana to the yeast bowl, along with the coconut oil mixture. Give a stir just to combine. Begin adding the flour a cup at a time, adding the salt along with the first cup. Mix after each addition, and begin to knead with your hands when a dough starts to form. Once all of the flour has been added, turn the dough out onto a lightly floured counter, and begin to knead like crazy for 10 minutes or until dough is nice and smooth. Add more flour as needed, until the dough is no longer tacky. Form dough into a ball.

5. Clean the mixing bowl, and lightly grease it with some canola oil. Add the ball of dough, spinning it into the bowl to get it lightly coated in oil. Cover with plastic wrap or a towel, and set aside to rise for about an hour and a half. It should double in size.
6. Grease two baking sheets and set them aside. Also, make sure you have plenty of space for rolling out the ropes to create the braids. When dough has doubled, punch it down, knead lightly and divide in half. Take one half and divide it into thirds. Roll each third into a long rope, 18 inches or so. Now place the three ropes on the baking sheet the long way, and... braid! Pinch the ends together. Now create the second loaf in the same way. Let the loaves rise for about 30 minutes. They should get nice and puffy. No need to cover them for this part.
7. When loaves have risen, preheat oven to gas mark 5. Mix together maple syrup and milk in a small container. Brush loaves with the mixture and sprinkle with poppy seeds.
8. Bake breads on separate racks for about 40 minutes, rotating the pans between racks halfway through. Bread should be browned and golden outside. If you tap them, they should sound hollow. Let cool for a bit, maybe 30 minutes or so, and then they are ready to slice and serve! I love them warm and doughy like that. If not using immediately, wrap well in plastic and keep stored at room temperature for up to 2 days.

The Green Kitchen

By David Frenkiel and Luise Vindahl
Photography by Johanna Frenkiel

Published by Hardie Grant Books,
hardback, £25. E-book, £12.50.

In their book *The Green Kitchen*, David and Luise share over 100 of their favourite healthy family recipes.

Combining everyday fresh in season produce, they tell the stories of their family kitchen, proving just how easy it is to create nourishing, well-balanced dishes on a daily basis. Learn how to make herb and asparagus frittata for breakfast, fennel and coconut tart for lunch, and beet bourguignon for a supper to share with friends. Why not have your cake and eat it too with the nutritious frozen strawberry cheesecake on a sunflower crust or indulge in the double chocolate raspberry brownie?



– Indian Chickpea Crêpes with Raita & Leafy Greens
– Savoy Tacos with Corn & Mango Filling



Vegan Chocolate Rich, decadent, chocolate – and vegan

By Fran Costigan
Photography by Kate Lewis

Published by Running Press, hardback, £20.

It can be difficult to find truly indulgent vegan desserts, especially chocolate. But for the first time, luscious chocolate cakes, brownies, truffles, puddings, ice creams, and more are within reach. This breakthrough book will delight and unite everyone who madly, deeply, truly loves chocolate

desserts, whether vegan or otherwise.

Author, baking instructor and vegan dynamo Fran Costigan has dedicated years to satisfying her sweet tooth while keeping it vegan through experimentation and long hours in the kitchen. Better-for-you interpretations of 120 favourite chocolate desserts pass the taste test: chocolate truffles, White and Dark Chocolate Cheesecake, Mocha Crème Brûlée, Brownie Crumble Ice Cream and so much more!



- Magic Chocolate Mousse
- Chocolate Peanut Butter Cup Smoothie
- Chocolate, Orange, and Almond Olive Oil Cake

Honestly Healthy Eat with your body in mind, the alkaline way

By **Natasha Corrett and Vicki Edgson**

Published by Aurum Publishing Group,
hardback, £20.



Eating the alkaline way is the easy route to great health and wellbeing. Natasha Corrett and Vicki Edgson's inspiring book reveals exactly how addressing the balance of alkaline and acid-forming foods in your diet can aid digestion and help your energy levels soar. An excess of acid-forming foods creates imbalances in the body, with symptoms including headaches, joint and muscle pain, bloating, sweating and insomnia. But you can banish these common complaints by filling up on Honestly Healthy's really alkaline, delicious dishes. Your digestive system will thank you for it.

Split into two sections the book explains the health principles of an alkaline diet and features over 100 tasty, easy to prepare recipes..



- Raw Pad Thai
- Green Goddess Cleansing Juice
- Brazil nut milk

A 'Rocking' Good Festive Season

Treat friends and family to the latest organic cordials and squashes from Rocks Drinks, which make great gift choices and can simply be enjoyed during any celebrations.

A little sophistication is a must at any meal-times and organic fans will love Rocks Organic Cordials, which include Spiced Fruit Punch, Fiery Ginger, Spring Elderflower, Velvety Blackcurrant, Zesty Lime and Summer Fruits. This classy range of luxurious organic cordials including Fiery Ginger, which was awarded a prestigious Soil Association Organic Food Award, is perfect for those who want a non-alcoholic refreshing drink that has a sophisticated flavour.



Rocks Organic and Traditional Squashes which are made using old-school simple methods, there are no hidden "nasties", just water, sugar and lashings of fruit. Available from www.goodnessdirect.co.uk and independent health stores.

Rosella Italiana Italian Sauces and Pestos

All sauces are vegan, gluten and sugar free, with the finest ingredients, non GMO, free from artificial colours, preservatives or flavours and are made with extra virgin olive oil.

The climate and soil in Italy is conducive to the cultivation of good quality ingredients. In addition to a focus on quality, Rosella Italiana's chef insists on the right amount of cooking time to allow the tomatoes and other ingredients to release their natural flavours.

The range consists of seven different sauces and pestos which are very versatile. They can be added to pasta, sandwiches, salads, oven roasted vegetables, tofu dishes,



rice, soups, casseroles and used as dips with bread or tortilla chips.

The products are under the supervision of the London Beit Din, and can be obtained in most kosher shops in England as well as in Sainsburys' kosher section.

Guilt-free Goodies for Those on the Go

Skip the daily trip to the vending machine, resist the temptation of a calorie-laden afternoon pick-me-up – snacking has come of age with the launch of Saviour Snacks. A stylish online snacking service offering a huge range of nutritionist selected, 100% healthy and totally delicious snacks delivered directly to your door on a Monday. All the products are handpicked and vetted by Saviour Snack's dedicated nutritional therapist, Lisa Blair "Smart snacking is the best way to balance blood sugar levels, when people get this right they just feel better – with improved energy levels, less cravings and overeating, which helps people manage their weight."

