

# The Jewish Vegetarian

No. 188 March 2014 Adar 5774

Quarterly

## Ottolenghi's Bittersweet Salad

PAGE 21

**JVS**

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

# Welcome to the March issue of *The Jewish Vegetarian*

In this, our first issue of 2014, you can read about our debut at Limmud Conference UK.

Turn to page 46 for details of future events including a very special Purim treat on 4 March and our 49th Annual General Meeting with guest speaker Vanessa Hudson, Leader of the Animal Welfare Party on 23 March.

There are details of the newly formed Animals Interfaith Alliance of which JVS is a founding member (on page 7) and an article championing Israel's pioneering animal protection laws written by the Head of the Anti Vivisection Coalition (on page 36). We are delighted to introduce a brand new

feature called 'JVS meets...', kicking off with Gefiltefest, The London Jewish Food Festival (see page 44).

There are some sumptuous recipes in Cookery Corner from Yotam Ottolenghi, Denise Phillips and from Michael Daniels who features in this issue's "My Life as a Vegetarian" interview (see page 16).

We hope you enjoy the magazine and we would like to wish you all a happy and kosher Pesach.

Shirley Labelda  
Editor

## GIVE IT A REST

JEWISH SOCIAL ACTION FORUM (JSAF) MEMBER

JW3 ARE PROUD TO HOST

A DIALOGUE BETWEEN

CANON DR GILES FRASER,

COLUMNIST AT THE GUARDIAN AND

PRIEST-IN-CHARGE AT ST MARY'S NEWINGTON

AND A SENIOR ISRAELI DIPLOMAT.

NIGEL SAVAGE,

FOUNDER AND DIRECTOR OF HAZON

AND SHOSHANA BOYD-GELFAND,

DIRECTOR OF JHUB

WILL ALSO

SPEAK AT THE EVENT.

27TH MARCH, 2014

7:30 PM

VENUE: JW3

PRICE: £8

An in-depth discussion of social and environmental justice, and the connection with the Jewish teaching of the Jubilee. This event launches the start of the UK Jewish community's year-long engagement with Shmita, produced in partnership by the Siach Network, JHub, Hazon and the Heschel Centre.

GO TO JW3 ONLINE TO BOOK YOUR TICKET

JSAF Member organisations:



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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**

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£35 Dr & Mrs T.B. Guilford

### **THE JERUSALEM CENTRE - GINGER**

£30 Dr & Mrs T.B. Guilford

## 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](http://www.orr-shalom.org.il), email [info@orr-shalom.co.il](mailto:info@orr-shalom.co.il) or call **00 972 2 9936900**.

## News from London

### **JVS PARTNERS WITH MOISHE HOUSE LONDON**

We hosted our first event at Moishe House London on Thursday 28 November: a Mystery Cooking Workshop. 15 guests arrived with no idea of what they’d be making. Shana Boltin, JVS member and co-creator of vegetarian pop-up restaurant Med Veg, led the workshop.



Daniel, Simon and Yael making cookies

*‘Thanks to JVS for organising a fantastic event for Moishe House London – we had a brilliant time making Irish soda bread and pickles, which were surprisingly easy to make! I didn’t know vegetarian food could be so exciting. I will definitely make this again,’* Hannah Gaventa, Moishe House London resident.

With such wonderful feedback we arranged a second class on 12 January. Our Director Lara Smallman taught the 18 attendees how to make Rosemary, Dark Chocolate and Coconut Cookies as well as Vietnamese Summer Rolls which were stuffed with avocado, mint, basil, mango, red peppers and spinach, and served with a homemade peanut satay sauce.

Thank you to house residents Hannah Gaventa, Adam Rossano and Daniel Susser for hosting us and helping with preparations and clearing up. We look forward to returning for more classes in the near future.

Find out more about the network of 58 Moishe Houses worldwide here: [www.moishehouse.org](http://www.moishehouse.org) and visit Shana’s pickling blog: [picklenation.co.uk](http://picklenation.co.uk)

### **OPEN MIC CHANUKAH PARTY**

50 people joined us in West Hampstead to celebrate Chanukah on 4 December with an evening of open-mic music. Guests enjoyed a delicious Middle Eastern buffet from

Pita restaurant in Golders Green.

Thank you to all of the musicians who performed without charge:

Kelly Erez who has had her music featured on the BBC, Richard Lobb whose album 'The Hospital for Broken Things' is coming out soon, eco-musician Jess Gold, Sarit Gafan, Al Cropley and Ailon Freedman who runs Joodoo Drums.



Sarit, Al and Ailon performing

Thank you to JHub for hosting us and to JVS member Etan Smallman who volunteered on the night to help with setting up and cleaning afterwards.

## LIMMUD CONFERENCE

JVS attended Limmud Conference UK for this first time in December 2013. It was also the first year that a serving UK Chief Rabbi has attended the event.

Limmud is an international charity based in the UK powered by learning, and an inspiration for over 80 Limmud groups across the world – from Bulgaria to Brazil, from Cape Town to California, from Modiin to Moscow, from New Zealand to New York. Over 2,700 participants from all four corners of the globe attended the 2013 conference. You can find out more at [limmud.org](http://limmud.org)

Our Director Lara Smallman participated in three panels:

1) **'How kosher are meat, eggs and dairy?'** in which Lara discussed the animal welfare issues caused by modern factory farming alongside Rabbi Natan Levy, Interfaith and Social Action Consultant for the Board of Deputies of British Jews. The session attracted over 40 participants and generated a very lively debate about if and how the Jewish dietary laws of kashrut and the Jewish principle of 'tsa'ar ba'alei chayim', which bans inflicting unnecessary pain on animal can be reconciled with eating factory farmed meat, eggs and dairy.

Lara also took part in **'Sustainability: All talk and no action?'** discussing Limmud's new sustainability efforts, which she has led together with two volunteers in her spare time during the last twelve months.

The third session was **'Shmita. Not for me'**, a panel discussion featuring Claire Nacamulli, Natan Levy, Micha Odenheimer, Debbie Young-Somers, and Jude Williams. Shmita – the

sabbatical year of rest and release – starts in September. The panel were asked to respond to the question: As we are no longer an agrarian society, can Shmita hold any relevance? Lara will be representing the JVS at the Siach Shmita Summit in London this March. The four day conference will offer participants exposure to Shmita initiatives around the world, a chance to deepen their knowledge of Shmita and how it applies in a modern context, and collaborate in ways that maximise the impact of social and environmental justice projects related to Shmita.



'How kosher are meat, eggs and dairy?' panel debate with Rabbi Natan Levy, Dan Jacobs and JVS Director Lara Smallman.

## ANIMALS INTERFAITH ALLIANCE INAUGURAL EVENT

JVS staff members were honoured to attend the first meeting of the newly formed Interfaith Alliance for Animals on 7 January in Golders Green. JVS became a founding member of this new organisation whose mission it is to create a united voice for animals from all of the world's faiths and spiritual beliefs, based on their founders' teachings, and to lead the world in the humane treatment of animals. Turn to page 13 to read more about the group's objectives.

## INDIAN COOKERY DEMONSTRATION

Our cookery demonstration on 19 February attracted over 20 visitors who enjoyed watching JVS volunteers Joseph Moses and Yifa Yaakov prepare an array of Indian dishes. Thank you to Finchley United Synagogue for inviting us to share our passion for vegetarian food, and of course to Joseph and Yifa for preparing such delicious food.

## News from The Jerusalem Centre/Ginger



9% reduction in meat consumption per-capita in Israel in 2013 – this datum, based on Nielsen’s full record of the Israeli bar-coded market, may be the most important number, in terms of the Israeli veg movement, from 2013. But there are other promising numbers: According to a survey by one of Israel’s leading survey companies, 55.2% of the population identify with the sentence “I try to avoid products whose production harms animals”. Another survey, made for the Israeli version of the reality TV program “Master Chef”, found that 8% of Israelis self-identify as “vegetarians” and 5% as “vegans”. Almost a quarter said that they had reduced their meat consumption in the last year. Many have friends and relatives that became vegetarian or vegan and many are considering this change themselves: 10% had a family member who became vegan in the last year and 14% had a close friend who has taken the step.

The last finding – that many Israelis have vegans and vegetarians within their intimate social circles – is especially important. The presence of vegans is a constant challenge to one’s consumption habits, a reminder that another diet is possible and practical, refuting the fears that block transition: fears such as not having anything to eat, losing social contacts, standing out too much, coming across as crazy, etc. The fears can easily be allayed, meaning that as vegans we have an important role and a big responsibility.

