

CHLOE COSCARELLI

THE JEWISH COOK TAKING THE  
CULINARY WORLD BY STORM WITH  
HER SUPER-SIMPLE VEGAN RECIPES  
INTERVIEW, P12

# Jewish Vegetarian

QUARTERLY

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**JVS** since 1966

*'They shall not hurt nor destroy  
on all my holy mountain' (Isaiah)*

WELCOME TO THE SUMMER 2015  
ISSUE OF THE JEWISH VEGETARIAN

In this issue we interview a rising star: Jewish chef and author Chloe Coscarelli, who was the first vegan to ever win a culinary competition on television.

There is some fantastic news from both Germany and Facebook HQ in our *Campaign* column, as well as an opportunity to lend your support to a very valuable petition.

Our Patron Rabbi Jonathan Wittenberg offers an insight into the Jewish view of hunting in a thought-provoking piece on page 10.

JVS member Shana Boltin takes us on a culinary tour of New York (see page 26), meanwhile, over on page 32, Maya Segal fills us in on everything we need to know about the energy vitamin B12, and shows us how to incorporate edible flowers into our diets. Here at the JVS, months of planning came to fruition when we

hosted our largest-ever event, a second night seder, which completely sold out.

We are looking forward to newly formed partnerships blossoming over the coming months, including activities with the Jewish East London group, and with JW3, Europe's largest Jewish cultural centre, where, I am delighted to announce, we'll be launching a range of cookery classes, starting this September. Full listings of our summer events are on pages 16 to 18.

Interested in becoming a member or purchasing membership as a gift for a friend? JVS Membership is open to all; see page 38.

I wish all of our readers a rejuvenating and joyful summer,



Lara Smallman  
Director  
Jewish Vegetarian Society

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## News from London

### MYSTERY COOKING FOR YOUNG PROFESSIONALS

Perfect picnic was the theme of our most recent Mystery Cooking class at Moishe House in Willesden Green. Participants learned how to make: red lentil polpette, purple power salad (both pictured right), fattoush with pomegranate molasses dressing and a special tahini dressing for fruit salad.

### LIMMUD HARROW

Our Projects Officer Maayan Geva took part in a panel focused on food alongside Denise Phillips and Anne Shooter in March. Maayan presented the Society's history and current work, and answered questions about healthy vegetarian recipes.

### BELLA

Last issue we wrote about our screening of Project Nim in January. We were touched to hear that a member of ours very kindly donated on our behalf to the Center for Great Apes in Florida [[centerforgreatapes.org](http://centerforgreatapes.org)], which will help to provide the daily care for the orangutans and chimpanzees living at the sanctuary, like Bella [pictured bottom right].



## OUR 50TH AGM

In March, we held our 50th annual general meeting.

JVS has come a long way since its inception in 1966 when a handful of like-minded individuals came together to lay the Society's foundations.

Senior Trustee and Treasurer Michael Freedman marked the momentous occasion with a speech highlighting the successes of the past 49 years, followed by a report from our Director, outlining 2014's activities and achievements, and announcing the Society's future plans.

We were delighted to host Michael Daniel, co-founder of the Gate Restaurant.

Michael spoke with great passion about the Gate's early

days, and how he and his brother Adrian have worked together to craft it into one of London's most successful vegetarian restaurants. A very big thank you to Michael and his wife for their support, and we look forward to collaborating with the Gate in the future.



*Michael Daniel from the Gate Restaurant*

The talk was followed by afternoon tea.

Interested in learning more about our work? Visit [jvs.org.uk/about](http://jvs.org.uk/about).

Turn to pages 16, 17 and 18 to read about our forthcoming events.

## JVS SEDER @ JW3



We hosted a second night seder at JW3 on Saturday 4th April. This was our biggest event to date and our first collaboration with the JW3.

With a week to go, the seder was not only sold out, but also had a waiting list. The event attracted members and non-members from across the country, ranging in age from just two weeks old to mid-80s.

The seder was led by Rabbi Jason Demant, who used the theme of *Shmita* [the Sabbatical year] to prompt reflection and debate on contemporary environmental challenges, including climate change and deforestation.