Saviour Snacks scours the market for the most heavenly snacks so you don't have to with a promise that they all meet the seven Nutritional Non-Negotiables:

- NO trans fat
- NO hydrogenated or partially hydrogenated fat
- NO artificial additives, colours or preservatives
- NO genetically modified foods
- NO high fructose corn syrup
- NO MSG
- ONLY real ingredients that you can pronounce



Each Saviour Snack box comes with its own bite-size menu card which highlights important free-from information along with key nutritional facts for each product.

Prices start from £15 for an Original Saviour Snack box making it on par with the high street, and so much easier to eat healthily! Customers can choose from a vegan, vegetarian, or dairy-free box, and can also opt for a vegan version of the kosher snack box.

For more information please visit: www.savioursnacks.com



Raw Kale Chips – Repackaged from Inspiral

In the past Inspiral used recycled plastic to package their kale chips but were concerned that, despite their recyclability, many of these containers would end up in landfill. This new pack is made of compostable, non-genetically modified wood pulp; cultivated using low impact methods from a sustainably managed hardwood plantation of Eucalyptus trees. Add biodegradable glue, nature-based inks and 100% renewable electricity and the result is a truly one of a kind 100% compostable packet: disintegrates in landfill, sustainably sourced materials, organic, bursting with nutrients, dried-not-fried and gluten free.

Available from www.inspiral.co and good food shops across the UK.

Fresh, locally made Kosher products from Me Too! Foods

Me Too! Foods is a kosher food company based in North West London. Originally started in Ramona Hazan's kitchen at home, the company has now grown into its own food factory. Care is taken to follow the age-old recipes used by Ramona's grandparents, ensuring fresh and delicious products every time.

Me Too! Foods strives to offer the UK Jewish community a choice of locally made products that taste just like they are homemade.

The size of the Me Too! range has grown over the years and the products available include four different flavours of houmous, a variety of fresh soups, a range of salads, falafel, and dips. The entire range is parev, and almost all of the products are vegan and gluten-free.

Me Too! Foods has quickly found its way onto the shelves of most Kosher food shops, and is now also available in most Kosher aisles at Tesco. Prices start at £1.40.

Visit www.metoofoods.com to find our more and for a list of stockists.





Photographs by: Kim Lightbody

VANILLA BLACK

☆☆☆☆☆

17-18 Tooks Court, London, EC4A 1LB
www.vanillablack.co.uk

After hearing a friend of mine who is not vegetarian rave about Vanilla Black, I put it down on my ever-growing list of must-visit restaurants.

Taking vegetarian cuisine to new heights, Michelin-recommended Vanilla Black moved from York to London four year ago, and has been wowing diners ever since. I was lucky enough to find out why on a recent visit there with a friend.

We were greeted very warmly and led through the beautiful art-deco inspired interior to a table in a quiet corner with very soft music playing in the background. Watching the waitresses serving stunning dish after dish, we knew we

were in for a real treat.

There are two menus to choose from at Vanilla Black; a vegetarian one and a vegan one. Whilst the vegetarian menu offers six choices of starter and six of main course, the vegan menu has two options for each course. We both opted for the vegan menu.

We began with a starter of Soya Curd, Beetroot and Nasturtium Leaves, which was delightfully fresh and full of flavour. For the main course, I had the Seared Cauliflower with Golden Raisin and Cashew Nut Potato, served with Cumin Crisps and Tamarind Paste. The dish looked like a work of art and the spices were balanced

to perfection. My friend ordered the Truffled Mushrooms and Rosemary Scone, served with Braised Fennel, Mushy Peas and Horseradish. I had a little taste just to check I wasn't missing out. It was just as delicious as my dish.

Each dish was so intricate that we had to ask our waitress to remind us of all of the components before we started eating each course! To finish we shared a Peanut Butter Cheesecake and Cracked Cocoa Bean, served with Caramelised Banana Purée. Quite simply it was one of the best desserts I have ever eaten.

So much care and craftsmanship had gone in to creating each dish, we certainly didn't feel, as vegans, that we were missing out in any way. On the contrary, we were spoiled with an array of sensational dishes and very attentive service. As we got up to leave I overheard someone saying 'it's like the Fat Duck, but for vegetarians'. One cannot help but be wowed by the attention to detail and the determination to push the boundaries and confound expectations of vegetarian and vegan cuisine.

The two course option is £28.00 per person, or you can opt for three courses for £38.00.

Classy, cosy, and serving exquisitely presented dishes, Vanilla Black is a delightful



Starter



Main



Dessert

special occasion treat for vegetarians and non-vegetarians alike.

Reviewer: Lara Smallman

A late Autumn visit to Great Dixter

It was the end of October, and the gardens were open on one of its last days to the public. As a Friend, a small group were treated to a guided tour given by Fergus Garrett the head gardener. Fergus worked directly under the legendary Christo Lloyd. Christo imparted the spirit of the garden to him. When he died, nine years ago, he would be a hard act to follow, but now, Fergus has found his own style, while remaining true to his master's ethos.

As usual, by the grand front entrance stood a well ordered pot garden. A tasteful collection of various flower pots to make a unique welcome to this grand Elizabethan manor house.

Approaching down the path from the gate,

the grass had not been recently mown, as at this time the colchicums were in full bloom. They took over from the summer orchids that abounded earlier.

The borders nearby are changed with the seasons and the autumn planting was of red salvias. A tall growing variety blend with the more traditional and familiar compact ones, to make a bank of scarlet.

From here we progressed to the sunken garden and ornamental pond. In this sheltered spot, the water lilies had continued their blooming. Varieties of flowering sages grew in the borders, with vivid purple and red spurs of flowers. These were up to six foot tall and were rewarding with their late flowering. Tree dahlias, something that I had



**Dahlias
at Great
Dixter**

never seen or known about grew to ten feet in height. Fergus said that they were native to Mexico, where in frost free areas, they bloom all year round. Here, at the foot of the downs, they will be cut down by the first hard frost and come into flower late. So to get the seed and continue the strain, any flowers are cut and put into a vase indoors, for the seed to develop. At Great Dixter a great deal of seed is gathered, as many of the plants are rare specimens gathered by plantsmen collectors all over the world.

Fergus recounted the story of a visit he and Christo made to Turkey. Growing on the side of a mountain was a rare Hawthorn. Although quite advanced in age, Christo made for it and picked some berries. He clasped them tightly in his clenched hand and opened it on coming down to where Fergus stood, only to find on opening his hand that it was empty. Not daunted, he clambered off again and this time made sure of his haul. In front of the house is a fine tree with berries like little crab apples, grown from this seed. It's fruits strewn on the grass beneath, and we were offered to help ourselves each, to a few berries, to try to propagate from them. I will try to grow a tree from my few which I picked up.