The shift to plant-based diets sustains itself through the growing number of vegans, each of us being an ambassador of our diet and beliefs. It also sustains itself through the growing demand for vegan options: The demand by vegans pushes businesses to increase the supply, and the growing and visible availability increases awareness and makes the move easier. This process is strengthened by the work of the group Vegan Future, who works with businesses on improving their vegan options and offers the “vegan-friendly” label for those who satisfy its criteria. This label can now be found not only in small places catering for unique populations but also in national chains. One of the latest to join was the Israeli extension of the international chain “Domino’s Pizza”, which now offers pizzas with vegan cheese in its Israeli branches.

If vegan pizzas are the carrot on the move to plant-based diets, undercover investigations are the stick. This winter Israel saw two main investigations featured on prime-time national television. The first was from two hatcheries – one from the egg industry and the other from the meat industry. The main issue was the mistreatment of chicks

that were to be killed already in the hatchery – because they were born late, handicapped or (in the one servicing the egg industry) male. In one hatchery, injured chicks were filmed being thrown, still alive, from the machine that was supposed to instantaneously grind them to death. In the second hatchery, chicks were falling



back on a steep conveyor belt. There were other infringements of the law. Fortunately the investigations gave much exposure to the realities of chicken and egg production, but ignored the fact that both industries inherently involve the killing of day-old chicks. The second undercover investigation was from milk industry’s dairy farms. Once again, the journalist focused on infringements of the law. The viewing public were also exposed to the cruel routine of the milk industry, including the separation of calves from their mothers, ear-tagging and branding, collapsing cows raised from the ground by mechanical means and much more. Even in parliamentary hearings following these investigations, we are hearing more and more about the option of reducing the consumption of animal-based foods, as well as reforming conditions.

The JVS in Jerusalem is doing its part in pushing the move towards plant-based diets. We continue to organize street-stalls and events. Every two weeks we participate in a street-market in the centre of Jerusalem, distributing vegan food and literature. In the neighbourhood’s Tu B’Shvat street festival we organized a lecture on vegan nutrition. Our centre serves as the base for many activist initiatives in Jerusalem. At the same time, we also work to strengthen the movement from within. Our series of meetings “How to think on animals – an introduction to critical thought on animal-human relations” stirred an inspiring in-depth discussion about what we are doing. Our traditional Tu B’Shvat Seder brought us together in joyous celebration. From philosophical studies to undercover investigations and from community work to vegan pizzas in commercial corporations – the combinations of so many things is what pushes our cause forwards.

## Vegetarianism: The Story So Far – A Radio History

At the end of January an online campaign to raise money for a new 10-part radio series on vegetarianism was launched by independent broadcaster Ian McDonald.

A BBC-trained radio producer, Ian hoped to raise a total of £3,000 to enable him to tell the fascinating story of the global history of vegetarianism. Within the first 48 hours, Ian already reached a third of his fundraising target.

Sponsorship came in thick and fast from bloggers as far afield as the USA, proving that there is “worldwide interest in this story being told”. The campaign presented a fantastic opportunity to support independent journalism and help raise awareness of vegetarianism.

“I want to bring these stories of compassion to life vividly, using actors, archive, and location recording, so that people

who are curious about our legacy of compassion will still be turning to it in ten or twenty years.”

Ian will use the money raised to take listeners on a journey to:

- Manchester’s Victorian vegetarian church.
- The London street where the word “vegan” was coined.
- The Indian countryside where iron age philosophers developed Ahimsa.
- Mysore, India, where western missionaries adopted vegetarianism to fit in and preach.

**Ian McDonald currently produces and presents *The Vegan Option*, uncovering stories, science and analysis from vegan perspectives. His show is broadcast weekly to a million Londoners on Resonance 104.4FM.**



## Medicines should be clearly marked to show whether the product is vegetarian or vegan

The Medicines and Healthcare products Regulatory Agency (MHRA) governs what can and cannot be printed on medication packaging. At the moment they state that: “Lifestyle statements such as “suitable for vegetarians/vegans” are not acceptable” (section 18).

This seems to be prejudicial and many people would find the trivialisation of their cultural dietary restrictions as a “lifestyle choice” offensive. It is especially absurd as they do allow stating it if is sugar/gluten free etc. to meet other dietary restrictions.

Often the drug is not the problem but the glaze or capsule it is placed in is made from gelatine (made from cows hooves and bones), and yet the same drug issued by a different manufacturer will be formulated so as to be suitable for vegetarians. It makes no difference to the efficacy of the medicine. Some drugs may not have an animal free version, but providing the information will enable the patient/consumer to make an informed decision.

There is no legal reason why this information cannot be provided, and in fact in the Best Practice Guidelines on the Labelling and Packaging of Medicines 2012, section 7.3.3 states

that “Groups of the population such as diabetics and parents of children find it useful if the label includes information which is relevant to them which helps them choose the appropriate product.” Perhaps groups such as vegetarians, Hindus, vegans, Muslims, Jains and Jews might also like to have pertinent information available to them so they can make informed choices too.

It makes no sense that medicines are not marked in such a way, seemingly failing to meet equality standards. Please, MHRA, make the provision of this information a requirement by 2015.

**Beverley Angel**, a London resident who has been a vegetarian since her mid-teens, created this campaign on **Change.org**.

You can view and sign the petition here:

**[change.org/en-GB/petitions/medicines-should-be-clearly-marked-to-show-whether-the-product-is-vegetarian-or-vegan](https://change.org/en-GB/petitions/medicines-should-be-clearly-marked-to-show-whether-the-product-is-vegetarian-or-vegan)**

The Jewish News website features an article dated 13.02.14: “Jewish patients kept ‘in the dark’ over drugs with ingredients from animals”

## Giant ‘Animals’ Invade London Underground



“You can live without those ribs. I can’t!”

“Our new campaign will give people food for thought”, says PETA Associate Director Mimi Bekhechi. “We want everyone to consider that what they choose to eat can mean a sad life and a horrifying death for wonderful animals – and instead try vegan.”

PETA Campaign

Commuters on London’s tube network couldn’t believe their bleary eyes as a dozen giant “animals” – including giant “pigs”, “chickens”, “ducks”, “cows” and “sheep” – holding signs which said, “Love me, Don’t eat me”, descended on King’s Cross to kick off a new campaign by animal rights organisation People for the Ethical Treatment of Animals (PETA) challenging people to think critically about their meat consumption from the perspective of the animals who are raised and killed for food and encouraging everyone to “try vegan”. The first in a series of new ads to be rolled out across the London underground network is currently being displayed in 25 stations, including six of the highest-traffic tube stations in the city – King’s Cross, Waterloo, Earls Court, Baker Street, Hyde Park Corner and Charing Cross – and features a piglet alongside the caption

Sales of meat-free foods in the UK have risen by more than 20 per cent in the last five years and topped £625 million in 2013. According to Google Trends, public interest in a vegan diet is higher than ever. Everyone from former US President Bill Clinton and Twitter co-founder Biz Stone to actor Russell Brand and Hollywood beauties Natalie Portman and Anne Hathaway (just to name a few) is singing the praises of plant-based eating.

PETA’s free vegan starter kit is downloadable from its website, where people can also sign a 30-day vegan pledge and receive helpful tips and advice on switching to a healthier, more humane and more environmentally friendly diet.

For more information, please visit [PETA.org.uk](http://PETA.org.uk).

## Animals Interfaith Alliance

By Rev. Feargus O’Connor

*Rev. Feargus O’Connor is the Minister of Golders Green Unitarians and Secretary of the World Congress of Faiths*

Should humane and compassionate people not feel a moral imperative to act to relieve the immense suffering of billions of sentient fellow creatures and feel impelled to do whatever we can to save countless animal lives?

It has been estimated that the flesh of over 50 billion animals is consumed every year. Billions of our fellow creatures are routinely abused, killed and experimented on in countries whose peoples proclaim their adherence to religious traditions teaching compassion and respect for all God’s living creation. But how often is there real evidence of such compassion in our actions?

So should not all religious believers, each adhering to our own tradition, perceive the need to examine our collective consciences to determine how far we have fallen short of the religious ideals of love and compassion we should not only feel for all living creation but show in our actions?

Should we not all be inspired by the vision of universal peace of the Prophet Isaiah?

‘Calf and lion cub feed together with a little boy to lead them.

The cow and the bear make friends.  
Their young lie down together.  
The lion eats straw like the ox.  
The infant plays over the cobra’s hole.  
Into the viper’s lair the young child puts his hand.