We are very grateful to Jason for all of his hard work and creativity. With the help of our fantastic volunteers, Liat Hoch, Luke Berman, Etan Smallman, Jess Gold, Tamara Micner, and Yael Tischler, we prepared a special three course meal that was 100% vegan, free from *kitniyot* and strictly kosher. The meal included: garlic-infused aubergines topped with almond and basil pesto, green salad with avocado-mint dressing, baked butternut squash stuffed with caramelised red onions and fresh mint, and topped with a cashew cinnamon orange dressing, Moroccan tagine, and raw chocolate mousse pots, topped with caramelised hazelnuts and pomegranate seeds.



## SHAVUOT DINNER

The seder received very positive feedback about its content and atmosphere, and genuine surprise at how good a vegan, *kitniyot*-free meal could be...

*'Just wanted to say thank you so much for a fantastic seder. Brilliant night'* - Julie Rosenfield

*'Mazel to everyone on the amazing Veggie Seder at JW3 tonight!'* - Ines Romanelli

*'The seder was awesome, definitely returning to JVS now, We enjoyed it immensely'*  
- Mike Cook

*'Fantastic event, thank you to everyone involved in organising it!'* - Jeff Jacobs



In May JVS held an evening of reflection in the spirit of Shavuot. In the company of 25 guests we discussed food, how much we know about where it comes from, and the different ethical aspects of its production and consumption. We read varied texts, from the bible to UN reports and information about food waste recycling projects.

We then shared a delicious three course dinner which included two raw 'cheesecakes', one chocolate [pictured above], and one blueberry.



*Our seder at JW3*



*Shavuot event in the JVS garden*

# Campaign Update

## GERMANY SAYS 'NO MORE CHICK SHREDDING'

Germany has become the *first* country in the world to decide it no longer wants to grind up millions of live baby chicks — the disturbing 'waste product' of the worldwide egg industry.

'Chick disposal' is something the egg industry doesn't like to talk about. And is it any wonder? It's hard to imagine eggs selling like hotcakes if carton packaging included pictures like this:

It's the brutal reality of commercial egg production: millions of tiny male chicks ground up alive or suffocated every year because they don't lay eggs. These little guys aren't considered 'commercially viable' to be raised — after all, they'll never lay eggs, and they're not suitable to be raised for meat.

That half of all chicks born into the egg industry are male poses an enormous ethical issue — not to mention a potential public



relations problem for the the egg industry. But finally, there may be hope on the horizon that this brutal practice could come to an end.

Scientists and animal rights campaigners have teamed up in Germany to come up with an alternative option to the mass-slaughter of the 45 million male chicks born into the country's egg industry each year. New technology looks set to determine the sex of each fertilised egg before the chick inside develops — enabling the removal of all male-identified eggs from the hatchery, and leaving only the female eggs to hatch.



Germany's Agriculture Minister, Christian Schmidt, has advised that 'chick shredding' could be a thing of the past in Germany by 2017 — making it the first country in the world to stop the practice.

See <http://bit.ly/1ITrgFr> for more information

### NEW ANIMAL ABUSE BUTTON ON FACEBOOK

A new function, enabling users to report animal abuse and illegal animal activity, has been introduced on social media networking site Facebook, after 2,777 people have signed an online petition.

Until recently, Facebook did not provide an option to tag material of animals as illegal or cruel, without which such videos can go viral, encouraging the illegal animal trade.

'The animal abuse button is not easy to find, but it is there... You need to go under - I don't want to see this; I don't think it should be on Facebook; Something Else; This advocates violence or harm to a person or animal.' [<http://chn.ge/1CPKeuw>]

### ASK SWEDEN TO BAN FUR FARMS - NEW PETA PETITION

Chinchilla and fox farms are now a thing of the past in Sweden, but 1 million minks a year are still suffering on atrocious factory farms.

The UK, Austria, the Netherlands and Wallonia in Belgium have already banned or are phasing out fur farms.