From here we were taken to the "jungle", an area of tropical plants, palms and bananas, more tree dahlias and some traditional ones magnificently and exuberantly displaying their flowers. The dense growth invaded the paths, completing the experience of

being in some tropical clime.

Our way to the vegetable garden took us past the long herbaceous border. Abloom with late phlox, and asters. Fergus explained that much what was growing would be removed over the next few days and replaced with tulips and wall flowers with complimenting reds and purples and a profusion of scents to come.

Looking like haystacks, were three compost heaps. No ordinary heaps these, built up to ten to twelve feet, they were only accessible by ladders. All of the vegetation

from the seasonal clearances and pruning were neatly layered, one upon another with a margin of hay forming a container around the sides. Fergus allowed each giant heap to develop over a couple of years, and then be opened up to be spread on the garden. He hoped that with this wonderful material, the need for peat in the garden would be unnecessary. The finished product certainly looked as good as any compost on the market, and most probably a lot better. It would be used in the greenhouses and beds and was rich in natural nutrients.

Perfectly trimmed topiary peacocks stood proudly atop pyramid clipped yews, giving an air of space and elegance against the backdrop of the Lutyens wing to the house.

Great Dixter is worth visiting in any season, but at this time of approaching storms and frosts, it is outstandingly and exceptionally beautiful. Undoubtedly one of England's finest gardens.

...it is
outstandingly
and exceptionally
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England's finest
gardens

Tresco Abbey Gardens Revisited

Tresco is a small island in the Scillies which in themselves are designated an Area of Outstanding Natural Beauty. Lying out to sea off the Cornish peninsula they are not easy to get to. The main way to get here is on the Scillonian, a successor to a series of vessels that have been the lifeline to this island community. St Mary's is the largest of the islands, and is part of an archipelago with the smaller islands of Bryher, St Agnes, St Martins and Tresco. We last visited the Abbey Gardens in the spring 8 years ago and returning this autumn in October would answer the question of this being an outstanding garden to visit, whatever the season.

We were keen to see the kitchen garden again and were rewarded with what we saw. Rows of winter vegetables were in abundance. Fine leeks would stand in the ground until the spring, as would the celeriac, parsnips, and parsley. Just to show off how abundantly they had yielded, runner beans clung to 8 foot bamboo poles and were still heavy with giant beans. Now too tough for eating but good for next year's seed and perhaps the surplus shelled beans would find their way into some warming winter soups. I am sure they will be harvested when fully dried out. Spinach and beetroot both looked good as did the winter brassicas.

Yellow courgettes added colour and were invitingly edible, while a bed of pumpkins looked like prize winners. In poly tunnels, a fine crop of tomatoes, in variety stood much

higher than a man and were draped with trusses of ripe fruit. These had been planted in pots sunk into the ground surrounded by black plastic sheets and were supported on strings hanging down from the roof.

Nearby in another tunnel, some giant cucumbers hung from sturdy vines, they were colossal but still looked good to eat, as did the aubergines.

An avenue of well clipped lavender lined the approach to the beds, and nearby stood a solitary beehive. The occupants were well in evidence, plying their ways to and from the entrance, with valuable loads of autumn provisions collected from the garden's abundant late flowering plants.

Newly planted was a grove of olive trees, yet to produce a crop, but a sign that these islands bask in the waters of the Gulf Stream and the climate is more akin to that of the Mediterranean than Northern Europe.

The ornamental gardens stretch along avenues gently rising up a slope. Each avenue is a couple of hundred yards long and each has its own character. Although there are many days when the winds come forcefully from the Atlantic, high hedges surround and act as windbreaks to the whole. While we were there, the gardeners were involved in the annual hedge trimming. One stood some 30 feet at the top of a ladder, trimming away at the Summer growth, while another stood at the ground level to make sure that the equipment was well anchored.



A tree caught my eye, festooned with large red flowers, this was one of the tree Proteas which are native to South Africa. I had seen them as shrub sized plants, but not as full grown trees. A large number of varieties of Proteas have been collected over the years, and all were doing well. The bottle brush plants were in full display giving no doubt as to how they got their name.

Tree ferns of vast circumference and in many varieties, would look well in place in the antipodes, from where they come. They mingle well with palm trees that take you immediately to the Caribbean. Around another avenue, the Passion flower still blooms profusely.

Giant flowering heathers, some from South Africa, such as Erica Cerintheides with its long trumpet blossoms. Late blooms attract the honey bees as well as the

bumble bees that also inhabit these islands.

Tastefully placed at viewpoints are statues, like that of Neptune the sea god and Gia the earth goddess in mythology. Just as a reminder that the history of this place is tinged with the sadness of the many ships that have foundered on the rocks that lie hidden and not so hidden is the Valhalla museum of ships figureheads that have found their way here from wrecks from over the centuries. They are a poignant reminder of the countless lives lost by those at sea.

The gardens owe their present shape to one Augustus Smith who was granted a lease from the Duchy of Cornwall in 1834, a man of independent means who could express his passion with this botanical collection to rival any in the world for its diversity and beauty all the year round. This is an outstanding horticultural experience.



Competition Giveaway



We are giving five JVS supporters the chance to win some stylish footwear from Eco Vegan Shoes.

You can check out their great ranges at www.eco-vegan-shoes.com

All you have to do to be in with a chance of winning a pair is send us your ideas for alternative uses for your old leather shoes and boots. The five most inventive photo entries will each win a pair of free shoes.

Eco Vegan Shoes are cruelty free and feature only environmental-friendly materials. They look fantastic too!

Send your entries to lara@jvs.org.uk by 31 December 2013.

Terms & conditions: One entry per person. Winners can select one pair of shoes up to a maximum value of £80, which covers most shoes on Eco Vegan Shoes' website.

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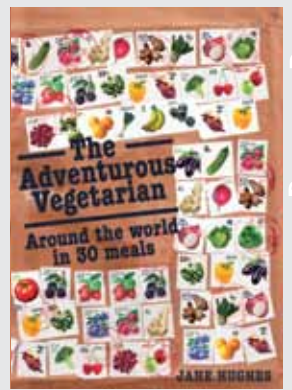
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The Adventurous Vegetarian

By Jane Hughes

Thirty destinations, thirty sumptuous menus offering everything you need to give friends and family a taste of how vegetarians eat all over the world. Written by Jane Hughes, editor of the Vegetarian society in collaboration with groups all over the world.