They do no hurt, no harm, on all my holy mountain.’ (Isaiah, chapter 11)

Each of us can express that compassion in life affirming actions such as adopting a cruelty-free diet and being ever responsive to any cases of cruelty to animals we witness.

One other act of compassionate witness would surely be effective interfaith action to cultivate, among adherents of all religion, an ethic of universal reverence for life?

Inspired by our World Congress of Faiths’ animal celebrations, several of us have decided to create an Animals Interfaith Alliance to witness to the need for loving kindness to all our fellow creatures. I am delighted that at our inaugural meeting we chose our Board, and of seven members, there are four Jewish friends, two of whom are JVS staff members. You are warmly invited to join us.

## Veganuary

At the start of 2014 thousands of people joined the Veganuary campaign, taking on the challenge of going vegan for 31 days.

The concept was dreamt up by two vegans in the UK – Jane Land and Matthew Glover. “We chose to focus more on the health aspect of veganism and how great the food can taste, rather than on the ethics and environmental issues. In many respects this goes against the grain of why we became vegans, but we’ve tried to ‘put ourselves in the shoes of non-vegans’ and consider what might motivate them to consider a vegan diet.” Matthew continued, “However, the ethical arguments are still within the campaign materials when people are ready for them.”

JVS spoke to one participant to see how they found the challenge:

**Eliza Flynn is the Healthy Body Editor for 30ish.me and also writes about food, fitness and fur balls for her own blog elizaflynn.co.uk. When not writing, she’s a social media consultant.**

“Many years ago, I went on a date with a vegan. I spent the first 30 minutes of it listing foods he couldn’t eat. Whilst I never said it to his face, in my head, I mocked him. I just didn’t get it.

This year things were different; I actually relished the thought of going vegan for a month. I’d first tried it between November and December for 30 days, in order to write about it and nothing more, yet whilst a little

pessimistic at first, I quickly felt ‘cleaner’, healthier and more energized. After that finished, I went on holiday and stuffed my face with all my usual favourites: lasagne, curry, tuna, macaroni cheese and more. My brain told me I deserved it. I came back and continued eating meat and dairy-heavy food, right the way through Christmas.

At the end of 2013, I reflected on both periods of time and came to a conclusion; eating a vegan diet helped me with portion control. For some reason, it was harder to eat mounds of roast vegetables than a giant plate of lasagne.

In addition, I had often felt a little ill during meat-eating meals and couldn’t face the reality that what I was eating used to be alive. As much as I’ve tried to suppress it for the last 30 years, that little voice was getting louder.

I have enjoyed most of Veganuary. I have had huge cravings and been rather grumpy, but otherwise, I don’t miss eating animals or their derivatives. I’ve visited restaurants I normally wouldn’t have, been more adventurous in my cooking and experimented with new recipes, such as my absolute favourite, vegan Peanut Butter Cups.

I have personally experienced the benefits of being vegan yet I’m also not keen to restrict what I eat. Perhaps it’s time to start listening to my body!”

Find out more at [veganuary.com](http://veganuary.com)

## What Every Vegan Should Know About Vitamin B12

*Reproduced with kind permission from the Vegan Society.*

Very low B12 intakes can cause anaemia and nervous system damage.

The only reliable vegan sources of B12 are foods fortified with B12 (including some plant milks, some soy products and some breakfast cereals) and B12 supplements. Vitamin B12, whether in supplements, fortified foods, or animal products, comes from micro-organisms.

Most vegans consume enough B12 to avoid anaemia and nervous system damage, but many do not get enough to minimise potential risk of heart disease or pregnancy complications.

To get the full benefit of a vegan diet, vegans should do one of the following:

- eat fortified foods two or three times a day to get at least three micrograms (µg or mcg) of B12 a day or
- take one B12 supplement daily providing at least 10 micrograms or
- take a weekly B12 supplement providing at least 2000 micrograms.

If relying on fortified foods check the labels carefully to make sure you are getting enough B12. For example, if a fortified plant milk contains 1 microgram of B12 per serving then consuming three servings a day will provide adequate

vitamin B12. Others may find the use of B12 supplements more convenient and economical.

The less frequently you obtain B12 the more B12 you need to take, as B12 is best absorbed in small amounts. The recommendations above take full account of this. There is no harm in exceeding the recommended amounts or combining more than one option.

Good information supports vegan health, pass it around.

If you don’t read another word about B12 you already know all you need to know. If you want to know more, visit: [jvs.org.uk/every-vegan-know-vitamin-b12/](http://jvs.org.uk/every-vegan-know-vitamin-b12/)

Endorsers include:

EVA Ethisch Vegetarisch Alternatief, Belgium – [vegetarisme.be](http://vegetarisme.be)

Farm Animal Reform Movement (FARM) – [farmusa.org](http://farmusa.org)

People for the Ethical Treatment of Animals – [peta.com](http://peta.com)

Vegan Action, US – [vegan.org](http://vegan.org)

Vegan Outreach, US – [veganoutreach.org](http://veganoutreach.org)

The Vegan Society, UK – [vegansociety.com](http://vegansociety.com)

## Michael Daniels



From left to right Adrian and Michael Daniels

Michael Daniel is Co-Founder of The Gate, a top London vegetarian restaurant in two locations – Hammersmith and Islington. Michael established The Gate in Hammersmith in 1989 with his brother Adrian. The food reflects the diverse cultural background in which he and his brother Adrian grew up: Indo-Iraqi Jewish modulated by a French and Italian influence.

eureka moment finally came in the frozen section at Tesco in Hendon. Looking at long freezer full of chickens, I wondered how many of these I would consume over the course of a year - even a lifetime. I felt that by making a personal decision I could really make a difference.

### **What is your favourite vegetarian meal?**

Indian cooking is my soul food, it is the food I grew up eating and is my comfort food. As I and my other sibling turned vegetarian, my mum and grandma began to cook much more without meat, it was just as good. It taught me a valuable lesson and what would

### **At roughly what age did you become vegetarian?**

I became a vegetarian at 17.

### **What made you become vegetarian?**

At the tender age of 17, after a summer as a five star crew member at the Golden Arches restaurant, eating meat was becoming both a political and moral issue. I began to see the meat industry was a large economic gravy train, causing cruelty and suffering on a mass scale and in the process disconnecting people from their food.

Being vegetarian was something I thought about often as a young teenager but never acted upon. My

become the mantra of The Gate, “you don’t need meat to have great food”. If I had to choose a favourite meal it would be Falia Bargy, a dry curry made with Indian green beans. Beautifully simple, just the vegetables cooked slowly with spices in their own steam.

### **Which is the best vegetarian restaurant you have been to?**

Without being biased, I can honestly say The Gate! In reality I don’t eat out that often. Over the years I have had some lovely meals at Terra Terra in Brighton. Great cooking and lovely presentation.

### **Where is the most vegetarian-friendly place?**

India.

### **What has been your worst experience as a vegetarian?**

Too many to mention. Although if we’re talking about consistently bad, I would

have to say that as a vegetarian I never feel quite like an afterthought as I do at kosher functions.

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

The Gate Vegetarian Cookbook: Where Asia Meets the Mediterranean and The Gate Easy Vegetarian Cookbook. Both cookbooks are available at [thegaterestaurants.com/shop.php](http://thegaterestaurants.com/shop.php) and from Amazon.

### **What’s your “signature dish” (and can you give us the recipe)?**

Green Banana (Plantain) Fritters. The recipe can be found in Cookery Corner on page 22.

You can follow The Gate on Twitter @gaterestaurant and Michael @MichaelDaniel4.

## 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**.



### DATE ON A PLATE

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

Sun 6 April Age:30-40 Theme: Pesach Special

Sun 27 April Age: 40-55 Theme: Exciting Israeli

Sun 11 May Age: 35-50 Theme: Fancy Fusion

Sun 25 May Age:55-65 Theme: Turkish Delights

### 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:

Tues 8 April Inspirational Pesach Chol Hamoed – JW3

Thur 10 April Sensational Pesach Desserts – JW3

Sun 4 May Exciting Israeli

Thur 8 May Ready in 30 minutes

Wed 14 May Jewish Baking (1 of 3)

Wed 21 May Jewish Baking (2 of 3)

Wed 28 May Jewish Baking (3 of 3)

Venue: Northwood

Times: Weekdays 9.30 am – 1.30 pm / Sunday 5.00 pm – 8.30 pm

Cost: £65 including three course meal and all ingredients

More info: [www.jewishcookery.com](http://www.jewishcookery.com) or [denise@jewishcookery.com](mailto:denise@jewishcookery.com) or phone Denise Phillips 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.