According to a recent poll, 78 per cent of the Swedish public want to see fur farming banned across the country. International pressure will help ensure that a ban on all fur farming is on the political agenda for Sweden's recently formed coalition government. Sweden's last chinchilla farm closed down in November, and fox farming has already been phased out – so only mink farms are left.

Find out more and sign the petition: <http://bit.ly/1PHObbv>



## JUDAISM & ANIMAL WELFARE

**Rabbi Jonathan Wittenberg, JVS Patron, Senior Rabbi of Masorti Judaism UK and Rabbi of the New North London Synagogue writes about Torah portion *Acharei Mot - Kedoshim*.**



*photo by Marion Davies*

Rabbi Louis Jacobs once related how a congregant invited him to join a shooting party. Declining with characteristic humour, he explained to the gentleman that if the latter had felt confident he possessed sufficient skill to sever the windpipe and arteries of the poor bird with a single arrow in such a way that the animal felt no pain, he might have been able to accept. The issue of hunting is raised in our Sidrah: ‘Whoever among the Children of Israel or the strangers who live among them

hunts a wild animal or bird which may be eaten, shall pour out its blood and cover it with dust. For the life of all flesh, its blood is one with its life.’ [Vayikra 17:13-14]

We thus learn that it is forbidden to eat blood, the key factor, together with the prohibition against causing suffering to animals, behind the laws of *shechitah*. The Talmud (Shabbat 22a) also derives a basic principle of respect: it’s not permitted to kick dirt carelessly over an animal’s blood with one’s foot. Just as the slaughterer uses his hands to wield the knife which kills an animal, so must he use his hands to bury the blood which was once the source of its life. The Torah refers to a pre-rabbinic situation, but may a Jew go hunting today at all? This very question was put to Rabbi Ezekiel Landau of Prague (1713-1793) by a man who had recently inherited a large estate including ‘forests full of wild animals’. Was he permitted to hunt them, or was this forbidden to a Jew on account of *tsar ba’alei chayim*, causing suffering to animals, and *bal tashchit*, needless waste?

The Noda Biyehudah, as Rabbi Landau was known, acknowledges that if a hunted animal is killed instantaneously no suffering is necessarily involved, and that if its hides are put to use there may be no waste. He also grants that if

people are starving they may have no choice but to hunt. Also, if a threatening animal strays into human habitation we may be justified in killing it, or even obliged to do so, to protect our own lives. But these are all exceptional situations, none of which constitutes an argument for permitting hunting in general. Further, there is a real concern for human safety. The Torah enjoins us to avoid endangering our own lives, which we are apt to do should we pursue animals to their lair and enter the territory of dangerous wild beasts. But the Noda Biyehudah's key argument transcends such fine legal reasoning: hunting is cruel, and is simply not the Jewish way.

Up until now we have spoken from the vantage point of the letter of the law. However, in truth, I am amazed at the matter itself. We only find the title "hunter" with regard to Nimrod (Bereshit 10:9) and Esau (Bereshit 25:27). But this is not the way of Abraham, Isaac, and Jacob ... And how can an Israelite actively kill an animal motivated by no need other than enjoying spending his time involved in hunting?

He notes that while it is the custom to recite the *shehecheyanu* blessing when putting on new clothes, this is not done if they are made of leather because an animal has had to die to provide it and 'G-d's mercies are upon all G-d's works'. How then, he asks,

can it be allowed to kill animals for no reason? Hunting is forbidden.

Soon after studying this responsum I was walking with my family in the New Forest when a fox ran past. A minute later the leading rider of the hunt cantered up and, slowing his horse, asked me if I had spotted the prey. 'No,' I said, 'I haven't seen any foxes around here.' My son Mossy, who was just five, asked me with a puzzled look: 'Why are you lying to that man?' Surely *pikuach nefesh*, the saving of life, for which the breaking of all the commandments except idolatry, murder and sexual immorality is justified, should, if it can be extended to foxes, warrant a mere white lie. On a serious note, I find it hard to believe that any of us would even contemplate going hunting. But maybe we are guilty of doing so indirectly. We make constant incursions into the domain of wild animals, not just pursuing them to their lairs but destroying them entirely. We deprive them of their food. By marketing and purchasing products which entail their pain, we often transgress against the injunction of preventing animal suffering.