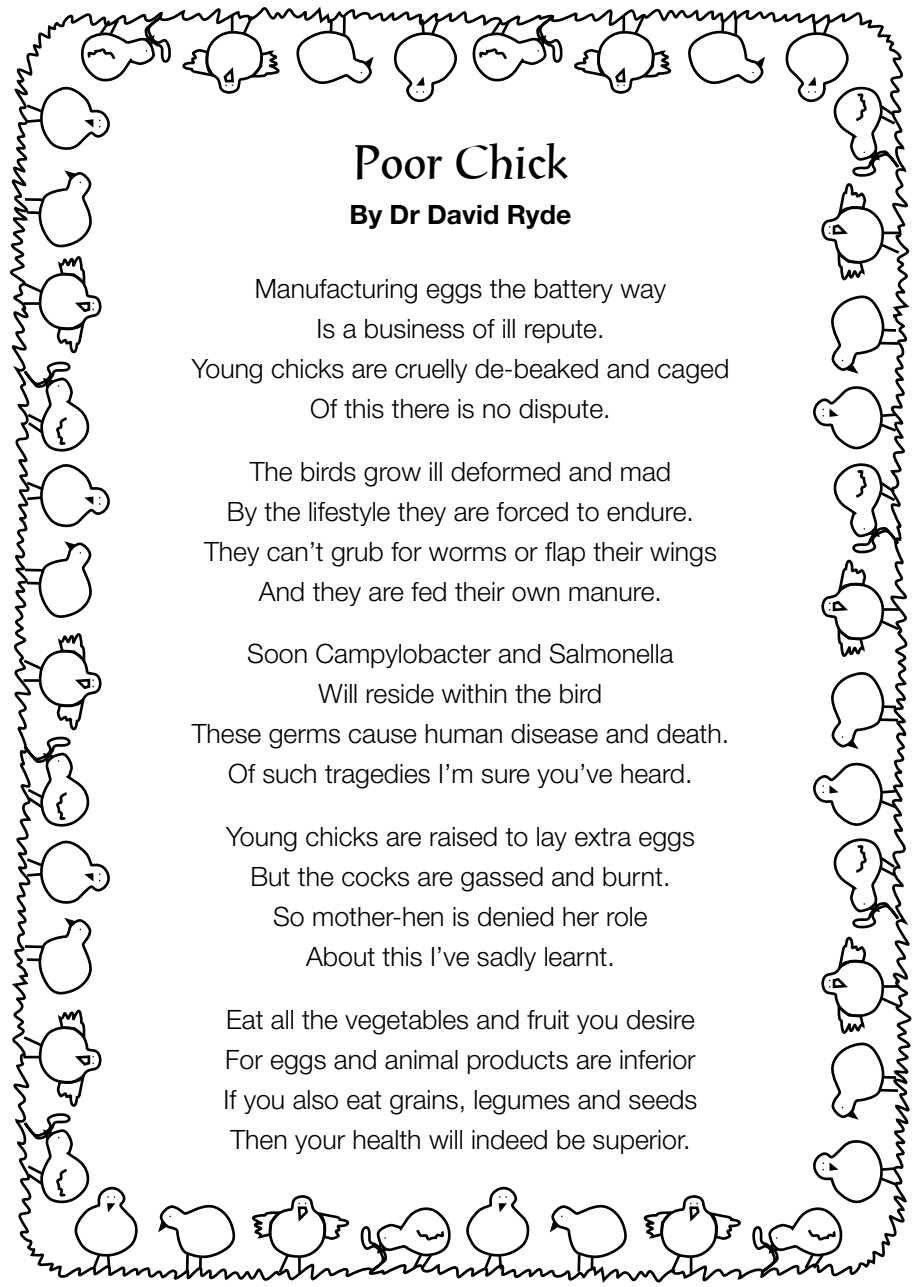


“It's discoveries like these that make vegetarian books worth perusing”
CulinarialLibris

“Vibrant and tempting [...] Hughes' passion for nourishing, vegetarian food is bursting from every page.”
Wanderlust

“a global culinary treasury”
Midwest Book Review

See inside and order at: www.newint.org/books



Poor Chick

By Dr David Ryde

Manufacturing eggs the battery way
Is a business of ill repute.
Young chicks are cruelly de-beaked and caged
Of this there is no dispute.

The birds grow ill deformed and mad
By the lifestyle they are forced to endure.
They can't grub for worms or flap their wings
And they are fed their own manure.

Soon Campylobacter and Salmonella
Will reside within the bird
These germs cause human disease and death.
Of such tragedies I'm sure you've heard.

Young chicks are raised to lay extra eggs
But the cocks are gassed and burnt.
So mother-hen is denied her role
About this I've sadly learnt.

Eat all the vegetables and fruit you desire
For eggs and animal products are inferior
If you also eat grains, legumes and seeds
Then your health will indeed be superior.

Meatless Shabbat

By Roberta Kalechofsky, Ph.D

1981, the eminent philosopher, Hans Jonas, wrote a book whose title resonates with the soul of Jewish ethics: *The Imperative of Responsibility*, with the subtitle *In Search of an Ethics for the Technological Age*. Jonas' argument, now part of the modern psyche, was of technology's power over human destiny, and of "the vulnerability of nature." Nowhere is this more evident than in the problem of food and how it affects ourselves and nature. The Jewish people have a long tradition concerning the ethics of food, but we must fashion an ethics which is responsive to the impact of technology on nature, on animals, and on our sources of food, on food produced by genetic engineering of laboratory-grown meat, of cows given food to eat that violates its biology. Meat today bears a burden of responsibility for human health and climate degradation that is hard to match in the history of agriculture and husbandry.

The most complete assessment of the impact of meat on the environment is the United Nations report, *Livestock's Long Shadow: Environmental Issues and Options*, released by the Food and Agriculture Organization of the United Nations on 29 November 2006. The FAO

won a Nobel prize for this exhaustive work, which it shared with Al Gore, who won it that year for his documentary, *An Inconvenient Truth*. Gore's work captured the limelight, but the FAO report is more thorough, with its description of how meat degrades land, air, and waterways. Agriculture is responsible for an estimated 14% of the world's greenhouse gases. Moreover, the world's appetite for meat is increasing as China, India and Africa become richer and emulate the west in its meat-based diet.

The world's 1.3 billion cows and its billions of other grazing animals emit dozens of polluting gases, including tons of methane. By 2030, agricultural methane output could increase by 60%. Include the fuel used to transport 1.3 billion cows and other meat animals from grazing land to slaughter house by truck or cattle train, and the enormous amount of electricity it takes to run a modern slaughter house, the energy costs are staggering. We have the means to reduce this problem by 1/7, by pledging to celebrate a meatless Shabbat, a modest but significantly symbolic move, which is both harmonious with the Jewish sensibility and future necessities.