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

## Roasted Carrot and Caramelised Onion Soup

A soup using family friendly ingredients is always useful and even more so during Passover when everyone is home for 3 meals a day! This can be made in advance and doubled in quantity if required. Roasting the carrots, onions and garlic together brings out a stronger natural flavour that all will enjoy!

**Serves** 8    **Prep time** 25 minutes    **Cooking time** 35 minutes

### Ingredients

- 800g carrots, peeled and sliced
- 1 kg onions, peeled and sliced
- 2 tablespoons olive oil
- 6 garlic cloves, skin on
- 2 tablespoons fresh thyme sprigs
- 1.2 litres vegetable stock, made up

### Garnish:

- 8 sprigs fresh thyme

### Method

1. Heat oven to 200 C / 180 C fan / Gas mark 6.
2. Put the carrots and sliced onions, oil, garlic and thyme in a roasting tin. Season and toss everything together.
3. Place in the oven and roast for 25 minutes, or until tender and beginning to turn golden.
4. Remove 3 tablespoons of caramelised



5. onions retaining for the garnish.
  5. When the carrots and onions are golden remove from the oven and transfer to a deep saucepan.
  6. Squeeze the soft roasted garlic cloves out of their skins and pop in the saucepan. Add the thyme discarding any woody thyme stalks.
  7. Bring to the boil, then simmer for 10 minutes.
  8. Liquidize, taste and season to taste.
  9. Return to the saucepan and reheat when ready to serve.
- To serve the stylish way**  
Garnish with sprigs of thyme and the reserved onions.





## Field To Fork Organics

A group of local residents from Kensal Green, Willesden Green and Cricklewood launched Field to Fork Organics, a community-run vegetable bag scheme last July.

Field to Fork is a Soil Association certified food business. The vegetables the co-operative supplies to its customers come from organic SA certified farms – farms which are also located as close to London as possible. “We are very keen on working directly with farmers”, explains Natasha Harris, one of the founding members of Field to Fork Organics Co-operative Ltd. In the future Field to Fork hopes that it will be able to grow its own salads and herbs in allotments in North West London.



The co-operative sells a weekly selection of seasonal organic produce, starting at £8.50 for a small bag of vegetables. Each week the bags are delivered to cafés, schools and independent shops located across North West London and West London where customers are able to pick them up on Thursdays (with the exception of Parlour in Kensal Rise when bags are delivered on Wednesdays).

Field to Fork Organics have a special treat – a jute bag as seen in the image above – for the first ten readers of the Jewish Vegetarian Magazine who sign up for a veg bag on their website. Visit [fieldtoforkorganics.coop](http://fieldtoforkorganics.coop) to find out more. Follow them on Twitter [@Field2ForkCoop](https://twitter.com/Field2ForkCoop).

## Vivid Matcha Drink

Matcha, a ground green tea leaf powder famed for its health properties, is now available for the first time in a ready to drink format with the arrival of Vivid, a new chilled drink.



The Matcha tea in one carton of Vivid contains the equivalent number of antioxidants to ten cups of green tea, as well as the amino acid l-theanine, which research has

shown benefits physiological and psychological performance when consumed. Matcha has been consumed for centuries by Buddhist monks to keep them alert and awake during long days of meditation – the unique combination of natural caffeine and calming l-theanine ensures no energy highs or lows, instead giving a slow release of energy with a sustained boost.

The drink comes in three flavours – lime, ginger and honey; pear and rhubarb; and grape and elderflower – made using a blend of matcha and fruit juices. They contain all-natural ingredients and no added sugars, aiming to promote both mental and physical performance.

Other health benefits of Matcha include: improving cognitive abilities, providing natural caffeine, speeds up metabolism and aids weight loss, lowers cholesterol, boosts immunity and relieves stress

Vivid comes in cartons of 330ml and retails at £1.85 per carton. Vivid is available at Waitrose, W H Smith, Whole Foods, Planet Organic, Selfridges and Harvey Nichols and over 200 independents.

## Heavenly Organics

Be kind to your body, animals and the planet with Heavenly Organics Skin Care; run and owned by passionate vegan Mary-Anne, who hand-makes all the products herself.



When Mary-Anne became a vegan and also embarked on an organic lifestyle, she struggled to find skincare that combined both of her requirements. There is plenty of vegan skincare available but much of it still contains harmful chemicals. There are also plenty of skincare companies who say they are organic and natural, yet again, still some contain chemicals and nasty preservatives. Whilst this may be allowed by law, it is not something Mary-Anne agrees with. So, she decided she would have to make her own! Heavenly Organics Skin Care is different! “I use what nature provides, not what is concocted in a laboratory. I am so selective about what ingredients I use in my products. It is not only the products themselves but the businesses I buy my ingredients from that I research carefully. For example, I

could source our organic lavender essential oil cheaper but this particular company supports a charity that tests on animals. That is a big no-no for me. Ethics is at the core of Heavenly Organics Skin Care”.

Prices range from £3.49 to £9.99 and there is free delivery on everything. Products are available from [heavenly-organics.com](http://heavenly-organics.com) Stockists are listed on the website and we encourage customers to ask their local health food shops if they want them to stock our range.

## Rubies In The Rubble



Every year millions of tonnes of fresh fruits and vegetables are discarded, as part of a culture of excessive waste. The creators of Rubies in the Rubble saw this and wanted to do something about it. The response is a range of delicious, handmade chutneys and jam, made as much as possible from surplus fruits and vegetables before they're discarded.

Launched in 2011, the idea stems from Rubies in the Rubble's founder, Jenny Dawson's personal love of preserves and an aspiration to recycle perfectly good yet discarded food and help those less privileged back into employment.

Chutney is classically British and needs to step up and re-enter the weekly shopper's basket! It is delicious alongside almost every savoury dish. The chutney range, which is 100% vegan includes 6 flavours; mango, nutty plum, spicy tomato, apple and ginger, red onion and chilli, and pear and walnut. Each jar is bursting with fresh fruit and veg, hand chopped with passion and made with care from old family recipes... So go on, have a dollop!

Visit [rubiesintherubble.com/where-to-find-us/](http://rubiesintherubble.com/where-to-find-us/) for a full list of stockists or shop online at [rubiesintherubble.com](http://rubiesintherubble.com), where jars cost £4.25 each.

## Vantra Vitao

25-27 Oxford Street, London W1D 2DW.

Nearest tube: Tottenham Court Road.

[vitao.co.uk](http://vitao.co.uk)

It is a very exciting time for Lenny Phong and his team, as after opening his first restaurant just 12 years ago, Lenny has now launched one of the UK's healthiest eateries on one of London's busiest shopping streets.

Vantra and Vitao have teamed up and in their new, larger premises are serving delicious, quality, organic, raw and steamed cuisine. They pride themselves on being at the cutting edge in health and nutrition, never serving carcinogenic fried foods, refined sugar, refined white flour, animal products, wheat or gluten.

Upon arrival we were greeted by very friendly staff who led us in to the small but perfectly formed restaurant, complete with tree stump seats and handwoven upholstery. My friend ordered a fresh smoothie, which was made on the spot, and was bursting with flavour: apple,

ginger and lime. With such a large selection of teas, organic spirits, wines, beers, and smoothies, cocktails and mocktails made from freshly pressed juices and superfoods, it was quite hard to pick just one! I opted for a passionflower tea, which was lovely.

We had yet another hard choice to make: between a buffet of more than 15 hot and cold dishes or selecting dishes from a very appetising and extensive à la carte menu.

In the end we were won over by the tempting aromas wafting towards us from the bountiful buffet. We filled our plates with Exotic Sprouted Chickpea Coconut Curry, Creamy Vegan Stroganoff with Shiitake Mushrooms, Spicy Kimchi Stew with Tofu and Peppers, Vegetable Biryani, Raw Seaweed Noodles in Sesame Dressing, grains and pulses and an array of



vibrant salads. At Vantra buffet plates are weighed, and our two plates came to £16.00. If you arrive before 6pm you can take advantage of a special offer of £5 for a box filled with items from the buffet. We really enjoyed the flavours and the variety of the buffet.



Branded as 'guilt-free', we knew we had to try their desserts, which are also full of super foods. We ordered one slice of mango cheesecake and one slice of chocolate ganache to share. They looked

like works of art and tasted absolutely sensational. Both desserts were very light, the mango was subtle in flavour, whilst the chocolate one was rich and creamy. The chocolate ganache was one of the best desserts I have ever tasted – you'd never guess it was vegan.

Dinner for two with non-alcoholic drinks at this inviting and intimate restaurant came to £35.