We avoid seeing with our own eyes the cruelties which our way of life often involves. We are collectively responsible for these wrongs against God's world of nature, and must strive to change our ways.

# From the Warsaw Ghetto to compassion for all...

BY YOSSI WOLFSON

**Y**ossi is a long-time vegan and animal liberation activist, born in Jerusalem. He was one of the founders of Anonymous for Animal Rights, and is currently the JVS coordinator in Jerusalem. He works as a lawyer and coordinator for animals in agriculture in Let the Animals Live.

This year we celebrated the 50th anniversary of the victory over Nazi Germany. But have we triumphed over all that the Nazi regime represented?

At the time of the anniversary of the victory over Nazi Germany we had a special guest in Israel: Dr. Alex Hershaft, a holocaust survivor, the founder of FARM and one of the leaders of the Jewish vegetarian movement. “Never Again”, says Hershaft, is not about what others might do to us, but about what we do to others.

Hershaft has been touring the United States with a moving lecture titled “From the Warsaw Ghetto to Compassion for All”.

In his lecture Hershaft speaks about his personal experience in occupied Poland – being a child in the Warsaw Ghetto, how he was smuggled out of the Ghetto, and how he survived, with his mother, under false identities, until the liberation of Poland. He continues to speak about how this experience, of being a Holocaust survivor, led him to become the animal liberation activist he is. You can find more about his moving lecture in the website [holocausttocompassion.org](http://holocausttocompassion.org). This May, Hershaft’s speaking tour reached Israel.

The association between the Holocaust and what we do to animals is as pressing as it is sensitive and problematic. It is difficult for anyone to avoid it when watching trucks transporting crowded animals to slaughter, or when seeing piles of dismembered body organs in a slaughterhouse.

Yet, simplistic comparisons tend to offend, whilst also raising

authentic feelings of rage. Simplistic comparisons also have a tendency to collapse.

After all, the differences are so



*Dr. Alex Hershaft*

significant. The identity of the victims is different, as is the attitude of the perpetrators. The attitudes are ones of hatred versus indifference; the aim of the deeds was in one case extermination and in the other exploitation. The moral context is also very different - racism had been generally condemned before the 1930s, while the critique of speciesism [a prejudice or bias in favour of the interests of members of one's own species and against those of members of other species.] is new.

Lastly, even most technological features are profoundly different.

In the case of industrialised animal farming we raise generations of genetically distorted animals, cut off from birth from the world. This practice is very different from segregating people who are part of society and exterminating them. This account leads us not to a path of comparison, but to a moral lesson.

What we take from this lesson is to fight evil in all its manifestations. Each manifestation of exploitation, discrimination, oppression and killing is unique in its own right. Each and every case is a personal tragedy. Different instances cannot be welded into one uniform phenomenon. Yet, they can all elicit solidarity with victims and a struggle for liberation. The association with the Holocaust cannot be avoided – but it should be treated wisely, in a way that connects to people, and does not distract nor antagonize them. This is why lectures such as Hershaft's are so important.

*You can find out more about FARM by visiting: [farmusa.org](http://farmusa.org)*

# *My Life as a Vegan*

CHLOE COSCARELLI

Chloe is a chef and author. She was the first vegan ever to win a culinary competition on television



AT WHAT AGE DID YOU BECOME VEGAN?

When I was in high school about 10 years ago, I went vegan and it was the best decision I've ever made!

WHY ARE YOU VEGAN?

I have always been a huge animal-lover, and one day I just realized that I could still eat delicious amazing food without hurting animals. I never feel heavy after eating vegan versions of ice cream sundaes or fettuccine alfredo. I LOVE to eat, so sticking to a vegan diet allows me to eat more food but feel better!

WHAT IS YOUR FAVOURITE VEGAN MEAL?

This is a hard question to answer because I have a good appetite! I can never say no to pasta. It's so versatile. I love brown rice noodles tossed with tofu or seitan and lots of vegetables. If I don't have time to make a special sauce there are so many terrific vegan options on the market shelf. Dinner can be ready in no time.