Meat was not an historic part of the

Shabbat tradition for the millions of Jews who lived outside of Judea during Roman times. The Romans commented that the Jews "do not slaughter their animals on their Sabbath." A Jew would not kill his animals on Shabbat because the commandment regulating the Shabbat includes the animals. Until the invention of refrigeration no one could keep meat for more than a day before consuming it. The Shabbat brisket or roast chicken are of recent vintage. No venerable tradition there.

Moreover, meat has a chequered career in Torah and is considered "the food of lust," because the rabbis knew that it could not be justified for health reasons. Statements in the Talmud, such as "the more meat, the more worms," and "a parent should not teach his children to eat meat," indicate the lack of consent eating meat had, though Torah recognized that some people have a special craving for meat, which it defined as the "meat of lust." Referring to Deut. xiv. 26, Rabbis taught that "The Torah teaches a lesson in moral conduct, that man shall not eat meat unless he has a special craving for it, and shall eat it only occasionally and sparingly."

The association of meat with the Shabbat dinner rests on the injunction that the Shabbat should be a day of special joy. Since meat was eaten by the temple priests, it acquired this special status. But, in our time, threatened by global

warming, the Jewish admonishment to choose life, i.e. "to protect the earth and to preserve life," urges Jews to assert a food ethics which continues the Jewish concerns with *bal tashicht* (concern for the environment) and *pikuach nefesh*, (preserve your health) with a food morality that is commensurate with the needs of the modern world, to raise our consciousness to this goal by implementing a meatless Shabbat, which would reduce the impact of meat on global warming by 1/7, and raise our consciousness to develop a food ethic which preserves life. We need to combine the Oneg Shabbat with food activism, with a diet that preserves life, not threatens it, and which informs our food ethics with "the imperative of responsibility." With this consciousness and the delicious vegan food now available, there will be joy in every bite.

Roberta Kalechofsky is an author, animal rights activist and the founder of "Jews for Animal Rights". She is also the founder of "Micah Publications" which specialises in the publication of Jewish vegetarian literature including two haggadot for a vegetarian seder, *The Jewish Vegetarian Shabbat Cookbook* and *The Jewish Vegetarian Year Cookbook*.

For more information, visit
www.micahbooks.com

My Journey to the Roof of Africa

By Luke Berman

Why did I climb?

It all started in November 2012 when I wanted to do a big fundraising challenge for Wild Futures and to promote the benefits of a vegan diet. Wild Futures works to protect primates and habitats worldwide. It also has a Monkey Sanctuary where it gives ex-pet primates a home for life as they can never return to the wild. Unfortunately it is still legal to keep primates as pets in the UK and it is currently estimated there could be around 5,000 primates kept as pets. At the Wild Futures Monkey Sanctuary some rescued monkeys have deformed bones, diabetes (as a result of being fed sweets) and carry out repetitive actions like rocking or head spinning.

Why I became Vegan

I became vegetarian when staying at the Monkey Sanctuary in 2007 for a month, then when I went home two weeks later I decided to go vegan. Six years on I still believe that was the best decision I have ever made. Before going vegan I was a heavy meat and dairy eater. As I was going through my university degree



Luke Berman is an environmental campaigner who is especially passionate about wildlife, conservation and primates. Here he writes about his recent trip to Mount Kilimanjaro, on a vegan diet.

I was learning more and more about the environmental impact of a western diet, and the animal cruelty involved in producing meat and dairy. For example a vegan diet uses about a third less land than a standard western diet. Also, why should animals be cooped up in cramped, painful conditions and then be killed just so I can have a meal? I decided that I didn't want to be a contributor to this anymore and wanted to make a positive difference. The fact it was also healthy was just a great bonus.

Training

I already had a good level of fitness as I like to go the gym, do long walks and running, but I knew I would need to build endurance for this challenge and therefore allowed 10 months to prepare. I started going for

long walks on the weekends to build up my leg strength. I was also doing a lot of bodyweight training, which are exercises such as push-ups, sit-ups, pull-ups etc to build core strength. A month before the climb I started to go for eight-hour walks.

Summit

In all honesty nothing can really prepare you for the summit climb. After climbing for six days we began the final walk to the top. Leaving at 11pm in -10 degrees and dropping to -20 we climbed 1400m in altitude and walked uphill for eight hours. After three to four hours you are relying on mental strength alone, water bottles have frozen, eyes are closing, and the top looks so very far away. Once at the top you can only stay for an hour due to the altitude and so must then climb down for three hours, have some lunch and then another three hours to the camp where you sleep. All in all it was seven days up and one and a half days down.

Reaction to me being Vegan

There was not as much shock as I thought there was going to be. Our climb leader was a vegetarian and so was another woman. I did get some early questions regarding how was I going to get enough energy from not eating meat and dairy, but I think the fact I was always at the front of the group and not as out of breath as the rest soon made them realise I was not going to have a problem. The best

moment was when one member of the group turned round to me and said 'I have a whole new understanding and respect for vegans. Before I didn't know much and thought it was unhealthy, but now I can see it is perfectly healthy.'

Diet

I took high protein & carbohydrate energy bars with me, as well as bags of peanuts and raisins to snack on during the walks.

The cook we had with us was excellent and went out of his way to make sure food for me was prepared correctly and without animal products. Mornings consisted of porridge made with water, I added nuts and raisins with a cup of ginger tea. Lunch and dinner mainly consisted of a carbohydrate (pasta/ rice/potatoes) with a vegetable and bean sauce.

...nothing can really prepare you for the summit climb

Please do have a look at Wild Futures www.wildfutures.org and think about adopting a monkey www.adoptamonkey.org which is a great way to support the charity and protect primates for the future. Also, donations are still being taken for my climb: www.justgiving.com/luke-berman. I also coordinate activities in London for Wild Futures, please let me know if you want to get involved. Follow me on Twitter [@lukeberman](https://twitter.com/lukeberman) or lukemberman.blogspot.co.uk.