Reviewer: **Shirley Labelda**

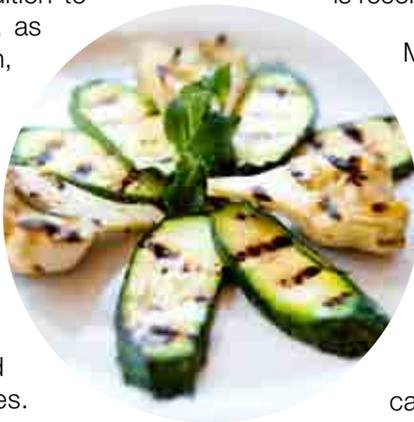
## Riccardo's

126 Fulham Road, Chelsea, SW3 6HU

[riccardos-italian-restaurant.co.uk](http://riccardos-italian-restaurant.co.uk)

It's not every day that a restaurant phones us up to let us know they offer an entire vegan menu in addition to their regular menu, so, as a recently-turned vegan, I was delighted to pay a visit to Riccardo's restaurant in Chelsea to sample their rustic Tuscan plant-based fare.

Looking at the menu, it is not clear which dishes are starters and which are main courses.



We asked the waiter who informed us that 'a selection of two or three courses is recommended'.

My brother and I started with fresh juices, carrot and orange, which were lovely.

We then delved right in and ordered a selection of dishes to share: Insalata Di Spinaci (raw spinach salad, red onion, avocado, tomato 'primavera'

and sunflower seeds), was a nice, light dish to start the meal off with. It would have been nice to have a dressing with it.

Our 'main' course consisted of Carciofi Grigliati Con Zucchini (grilled tender baby artichokes with extra virgin olive oil and lemon), Linguine Funghi di Bosco - linguine with wild mushrooms - which was full of flavour and very light for a pasta dish, and Bruschetta Ammoghio - grilled Italian bread with courgette pesto and organic tomato) which was a delightfully fresh dish. We also ordered a side dish of mashed potatoes with thyme, which was every bit as tasty even though it contained no dairy.

Halfway through our meal, owner Riccardo Mariti popped over to say hello and tell us a bit about the inspiration behind the vegan menu. Formerly a vegan for three years, and excited by dishes he tasted in America, Riccardo wanted to offer vegans a real taste of Tuscany in London. Interestingly, 15 to 20 percent of his customers opt for vegan/vegetarian



dishes. Riccardo's is the first restaurant globally to be mainly gluten free with a full choice of gluten-free pastas.

The vegan menu is quite extensive, but it would be nice to see some vegan wines on the menu as well as a wider selection of vegan desserts - at present there are just two; pineapple served with berry sauce and a lemon and vodka sorbet.

Riccardo's has mastered simple home-cooked Italian food, served in an inviting and cosy setting.

Our meal for two, without wine, came to £60.

Reviewer: **Lara Smallman**

## •••• Competition ••••

**Riccardo's Tuscan Restaurant has very kindly offered one lucky JVS member a complimentary meal for two (up to the value of £75).**

To be in with a chance of winning, simply email your name to **info@jvs.org.uk**

## Spring 2014

The garden year begins with plans for a year of pleasure and produce. We look back on previous experience of success and failure in our previous efforts. How might we avoid the pitfalls and build on what went right.

When winter closes in with dark, sunless days and a constant dampness with soggy ground underfoot, my thoughts turn to flower borders, lush with colour and redolent with scent, butterflies cavorting from bloom to bloom and a constant hum of bees. I think of my vegetable plot, brimming over with beans, carrots, potatoes, brassicas and peas, and dream of the joy of ripe plums, juicy cherries, figs and quinces. We cannot wait to pick our tomatoes, cucumbers, aubergines and melons.

Suddenly the cold pale light is transformed into the joy of anticipation and renewal.

Our first step is to buy in an ample stock of seeds to sow. Over time, some varieties have become great favourites and we will welcome them back as old friends. Seed selection will ensure that we do not miss out on these.



March is the month to commence sowing as the days lengthen, the soil dries out and the rough clods can be raked to a fine filth. With the corner of a hoe, draw out a 'v' shaped drill and sprinkle the seeds in thinly. Start with beetroot, turnip, radish and other roots. Gently water these, before covering. This traps the life-giving moisture which will bring on germination. Then with the rake, lightly draw back the covering of soil and put a marker at the end of the row. Soon the seedlings will emerge and delineate their presence. Gently hoe the weeds between the rows even if they cannot be seen as this will prevent them from growing and competing with the crops. If conditions are dry, water to keep the plants growing.

All these subjects will tolerate frosty nights, but others will not. These include, Runner Beans, Sweet Corn and Climbing French Beans. These can be started off in boxes or pots under glass, with just enough heat to keep the chill out on cold nights.

Sweet corn is not difficult to grow, if you follow some simple tips. Firstly, sow to seed, one

to a small pot, in general purpose seed compost. This avoids root disturbance when planting out. They will happily grow indoors for the first six weeks, so if sown in mid April will be ready to plant out at the end of June. Their bed should be well prepared with plenty of garden compost from your compost bin.

When the plants are about twelve inches high, plant out with about 12 inches between plants and rows, so that they form a block. This plant is wind pollinated so the pollen does not travel far. As the plant grows tall and straight, a small swelling comes in the stem. This will be a cob. Higher up the pollen bearing bract appears and grains of pollen will drop on to the whiskers that will emerge from the developing cobs. Once this happens they will swell up quickly. They do like to be watered and you will need to be patient as the cobs ripen. Resist the temptation to part the coverings to inspect the state of ripeness, as this will surely make an opening for earwigs who will spoil the cob with their nibbling and droppings. In windy conditions, provide support with a well placed cane. Come late August, you will enjoy the fruits of your labour.



This year in the greenhouse, we will be continuing the experiment with grafted vegetables. We will be growing grafted melons, aubergines and a few tomatoes for an early crop. Other tomatoes and cucumbers will be grown from seed as they will do as well,

...the cold  
pale light is  
transformed  
into the joy of  
anticipation and  
renewal

just a little bit later. Again this year they will be grown in 14 inch pots, half filled with garden compost topped with general purpose potting compost.

It is important with tomatoes not to plant them on until the young plants are pot bound

in their starter pots, as this will check their upward growth and ensure that the trusses are not too far apart on leggy stems. A compact specimen will bear much fruit, but will need feeding twice a week to help the

developing and ripening trusses. Last year our little parasitic wasps (*Encarsia Formosa*) kept the white fly sufficiently at bay, to prevent any serious build up and we will be relying on them again for this natural pest control.

As I finish writing this in mid-January, the sun has broken through as reminder of the promise of approaching Spring and the dewdrops on the dormant lawn glisten.

I cannot wait to get started.

## The Simply Raw Kitchen

By **Natasha Kyssa**

Published by **Arsenal Pulp Press.**

Distributed by **Turnaround. Paperback £15.99.**

This new book by Natasha Kyssa is a multi-faceted approach to health and nutrition, full of inspiring raw and whole-food recipes.

The Simply Raw Kitchen promotes a balanced, flexible diet designed for individual constitutions and based on fresh plant foods, gluten-free, toxin-free and delicious.

The road to good health through proper diet and nutrition can lead to many questions: Should I go vegan? Follow a gluten-free regimen? Should I eat raw or cooked foods?

It is a cookbook and lifestyle guide to be shared between generations, much like Natasha and her mother, who contributes vegan versions of central European classics like Borscht and Goulash, as well as old favourites like Spaghetti Bolognese. Spend some time in Natasha's kitchen. It will transform your life!



- Babuschka's Borscht
- Romanian Cabbage Rolls



## Mayim's Vegan Table

By **Mayim Bialik with Dr. Jay Gordon**

Published by **The Perseus Books Group.**  
Paperback **£17.99.**

Big Bang Theory star Mayim Bialik shares more than 100 easy plant-based recipes for all the family.

Getting kids to eat their greens can be tough enough – but getting them to eat an exclusively plant-based diet can seem impossible.

Emmy-nominated actress (and mother of two vegan boys) Mayim with paediatrician Dr. Jay Gordon, shows busy parents how to raise even the pickiest children with healthy eating habits in Mayim's Vegan Table.

The recipes range from breakfasts, snacks, lunches, dinners and desserts, including kid-approved meals like build-your-own tacos and mac n cheez, Mediterranean and Asian-inspired salads that parents will love, comfort-food classics like kugel and matzah ball soup, and many more.