WHICH IS THE BEST VEGAN RESTAURANT YOU HAVE BEEN TO?

Gentle Gourmet Cafe in Paris is outstanding. Authentic French cuisine made 100% vegan- wow!

## WHERE IS THE MOST VEGAN-FRIENDLY PLACE?

New York City – It's the only place I wanted to open my first restaurant - by CHLOE - which will come to life in the West Village this summer. I also love Brooklyn's Smorgasburg which is a weekly summer food fair with many vendors cooking up vegan fare.

## WHAT HAS BEEN YOUR WORST EXPERIENCE AS A VEGAN?

I really can't think of a bad experience. I find restaurants that are not vegan are very accommodating and when I eat at other people's homes, they seem to bend over backward to make something special for me, which of course they really don't have to do.

I'm very content with a simple salad or side dish and the good company.

## CAN YOU RECOMMEND ANY GOOD VEGAN RESOURCES?

There are so many good online sources to learn about a vegan diet and great cookbooks. My first cookbook, Chloe's Kitchen is an easy cookbook that don't require hard to find ingredients.



## WHAT IS YOUR SIGNATURE DISH?

My recipe for Avocado Pesto Pasta! It is my favorite dish on the menu at by CHLOE. I simply can't resist avocados. So I added them to my favorite pasta and got the best of both worlds! I grew up in Southern California where they were plentiful. My mom and I used to cut them in half, sprinkle them with salt and eat them with a spoon until we couldn't eat anymore-until the next day. Try my recipe for Lemon Olive Oil Cake with Grilled Nectarines, page 24.

**Visit [chefchloe.com](http://chefchloe.com) and follow Chloe on Twitter: @ChloeCoscarelli**



# EVENTS :

## JVS . ORG . UK / CALENDAR

### MYSTERY COOKING FOR YOUNG PROFESSIONALS

Wednesday 17 June, 6.30 - 9.00pm: £4

Moishe House Willesden Green (contact us for the address).

Interested in learning how to prepare creative and delicious vegetarian dishes? No previous cooking experience is required. We look forward to welcoming you at this informal, hands-on class. Weather permitting, we'll enjoy our creations together al fresco after the class. **\*Pre-booking essential, see [jvs.org.uk](http://jvs.org.uk)**

### FILM CLUB SCREENING: 'DISRUPTION' & POTLUCK DINNER

Thursday 2 July, 6.30 - 9.00pm, **free event, please book online**

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

Our film club is moving to a new home at the JHub Studio. We are co-hosting this event with 'Oil Vey', the Jewish Climate Action Network. When it comes to climate change, why do we do so little when we know so much? Through a relentless investigation to find the answer, 'Disruption' takes an unflinching look at the devastating consequences of our inaction. We will have a potluck dinner, **please bring a veggie/vegan dish to share** (home-made food appreciated!).

### TU B'AV CELEBRATION AT JW3

Thursday 30 July 2015. **More info at [jvs.org.uk](http://jvs.org.uk)**

Join us for a playful celebration of Tu B'Av, the Jewish festival of love and joy. With entertainment, a delicious vegetarian raw food feast to share and cocktails on the beach; come along and see what magic the night (and the full moon) might weave.



## CATCH US AT:

**GEFILTEFEST:** Sunday 28 June,  
12pm - 6pm at JW3

The annual London Jewish Food Festival makes its eagerly-awaited return at the end of this month. The event is a full day festival with more than fifty different sessions to choose from - live cookery demos, hands-on cookery workshops, lectures and interviews.

JVS Patron Rabbi Jonathan Wittenberg will take part in a panel dedicated to ethical choices in food, and discuss vegetarianism as a Jewish way of life. JVS staff Lara Smallman and Maayan Geva will run a cookery



demonstration on raw desserts. The class is designed for all those curious about raw food and interested in discovering what happens when you leave processed sugar, flour, eggs and dairy off the menu. The session will introduce the audience to an array of new ingredients and their health benefits whilst demonstrating delicious and simple raw desserts.