- Vegetarianism has traditionally been linked to the people of ancient India. Even today, Indians make up more than 70 percent of the world's vegetarian population.
- The first Vegetarian Society was formed in 1847 in England. The main aim of the members was to dispel the common belief that it's not possible to lead a healthy life without eating meat.
- British research shows that a child's IQ predicts his likelihood of becoming a vegetarian as a young adult. You guessed it: the smarter the child, the more likely he'll eventually shun meat.
- The list of famous vegetarians includes Sir Paul McCartney, Ozzy Osborne, Sinead O'Connor, Brad Pitt, Albert Einstein, Henry Ford and Leonardo da Vinci.
- Several studies show that a plant-based diet increases the body's metabolism, causing the body to burn calories up to 16% faster than the body would on a meat-based diet for at least the first 3 hours after meals.
- In 2012, the Los Angeles city council unanimously approved a resolution that all Mondays in the City of Angels will be meatless. The measure is part of an international campaign to reduce the consumption of meat for health and environmental reason.
- Plants yield 10 times more protein per acre than meat
- The number of animals killed for meat every hour in the U.S. is 500,000
- An Oxford, England, study concluded that meat eaters were two and half times more likely to develop gallstones than non-meat eaters. Scientists concluded that the low-fat, high-fibre diet of vegetarians decreased the risk of developing gallstones.
- A 2008 study by Time Magazine approximates the number of U.S. vegetarians at 7.3 million adults or 3.2% of the population. Of these, 0.5 % or 1 million are vegans.
- A 2006 survey reveals that 6% of people in England are vegetarian, making the UK the European country with the largest proportion of its population that is vegetarian.

California Prunes Benefit Digestive Health says European Food Standards Agency

Eating prunes is officially beneficial for digestive health, the EU Commission confirmed in a final authorisation ruling recently. Prunes are now the only natural, whole and dried fruit to achieve an authorised health claim in the EU following a six-year application process by the California Prune Board.

With eight out of ten adults in the UK not eating enough fibre, according to the National Diet and Nutrition Survey, the new EFSA ruling is welcome news for health professionals and provides final scientific proof of what generations of people have known for centuries – prunes contribute to normal bowel function.

“Discussing bowel function in the UK is a very difficult topic, so public health messaging around this subject can be hard to communicate,” says nutritionist and registered dietitian Jennette Higgs. “For normal function the recommendation is that we eat 25 g of fibre in our diet every day, and yet 80% of the UK does not eat enough. Fibre comes from

fruits, vegetables, salad, wholegrains, nuts and seeds – so it is important to include a plentiful range of these foods in your daily diet.”

Recent studies have shown that the average fibre intake of UK adults is currently 18.4 g/day, which is 26% below the recommended dietary fibre intake of 25 g/day. Eating 100 g of prunes (8-12) every day as part of a balanced diet will provide the beneficial digestive health effect and contributes 7.1 g or a quarter of the recommended fibre intake.

Three prunes provides one of the five-a-day fruit and vegetable requirements necessary for a healthy and balanced diet and prunes are also a good source of potassium, which helps maintain normal blood pressure;

a source of vitamin B6 and copper, which support normal functioning of both your immune and nervous systems; and a source of vitamin K and manganese, which support the maintenance of normal bones.

The aim of the EU Nutrition and Health



Claims Regulations is to protect consumers from false health claims in labelling, advertising, marketing or promotional activity. All health claims are judged using rigorous scientific scrutiny and require top quality human research based on internationally agreed good scientific practice.

The EFSA ruling comes as a result of six years of comprehensive study to demonstrate the beneficial effect of prunes on digestive health, and brings together evidence from a series of studies concerning gut function as a result of incorporating prunes in the diet.

California is the largest producer of prunes in the world and they are known to be the best quality due to the region's rigorous harvesting techniques and quality control assessments. The premium produce is supplied to 70 countries worldwide and

the region contributes 60% of the world's prune supplies.

Mark Dorman, International Marketing Director of the Californian Prune Board says, "This EFSA ruling has confirmed what people have known for centuries and should help people make a more informed choice about what they are eating and feeding their families. We have been working in the UK and Europe for the past 25 years, raising the profile of California Prunes as the healthy and nutritious commodity they are – we finally now have the EU health ruling which confirms that prunes offer a convenient way to maintain normal bowel function."

For further information go to californiaprunes.co.uk.

Have Your Say

Got a point to make?

Want to comment on an article in this magazine?

Wish to notify other readers about something veggie-related?

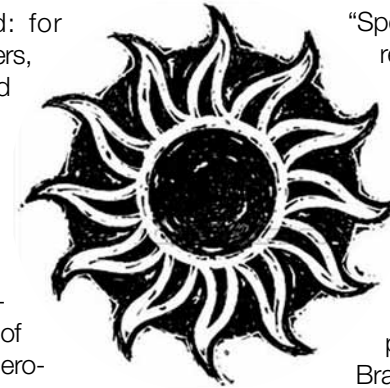
Send a letter for potential publication in *The Jewish Vegetarian*. Letters should be posted to **The Jewish Vegetarian Society, 855 Finchley Road, London NW11 8LX**. Alternatively please email info@jvs.org.uk marking your message "Letter to the editor".

Vitamin D is not the best solution, the sun is best

A study has proved: for multiple sclerosis sufferers, sunbathing has proved much more effective than vitamin D in combating fatigue and depression.

Too little sunshine as well as a vitamin D deficit can increase the risk of contracting multiple sclerosis (MS). Frequent symptoms of MS include depression, anxiety, fatigue and perception disorders. However, these cannot be treated with vitamin D tablets. An Australian study has proved that spending time in the sun, and not vitamin D, has a positive effect. A high level of vitamin D in the blood is simply an indicator that the person has spent sufficient time in the sun.

198 patients with MS took part in the study. The scientists studied the participants over an average period of 2.3 years. They measured the participants' vitamin D level every six months and investigated the extent of depression, anxiety and fatigue experienced. Participants also reported on the length of time they spent sunbathing. It emerged that participants who spent longer in the sun suffered less from fatigue and depression. In contrast, it could not be ascertained that the level of vitamin D had any influence.



"Spending time in the sun has a relaxing and animating effect. In this case the effect is not associated with the level of vitamin D, which in many other studies is the cause of a positive development. Moderate exposure to the sun alone can have a positive effect on health, as proved by this study" as Ad Brand, spokesman for the Sunlight Research Forum (SRF), explains.

The Sunlight Research Forum (SRF) is a non-profit organisation based in the Netherlands. Its aim is to make the latest medical and scientific evidence on the effects of moderate exposure to UV radiation available to the general public.

info@sunlightresearchforum.eu
www.sunlightresearchforum.eu

Source:

1) *Higher levels of reported sun exposure, and not vitamin D status, are associated with less depressive symptoms and fatigue in multiple sclerosis*
 S. Knippenberg, J. Damoiseaux, Y. Bol, R. Hupperts, B. V. Taylor, A.-L. Ponsonby, T. Dwyer, S. Simpson, I. A. F. van der Mei
 Article first published online: 13 JUN 2013 DOI: 10.1111/ane.12155
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Why I am a Vegetarian

By **Lara Smallman**

It was a while ago, but I still remember what I learned in primary school. With great vividness, I remember learning about Judaism’s powerful teachings with regard to how to treat animals.