The book contains basic nutritional information about a plant-based diet, tips and strategies for easy meal planning and healthy eating out, and vegan family essentials (including a list of what to always keep in the pantry).

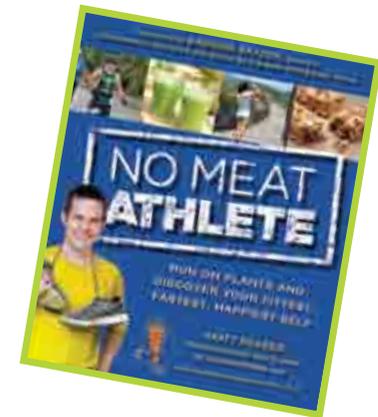


- Vegetable and Tofu Curry
- "Cream Cheese" Walnut Cookies

## No Meat Athlete

By **Matt Frazier with Matt Ruscigno**  
Forward by **Brendan Brazier**

Published by **Fair Winds Press an imprint of the Quayside Publishing Group.**  
Paperback **£14.99.**



Combining proven training approaches, motivational stories and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook and nutrition primer for any athlete who wants to live a meatless lifestyle.

Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need, uses the power of habit to make those changes last and offer menu plans for high performance, endurance and recovery.

The manual provides training plans for common race distances and shows runners

how to create healthy habits, improve performance and avoid injuries.

No Meat Athlete will take you from the start to the finishing line, giving you encouraging tips, tricks and advice along the way.



– White Bean Coconut Curry  
– Chickpea and Citrus Salad

## Low-Carb & Gluten-Free Vegetarian

By Celia Brooks

Published by Pavilion Books an imprint of  
Anova Books Ltd  
Hardback £14.99.

With over 100 healthy, delicious and stylish vegetarian recipes for the low-carb lifestyle, offering a complete dietary range from breakfasts to main courses, as well as including desserts and party food. The recipes are also ideal for those following a gluten-free diet.

This is not a diet book, it is a cookbook mainly for those who have embraced the low-carb lifestyle that is set to dominate the Western world, especially as refined carbs and sugars become more and more demonised by health experts.

Celia states “developing these recipes was a whole new experience for me. I established a set of ingredients that were low-carb and vegetarian. I hope this cookbook will contribute some ideas to your repertoire, vegetarian or not, low-carb or not, and that the recipes are as fun to cook as they are to eat.”

The book contains beautifully illustrated photographs throughout and would make an excellent gift.



– Teriyaki Tofu with Toasted Broccoli  
– Rhubarb Fool

## MKs Call for Transfer of Animal Rights Authority

By Sharon Udasin

Reprinted with kind permission from the Jerusalem Post

“Leaving enforcement in the hands of the Agriculture Ministry is like allowing a cat to guard ice cream,” Meretz MK Zandberg says.

A group of Knesset (Israeli Parliament) members led by MK Tamar Zandberg (Meretz) has called on Prime Minister Benjamin Netanyahu to transfer enforcement authority over animal welfare issues to the Environmental Protection Ministry. The lawmakers’ letter, sent to the prime minister on Thursday, follows his decision on November 25 to establish a team that will examine whether the Agriculture Ministry or the Environmental Protection Ministry should oversee the Animal Welfare Law. Since the law was approved in 1994, the Agriculture Ministry has done so, but animal rights activists and environmentalists argue that such authority should not reside in an office that regulates farming interests. Agriculture Ministry representatives, on the other hand, maintain that their office is the right locale for animal welfare supervision, and that they have successfully implemented many animal rights regulations in recent years.

“Leaving enforcement in the hands of the Agriculture Ministry is like allowing a cat to guard ice cream,” Zandberg said, upon sending the letter, calling the issue systemic.

“Those who should be in charge of supervising the law’s enforcement are those who are committed to preserving animal rights and not the interests of the animal food industry.”

In the letter, Zandberg and her colleagues wrote that the Agriculture Ministry had failed to meet its legal and moral obligations as a protector of animal rights, regulations had not properly been implemented and inspections rarely occurred.

An inherent conflict of interest affects the ministry’s ability to at the same time encourage agricultural production and oversee animal welfare, they argued.

The letter highlights recent animal rights violations that have occurred within the food production industry, citing episodes at the Adom Adom slaughterhouse in Beit She’an and the Soglowek slaughterhouse in Shlomi – in which undercover investigators exposed abuse of cattle and poultry, respectively.

“We consider it necessary that the full powers of enforcement over the Animal Welfare Law be transferred to the responsibility of the Environmental Protection Ministry – to increase the efficiency of enforcement and for the welfare of animals,” the letter concluded.

## The UK Must Follow Israel on Primate Protection

By Luke Steele

We all remember the shocking pictures of Malish – a long-tailed macaque who suffered in neurology experiments at the Weizmann Institute. Images of her – bloodied, bruised with electrodes screwed into his brain – were released by Let the Animals Live Israel, sparking an outcry and calls for monkey experiments to be halted.

Some eight years later – in February 2015 – a piece of legislation will be invoked in Israel which will be a symbol of hope for all laboratory monkeys. The law prohibits the trade in primates for experimentation and enforces the closure of the nation's only macaque breeding centre, Moshav

Mazor Farm. In effect, this regulation cuts off the chain of supply for testing centres like the Weizmann Institute and leaves them with little option but to stop using monkeys in experiments.

The most significant point is that this will emancipate many primates from incarceration for cruel experiments – indeed there are already 50 macaques who have been released to a sanctuary. On a global scale, however, this move is groundbreaking. Israel is a prominent research nation, with a proud history of pioneering scientific development. For Israel to say we can alleviate disease without experimenting on monkeys is a

vote of confidence in replacement techniques, which will ricochet across the global research and development community.

Unfortunately, in the United Kingdom there are many primates like Malish who are suffering a similar fate in the nation's laboratories. Eminent institutions



like Oxford University, Cambridge University and even state facilities such as the NIBSC continue to inflict misery on our fellow simians as part of outdated experimental projects.

Without a doubt, the British government should follow Israel's path on protecting these vulnerable primates.

The Anti-Vivisection Coalition (AVC) lead the way in freeing primates incarcerated in UK laboratories. We view ourselves as the lawyers for these animals, speaking for them when they cannot speak for themselves, presenting the case for their release. Through high-profile events and professional protests we gain media coverage to raise awareness of the ordeal faced by the primates. This serves well in increasing political pressure for a resolution to halt the suffering of the laboratory monkeys.

Our actions have resulted in 87 macaques being released from laboratories so far, giving a second chance at life to these individuals. We are confident that soon



Image by AVC

a time will come when all monkeys are, like those in Israel, free from the torment of laboratories.

Luke Steele is Head of the Anti Vivisection Coalition, which is based in Leeds. The AVC is an organisation advocating on behalf of animals in laboratories. AVC has, and continues to successfully represent the interests of animals in laboratories through peaceful protests, education, legislative change and strategic campaigns.

You can get in touch with Luke by emailing: [luke.steele@stopvivisection.org.uk](mailto:luke.steele@stopvivisection.org.uk) and you can find out more about the AVC by visiting: [stopvivisection.org.uk](http://stopvivisection.org.uk) and following them on Twitter [@avc\\_uk](https://twitter.com/avc_uk).

## Vegetarian Events

We are very happy to include details of vegetarian events that are taking place where you are in our "What's On Diary".

Please send us details 6 weeks before publication. The magazine is due out on 1st December, March, June and September. Write to us or email us at [info@jvs.org](mailto:info@jvs.org) – we'd love to hear from you!

# Lamb's Blood Aside, Passover is a Vegan-Friendly Holiday

By The Beet-Eating Heeb

The Beet-Eating Heeb blogs at **thebeeteatingheeb.com** and is committed to providing a forum for a meaningful, and occasionally light-hearted, discussion of food issues.

You might assume that The Beet-Eating Heeb dreads Passover.

After all, the very name of the holiday relates to the smearing of lamb's blood on the doorposts of the Hebrews. Ew.

It would be one thing if the lambs had willingly donated a pint or two at the local blood bank. We all know that's not how it happened.

Furthermore, the Ashkenazic prohibition on eating legumes (which is pointless) really limits The Beet-Eating Heeb's diet. This means eating even more beets than usual. Not such a bad thing, but he really misses lentils.

Believe it or not, though, BEH looks forward to Pesach every year as a holiday whose main spiritual themes intersect with veganism.

You might find that to be quite a stretch, especially if your mother is making her brisket for the Seder again this year.

But hear BEH out.