To me, they aren’t just powerful, but beautiful too, and I see them as being as relevant as ever.

Animals are part of G-d’s creation. We are forbidden from inflicting unnecessary pain on animals [*tsha’ar ba’alei hayim*], commanded to give them a day of rest, to feed our animals before we feed ourselves, and to not plough an ox with a weaker animal.

Whilst growing up, I did not eat meat. I was raised in a pescetarian house, meaning I had to decide if I wanted to opt in to being a carnivore, rather than opt out. I was asked by family and friends on a regular basis why I didn’t eat meat and why I was being “difficult”, “fussy”, and “causing problems”. Whilst I initially found the extra attention and scrutiny of what was on my plate a little irritating, I reached a point in my teenage years where I welcomed the interest and would

gladly explain the reasoning behind my eating choices.

It was a few years later, whilst at university, that I stopped eating fish and became a vegetarian. There are many reasons behind my transition to a plant-based

diet, the strongest one being that there are two sides to every product we buy. It is not enough for a piece of clothing to look good or for a plate of food to taste nice, I need to know that it has also been produced ethically and with respect to the people who make it as well

as to the planet. If I had to sum it up in one sentence, which I often need to do, I would say that I simply cannot enjoy a product that is the result of cruelty, injustice and pain.

We are very fortunate to live at a time with information at the touch of a button, and incredibly advanced scientific research – something I find very empowering. We now know about the horrors of the meat industry as well as the numerous benefits of a plant-based diet. Being vegetarian enables me to practise compassion at every meal, to look after my health, reduce

...vegetarianism is the answer to a lot of the health, environmental and animal cruelty problems we face today

my carbon footprint, and show kindness to animals, who we have a duty to care for.

I find the laws of *kashrut*, meticulously detailing what Jews can and cannot eat, absolutely fascinating. Explaining these laws in brief is certainly more challenging than explaining vegetarianism.

In the simplest of terms and when pushed for time, I would say that it means something is ‘fit to eat’. And so, when asked in a Jewish context / by Jews why I am a vegetarian, I would explain that plant-based diets align with *kashrut* in the truest sense of the word. I strongly believe that such a diet does justice to and honours the teachings Judaism offers us.

Over the years, as my knowledge has



Lara was recently appointed as the new Director of JVS.

grown, I have become more and more confident talking about vegetarianism. Today, when asked why “I am causing problems” by requesting a different meal, I can, with confidence, explain that vegetarianism is the answer to a lot of the health, environmental and animal cruelty problems we face today.

It is because I truly respect where food comes from and how it is produced that I am a vegetarian.

Bequest to The Society

Any gift that you decide to leave, no matter how large or small, will make a big difference to the work that we do in promoting vegetarianism.

- The Society’s full legal name is The Jewish Vegetarian and Ecological Society.
 - Our registered address is 853 Finchley Road, London NW11 8LX.
 - Our registered charity number is 258581 (registered in England and Wales).

If you would like more information about leaving a gift to The Jewish Vegetarian Society in your Will, we would be happy to discuss it with you. Please phone **020 8455 0692** or email **info@jvs.org.uk**.

Vegfest in Curitiba, Brazil: Tem Muita Dinamica

By Dr. Konrad Yona Riggermann

With 16 million or 9 percent vegetarians in 2012, Brazil ranks second worldwide behind India's 400 million – as long as data from China are not available. However, Brazil ranks first in Jewish vegetarians. How? University of São Paulo historian Anita Novinsky estimates that 30 percent of the immigrants to Brazil until 1700 were secret Jews fleeing from Inquisition. Referring to these founder generations whose typical surnames like Oliveira (olive tree), Carvalho (oak) or Nunes (son of Nun) are abundant in Brazil, Marcos Wasserman (in *Amazonia Judaica* 2/2010) estimated 60 percent, that is 144 million of Brazilians to be grandchildren of Jews. Beat that!

The Vegfest on September 25-29 in Curitiba, welcoming more than 1.500 guests from 120 Latin American cities, was the ten-years-birthday-party of Brazilian Vegetarian Society (SVB). And it was female at a rate of two to one. Marly Winckler, who has been the SVB baby's midwife in 2003 and meanwhile did the Brazilian translation of Peter Singer's *Animal Liberation*, is now the president of SVB as well as of International Vegetarian Union. No doubt, Brazil is avant-garde in vegetarianism. "Marly, what is special with this Brazil?" – "Stefan Zweig was right when he called Brazil the land of the future. With

its ethnic melange and tolerance it really is a new culture. But also Brazil will have to pay for its sins against nature. We need new parameters of civilization, a culture of respect between humans, animals and nature. This moment in history is favorable to our movement. One cannot deny the facts any more, for instance the very real danger of pandemics in a post-antibiotic era due to the abuse of antibiotics in livestock industry. So there is an actual receptivity on the side of the authorities. The state of São Paulo, for instance, has introduced the option of a vegetarian meal in all public schools. On the other side, vegetarianism faces big financial interests in the agribusiness. But I repeat, the facts are on our side, and there is much dynamics. Vegetarianism is the future."

Marly ascribed the female predominance mainly to the fact that women are closer to kitchen, health and nutrition, while males are defined to a more rational and tough-guys-role in society. Not too tough, however. Telling the audience gratefully how his daughter during Curitiba Vegan Film Festival 2012 convinced him to become a vegetarian, this man with tears in his eyes is Brazilian also. Anyway, Brazil's self-conscious women don't lack rationality in their approach to meat effects.

Nicole Oliveira from Humane Society soberly stated that since meat consumption doubled since 1973, overweight rose from 43 to 51 percent since 2006. According to TV-moderator Ellen Jabour vegetarianism in Brazil still is "the habit of the well supplied classes". Brazilians

adore *telenovelas*, whereas Nina Rosa Jacob's fact films are rejected by TV Globo whose main sponsor happens to be a meat producer. "Milk is white", and kind of "racial patronizing" in Brazilian ethnical mix, Sônia Felipe warns reminding the lactose-intolerance rates of 90 percent (Native and Afro-Americans), 85 percent (Japanese) and 78 percent (Arabs and Jews). Human bodies are conservative: No sooner than three million years after vegetarian "Lucy", man's meat eating intermezzo started 500.000 years ago and continued, as Dr. Acosta Navarro exposed, with a meat share of two percent of daily diet. Well fed Egyptian Pharaohs, however, already suffered from the meat disease whose world champion is now Brazil: atherosclerosis, called "the world's killer no. 1" by Navarro. Young activist Guilherme Carvalho is an example of what Marly deems the necessary next step: professionalization in vegetarianism. Working full time now for SVB, he presented a recent study of Vienna University, yielding that 1 kilogram of Brazilian beef equates 44 square meters of former rainforest, wastes 16 tons of water and causes the greenhouse gases of a 1.600 km car trip.