Without further fanfare, or actually any fanfare, The Beet-Eating Heeb presents:

## The Top 3 Reasons Passover is a Vegan Holiday.

### 1. At Passover, we celebrate our freedom, our deliverance from slavery.

It seems like a good time to abstain from meat, dairy and eggs, since the animals from which those products are derived are treated like slaves, or worse.

Actually, anthropologically speaking, the very motif of slavery comes from animal agriculture. (This may be the most intellectual sentence BEH has ever written.)

Allow The Beet-Eating Heeb to translate.

Buying and selling living beings, binding them with chains, and branding them with hot irons are all actions that we associate with slavery. And these are all actions that originated in animal agriculture.

In modern factory farming, what animals experience is even worse than slavery. BEH will spare you the details this time around. But suffice it to say, during Passover, it would be a little hypocritical to celebrate our freedom while participating in the confinement, mutilation and killing of other sentient, soulful beings.

### 2. At Passover, we seek to free ourselves from our own personal *mitzrayim*, our bad habits.

And meat-eating is a very bad habit. Bad for your health. Bad for the planet. And very bad for the animal involved.

Pesach provides the perfect opportunity to make changes in our lives. Reducing or eliminating animal products from your diet is one of the best changes you can make.

### 3. Humility.

Why do we eat *matzah*, the bread of affliction?

It's not because we enjoy the feeling of constipation. (A feeling vegans rarely get, by the way.)

It's because, spiritually, *matzah* is humble. It is unleavened. It has not risen.

We rid our homes of *chametz* and we

eat *matzah* to remind ourselves to remain humble.

The whole concept of killing animals for food is based on the misguided notion that we are far superior to our furry and feathered friends.

The rabbis of the Talmud realized that humans would have a tendency to be anthropocentric. (BEH is on a roll.) Yes, anthropocentric. Look it up, if you have to.

Those rabbis found many ways to make the point that if human beings are superior to animals, it's not by much. Take, for instance, the *mitzvah* of feeding your animals before you feed yourself. That's humility, baby.

So, you see, The Beet-Eating Heeb has good reason to engage in vegan advocacy, right there at his Seder table.

If we take the spiritual significance of Passover seriously, then we must consider going veg.

## 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](mailto:info@jvs.org.uk) marking your message "Letter to the editor".

## How Would A Jewish Vegetarian Celebrate Passover?

By Richard Schwartz

Today there is no need to cook or eat meat on Passover. The eating of the Paschal lamb is no longer required now that the Temple in Jerusalem is not standing.

One is obligated to commemorate this act, not to participate in it.

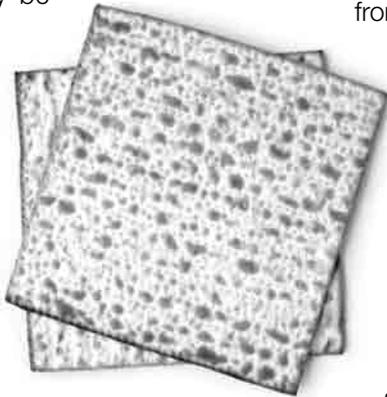
The late Dayan Feldman stated that mushrooms, which have a fleshy appearance, may be used on the seder plate instead of a shank bone to commemorate the Paschal lamb. Rav Huna, a Talmudic sage, used a beet (beetroot) for the same purpose. In a personal note to the author, Rabbi David Rosen, former Chief Rabbi of Ireland, pointed out that the objects on the seder plate are symbolic, and hence there is no sin in improvising. He suggested that vegans use a beet to represent the Paschal offering (instead of a shank bone), and a mushroom to represent the Festival offering (instead of an egg).

The proper celebration of Passover requires the absence of leaven and the use of unleavened bread, which we

are commanded to eat “throughout your generations.” There are many vegetarian recipes that are appropriate for *seders* and other Passover meals, a number of which can be found in several recent books and on the website of Jewish Vegetarians of North America (JewishVeg.com).

Because Passover is the celebration of the redemption of the Israelites from slavery, we should also consider freeing ourselves from the slavery of harmful eating habits. As our homes are freed from leaven, perhaps we should also free our bodies from harmful foods. Because Passover is a time of regeneration, physical as well as spiritual, maximum use should be made of raw fruits and vegetables, which have cleansing properties.

There are other Passover themes related to vegetarian ideas. The call at the *seder* for “all who are hungry to come and eat” can be a reminder that our diets can be a factor in reducing global hunger; 70 percent of the grain produced in the United States is fed to animals destined



for slaughter, while almost a billion of the world's people are chronically hungry. The Passover theme of freedom may be extended to the horrible conditions of “slavery” under which animals are raised today.

‘The Haggadah for the Liberated Lamb’ (Micah Publications) has many ideas and suggestions connecting Passover themes to compassion for animals that can be used to supplement traditional *Haggadahs*.

Visit

[jvs.org.uk/recipes/festival-cooking/](http://jvs.org.uk/recipes/festival-cooking/)  
for exciting Passover recipes.

## Schwartz to be Feted This Spring

Jewish Vegetarians of North America (JVNA) is planning an 80th birthday celebration in May honouring the organization's President Emeritus Richard Schwartz.

The exact date and location of the event will be announced soon. All the details will be available at [JewishVeg.com/Schwartz-at-80](http://JewishVeg.com/Schwartz-at-80)

The event will raise funds for JVNA, helping the organization generate the \$10,000 needed to meet the requirements for a historic \$20,000 challenge grant. The challenge grant would fund JVNA's plans for a Pledge-to-Go-Veg campaign, making use of video, Jewish-themed veg-



Richard Schwartz

starter kits, advertising and a speaker's bureau.

Richard is the Jewish Vegetarian Society's Honorary President for the Americas and one of JVS's 9 international patrons.

He is the author of the seminal book, “Judaism and Vegetarianism” and has been actively promoting vegetarianism, largely from a Jewish perspective, for

more than 35 years.

Those unable to attend this spring's celebration will be able to participate by placing ads in a tribute book that will be given to Richard and all guests at the event.

# Introducing Veggeo

By Peter Watkins

Veggeo is a new online vegetarian and vegan supermarket, focused on making the vegetarian and vegan lifestyle more available and accessible to everyone.

Veggeo will, as a minimum, provide the kind of experience that you'd expect from an online supermarket and I promise with a passion that it will be a safe place for all vegetarians and, by a click of a button, vegans.

I'm also really excited by the idea of Veggeo celebrating immense variety and a truly unlimited lifestyle.

I want to support my fellow veggies and based on the conversations I've had with vegetarians and vegans I love the fact that we have the same values and beliefs.

The idea was essentially born out of frustration.

- The inconsistent and confusing use of the 'v' symbol, resulting in constantly checking labels, even when they don't need to be checked.
- Trying to ask for help from an unknowledgeable member of staff.
- Feeling like my veg-



Peter Watkins

etarian or vegan lifestyle isn't being celebrated and rewarded.

- A limited and unimaginative range of vegetarian products and nearly non-existent range of vegan products, even for the products that you'd expect to have as a veggie.
- Still having to walk through the dead animal flesh section as I buy my frozen/chilled veggie foods.
- Buying from a corporate organisation even with the understanding that they are still earning money from the death of animals.

There are some online companies out there related in some small way to the veggie diet, and at the same time none of them offer a totally complete wholesome vegetarian and vegan lifestyle, with delivery and convenience being a major bugbear of mine.

The response so far has been amazing. I even published a vegetarian and vegan survey and within a matter of weeks I genuinely maxed out on the number of responses I could receive.

In terms of products that Veggeo will be selling, imagine a website answering all of your yummy veggie needs and you will get a decent idea of what will be sold. However join me on Twitter @veggeo, and let me know what you'd like me to sell.

I can't talk too much about the actual service itself in case there are corporate ninjas listening. But I can tell you that Veggeo will be offering same day delivery (before you ask, no minimum order).

I've always fought for the rights of animals, Percy the Park Keeper had a huge influence on me as a kid, and actually Toy Story did too, the idea that whatever you decide to do has some kind of impact on somebody. Animals have always been my main veggie driving force, and then I watched 'Forks over Knives' and that really brought home how much of an impact it has on our health. It still amazes me that a veggie diet can prevent and even reverse several of our worst diseases, like heart disease, diabetes and cancer.

I am going to open up Veggeo for public funding on Seedrs.com. If you're not familiar with crowd funding, imagine that you needed to raise £100 and in return you'd give away 10% ownership of Veggeo, for example ten people could invest £10, or two people could invest

£50. I'm really excited about this because unlike big greedy bankers owning Veggeo, people who are actually passionate about

...Percy the Park Keeper had a huge influence on me...the idea that whatever you decide to do has some kind of impact on somebody

vegetarianism can own a part of Veggeo and get to shape a potentially multi-million pound enterprise. Now how often do we get to do that?