And Brazil is world champion in beef and chicken export and number two in soy production. Fabio Nunes unmasked the meat-trick of *fazendeiro* Senator Katia Abreu who claimed transgenic soy saving poor Brazilians from starvation while 97 percent of this soy are fed to animals

that end on European dishes. He also presented an organic producers cooperative as an example of what he considers the way out: valorization of the rural worker, and permaculture. Apropos culture: The Djembe Fula quartet (Luca and his daughters) enchanted the audience with west-African percussion on their *tambores veganos* that Luca builds himself: rhythm and no goat's hide.

At the final forum Barbara Bastos' organizer team, mainly female again, promised to strive for a similar success in 2015, then in Recife with its ten percent veggies and first American synagogue: *Kahal Zur Israel*, founded in 1636, still conserves the names of founding members Moshe Nunes, Jacob Navarro, Moises de Oliveira ...

Dr. Konrad Yona Riggermann has taught in German public school since 1978. He has been vegetarian since 1991, vegan since 2004 and currently lives in Curitiba.

You can find out more about Vegfest in Curitiba by visiting:
www.vegfest.com.br/en

Open-mic Music Chanukah Party

**Wednesday 4 December, 6.30 – 9.00 pm.
£10 advance/£12 on the door/£7 for members.**

JHUB, Haskell House, 152 West End Lane, London, NW6 1SD

This year we are hosting an evening of open-mic music to celebrate Chanukah. Join us for some sensational performances from Kelly Erez, Jess Gold, Rossalyn Miller and Richard Lobb, and a scrumptious kosher dinner at the JHUB www.jhub.org.uk in West Hampstead.

Please email info@jvs.org.uk/call 0208 455 0692 to book tickets. There is a discount for advance booking.

Indian Cookery Demonstration

**Wednesday 19 February, 8.00 – 9.30 pm.
£12 Kinloss members/£15 non-Kinloss members.**

Finchley Synagogue, Kinloss Gardens, London N3 3DU

Have you ever wanted to master the art of Indian cooking? Join the JVS at this special demonstration to learn the secrets of balancing spices to perfection and creating authentic Indian food.

Please email shoshi.grossman@kinloss.org.uk or call 020 8346 8551 for more information and to book tickets.

Northern Jewish Food Festival

**Sunday 23rd February, 10.30 am – 4.00 pm.
Ticket prices to be announced.**

**Etz Chaim Synagogue Hall, Harrogate Road,
Alwoodley, Leeds LS17 8RN**

A first in the North, Makor The Jewish Culture Office for Leeds and Yorkshire will present The Big Jewish Nosh Fest, a celebration of Jewish food. This 2 day festival will comprise of an exhibition with stalls and products, cooking demonstrations, food sampling, interesting talks and lots of community involvement.

To find out more, please email helen@makor.co.uk or call 0113 268 0899

JVS AGM

**Sunday 23 March, 5.00 – 8.00 pm.
Free admission.**

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

Welcome to the 49th Annual General Meeting of the Jewish Vegetarian Society. The evening will commence with a talk, details to be announced shortly. This will be followed by the AGM. Refreshments will be served after the meeting – vegan of course! The evening will finish at approximately 8.00 pm.

Vegfest Brighton

**Saturday 29 and 30 March, 11.00 am – 6.00 pm
Admission £2 each day – pay on gate.
Concessions £1 (includes claimants, OAP's and students).
Under-16s go free.**

The Hove Centre, Hove Town Hall, Norton Road, Hove BN3 4AH

Vegfest Brighton is a celebration of all things vegan with loads of stalls serving awesome food as well as body care, clothes, accessories, gifts and also lots of campaigning groups and merchandise, plus stacks of info, talks, demos, performances, passion and positive energy. Loads of freebies and tasters add to the attraction. People of all ages are welcome.

Go to www.vegfest.co.uk to find out more.

Join the JVS Events Team

We are busy planning more workshops, talks and socials.

**Keep an eye on our calendar for the latest announcements:
www.jvs.org.uk/calendar.**

Would you like to help create and run events at the JVS?

Email info@jvs.org.uk if you are interested in getting involved.

Mystery Cooking Workshop

Sunday 12th January, 7.00 – 9.00 pm.

Suggested donation: £6.

Moishe House London, Willesden Green

[address provided upon booking]

Join us for part two in our series of mystery cooking workshops. Learn how to make three items, which you will be able to take home, or eat straight away – up to you! We can't tell you what you'll be making beforehand.

At our first workshop, attendees learned how to pickle vegetables and bake homemade soda bread. No skills necessary. Have fun meeting new people and learning how to make new dishes.

Places are limited.

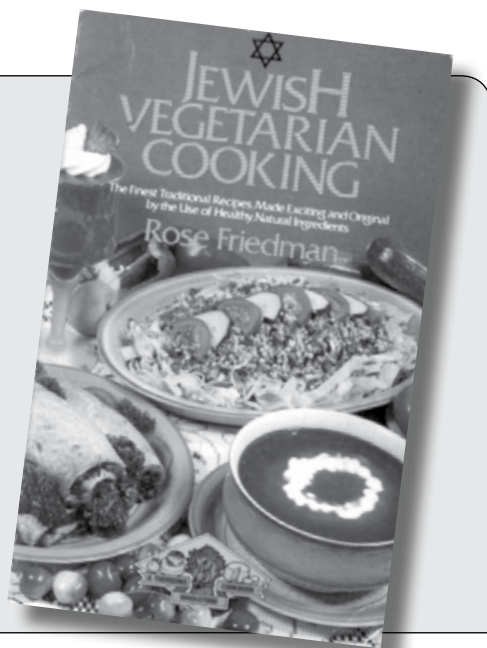
To book, please email lara@jvs.org.uk.

HALF PRICE BOOK SALE

Jewish Vegetarian Cooking

by Rose Friedman

– First Edition –
£2.50 including P&P



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Please visit our website:

www.vegfamcharity.org.uk



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 or 5 annual payments of £50

Israel Life Membership

\$320 or 5 annual payments of \$80

America Life Membership

\$320 or 5 annual payments of \$80

Visit our website

JVS.org.uk



For a vegetarian world

JVS BUILDING FUND

The Society's Headquarters in London are in 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.

Visit our website

JVS.org.uk

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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/\$480 (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.

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