Once I have had a successful crowd funding campaign on Seedrs I can really start to set the wheels in motion, and

within a matter of months I can start to support my fellow veggies.

Originally Veggeo was going to cover the whole of the UK, however that would have cost more than £1 million. Instead I'm initially going to be covering the London area and then gradually expand. So essentially the quicker I can get investment the sooner I can start to provide the whole of the UK with a complete vegetarian and vegan lifestyle.

You can sign up to my subscription list by visiting **veggeo.com** to keep fully updated, plus I'm going to be giving away free stuff to all my subscribers. I've also been thinking about creating a book and giving it away for free to all of my subscribers. Essentially answering every non veggie comment so you're never lost for words.

## JVS meets **Gefiltefest**

### **What is Gefiltefest?**

Gefiltefest is a new Jewish food charity which seeks to change the way the Jewish community thinks about food. We organise a range of food-related projects, and our flagship event is the annual Gefiltefest London Jewish Food Festival.

### **Tell us about your annual event...**

On Sunday 15th June, we are delighted to be hosting the fifth annual Gefiltefest London Jewish Food Festival. The event will be a full-day festival with more than 75 different sessions to choose from, including live cookery demonstrations, hands-on cookery workshops, lectures, interviews, and garden stalls selling delicious foods.

### **What can we expect from this year's festival?**

This year there will be challah-baking, chrayne-making, perfect pickling, hummus workshops, and a return of the epic Ashkenazi vs. Sephardi cook-off. The festival line-up already includes Gefiltefest's founding patron Claudia Roden, the American chef Joan Nathan, and Israeli TV chef Gill Hovav. The winner of the Best Bagel Competition will also be announced.

### **What's on offer for vegetarian visitors?**

Conveniently, two of our main organisers happen to be vegetarians, so we can guarantee that there will be a great variety of veggie food at the festival. What's more, there will be an entire strand of sessions devoted to social action projects. We are close to confirming the food activist Tristram Stuart – of 'Feeding the 5000' fame. We are happy that this year the JVS will also be prominently involved with the festival.

### **How can people get involved?**

We are always looking for volunteers and organisers who'd like to contribute to the festival. Our festival has been described as a kind of "Food Limmud", where volunteers put together the content before the festival, while others help out on the day. If you are interested, please do get in touch with us. Phone us on 020 7443 5127, email [info@gefiltefest.org](mailto:info@gefiltefest.org), follow us on Facebook or find us on Twitter @Gefiltefest. Otherwise, the day is a great social occasion, and we hope to see many of you lovely people there.

## •••• Competition ••••

Take the opportunity to win £250 worth of cookbooks by simply voting for your favourite bagel-maker at [gefiltefest.org/thenosfactor](http://gefiltefest.org/thenosfactor)

## The people behind Gefiltefest



**Michael Leventhal**  
**Founder and Director**  
**of Gefiltefest**

In 2010 Michael won a competition to have a cookery lesson with Lisa Roukin that changed his life... Rather than have a simple lesson, Lisa agreed to give a demonstration for Michael's friends. Maureen Kendler then agreed to give a talk on kosher cookbooks. Ariel Kahn agreed to speak on food in Jewish fiction. In less than three weeks, twenty speakers had agreed to take part in what became the first Gefiltefest London Jewish Food Festival.



**Claire Berson**  
**Manager of**  
**Gefiltefest**

Claire has an international background in sales and marketing. She first got in touch with Gefiltefest three years ago, when she became a volunteer after moving here from the Netherlands. Claire is also a true foodie and blogs at [ilovesoup.net](http://ilovesoup.net) which attracts more than 5,000 viewers worldwide.



### **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**

## A Persian Purim – with Denise Phillips: Cookery demonstration followed by 3-course meal

**Tuesday 4 March, 6.30 - 9.00 pm**  
**JVS members: £20 / non-members: £22.**

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

Top Jewish chef and food writer Denise Phillips will be showing us how to create a Persian feast, just in time for Purim. Using her many years of cooking experience, Denise will be demonstrating how to prepare an array of beautiful dishes. Following Denise's demonstration, we will sit down and enjoy this sumptuous meal together

Places are limited and advance booking is essential, please email [lara@jvs.org.uk](mailto:lara@jvs.org.uk) or call 020 8455 0692 to book your place.

## JVS' 49th Annual General Meeting

**Sunday 23 March, 5.00 - 7.30 pm, Free admission. Open to all.**

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

The evening will commence with the AGM, followed by a talk by Vanessa Hudson, Leader of the Animal Welfare Party at 5.45pm. Refreshments will be served after the meeting – vegan of course! In addition, Sharon Feldman-Vazan from the KLBD will be joining us to showcase, offer samples of and answer questions on the latest vegetarian and vegan products which have been certified kosher. The evening will finish at approximately 7.30 pm.

## Give It A Rest

**Thursday 27 March, 7.30pm, £8 / £4 concession**

**JW3, 341-351 Finchley Road, London NW3 6ET**

JW3 is proud to host a major panel discussion featuring Canon Dr Giles Fraser, columnist at The Guardian and priest-in-charge at St Mary's Newington, Nigel Savage, Founder

and Director of Hazon, Shoshana Boyd-Gelfand, Director of JHUB and other special guests. An in-depth discussion of social and environmental justice, and the connection with the Jewish teaching of the Jubilee. This event launches the start of the UK Jewish community's year-long engagement with Shmita. Visit [jw3.org.uk](http://jw3.org.uk) to find out more and to book tickets.

## Vegfest Brighton

**Saturday 29 and Sunday 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 lots of stalls serving 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](http://www.vegfest.co.uk) to find out more.

## Introduction to Meditation Evening

**Wednesday 2 April, 6.30 - 9.00 pm**  
**JVS members: £5 / non-members: £7**

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

Learn beautiful meditation techniques from Steve Altman who is an experienced meditation teacher. Reduce stress and bring greater clarity into your life. The class will last for approximately 90 minutes and be followed by drinks and light homemade, plant-based snacks.

For more information and to book a ticket, please email:  
[steven@jvs.org.uk](mailto:steven@jvs.org.uk).

## National Vegetarian Week 2014

**Monday 19 to Sunday 25 May**

Companies, schools, community groups and individuals across the country are running special events. Visit [nationalvegetarianweek.org/events](http://nationalvegetarianweek.org/events) and enter your postcode to find out what is happening in your area.

## Gefiltefest – London Jewish Food Festival

**Sunday 15 June, 10.00 am - 6.00 pm**

**Admission: Adult early-bird tickets £20.**

**Visit [ljcc.org.uk](http://ljcc.org.uk) to see family and other discount offers**

**London Jewish Cultural Centre (LJCC), Ivy House,  
94-96 North End Road, London NW11 7LX.**

JVS is delighted to be returning to Gefiltefest. We will be in the LJCC's beautiful garden running a stall with delicious food and a surprise activity.

The event is a full-day festival with more than fifty different sessions to choose from - live cookery demonstrations, hands-on cookery workshops, lectures and interviews. The festival line-up includes Gefiltefest's founding patron Claudia Roden, who will be demonstrating Italian-Jewish dishes with Silvia Nacamulli and Israeli TV chef Gill Hovav. There will be challah-baking, chrayne-making, perfect pickling, hummus workshops and the return of the epic Ashkenazi vs Sephardi cook-off.

## Join the JVS Events Team

We are busy planning more workshops, talks and socials. Keep an eye on our calendar for the latest announcements: [jvs.org.uk/calendar](http://jvs.org.uk/calendar).

Would you like to help create and run events at the JVS? Email [info@jvs.org.uk](mailto:info@jvs.org.uk) if you are interested in getting involved.

### **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, Cwmyrnys, Cilycwm, Llandoverly, Carmarthenshire SA20 0EU, Wales, UK. Established 1963 – Registered Charity No. 232208.

**Online giving [www.charitychoice.co.uk/vegfam](http://www.charitychoice.co.uk/vegfam)  
Please visit our website: [www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk)**

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020 8455 1317**

### **AMIRIM VEGETARIAN VILLAGE IN THE GALILEE ISRAEL.**

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**Email:  
[alitamirim@hotmail.com](mailto:alitamirim@hotmail.com)**



For a vegetarian world

### **JVS LIFE MEMBERS**

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](http://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](http://JVS.org.uk)



## 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](http://www.vegansociety.com/lifestyle/nutrition).**



**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.**

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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](http://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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