Plus, look out for our stall in the Piazza, which will be open all-day with tasters, freebies, prizes and JVS literature.

*See [gefiltefest.org](http://gefiltefest.org) / [jw3.org.uk](http://jw3.org.uk) for more information.*



*more details coming soon...*

JVS  
COLLABORATION  
WITH JEWISH  
EAST LONDON

BRAND NEW MONTHLY JVS  
COOKERY CLASSES FOR YOUNG  
PROFESSIONALS AT JW3,  
STARTING IN THE AUTUMN,  
WHICH WILL RUN ON THE 3RD  
TUESDAY OF EVERY MONTH

WE ARE LOOKING  
FORWARD TO TAKING  
PART IN GRASSROOTS  
JEWS' ELUL  
PROGRAMME BEFORE  
ROSH HASHANAH

## JVS MEETS... 'SHUKA'

**N**ew to the street food scene, Daniel Susser has recently created 'Shuka', a celebration of great shakshuka.

### WHAT INSPIRED YOU?

Shakshuka is a popular Israeli dish made of eggs poached in a tomato sauce. It usually focuses on spice, garlic and peppers. I spent two years studying in *yeshiva* [religious seminary] in Israel, and we were served terrible shakshuka, it was all overcooked and awful. I had my first good shakshuka in India in 2012 and I asked the chef in the restaurant where I had it to show me his recipe. I have been making shakshuka ever since!

I was travelling in Rwanda in 2013 and I made it there for some friends, and it occurred to me that it would be fun to own a shakshuka restaurant of some sort. When I came back to England the idea morphed into starting a shakshuka street food stall, as nobody else is selling shakshuka as street food.

**WHAT'S DIFFERENT ABOUT YOUR PRODUCT?** My shakshuka recipes have been in development for a few years now, I have an Indian and a Classic Israeli recipe. There is an Italian, a Thai and a Green

one in development and last week I made my first vegan shakshuka with tofu swapped in for eggs. I want my shakshuka to always be vegetarian, low oil, low salt, cheap, freshly cooked, and delicious!



### WHAT ARE YOUR TOP TIPS FOR MAKING SHAKSHUKA?

My tips for making shakshuka - if you aren't near a place where Shuka is set up - is to always use more onion and garlic than you thought, be liberal with the cumin, the longer you cook the sauce, the more delicious it will be, and don't add too much sugar or it will end up tasting like weird shakshuka cake.

**WHERE CAN PEOPLE FIND YOU?** I set up 'Shuka' last month in Hoxton Street Market and will be at Gefiltefest, West Hampstead Street Food Market and Hoxton Street Market. **Instagram & Twitter:** @london\_shuka **Facebook:** Shuka

Recipe from *The Vegetarian Year: 365 Healthy, Seasonal Recipes* by Jane Hughes [Modern Books, £20]

Caponata originated as a Sicilian salad made from cooked aubergine and capers, but the term has come to be used for all sorts of warm or chilled salads made with soft-cooked Mediterranean-style vegetables.

SERVES: 4

INGREDIENTS:

8 red peppers  
6 tbsp extra virgin olive oil  
175 g pickled onions  
175 g green olives  
Salt and freshly ground black pepper  
Handful fresh parsley

METHOD

De-seed the peppers and thinly slice. Warm the olive oil in a pan, add the peppers and mix well so that they are covered in olive oil. Cover the pan and turn the heat to the lowest possible setting. Cook for 20 minutes, stirring occasionally.



Slice away and discard the bases of the onions. Put the onions into a large bowl of boiling water. Leave for three minutes before scooping out with a slotted spoon. The onions should separate easily in to individual 'leaves'.

Arrange the warm peppers and oil on a serving dish, with the onion pieces and green olives on top. Season generously with salt and pepper. Chop the fresh parsley and sprinkle over the warm caponata before serving.

# RASPBERRY, PICKLED RHUBARB & PINK PEPPERCORN SALAD

**Recipe from ‘Vanilla Black: Fresh Flavours for your Vegetarian Kitchen’ by Andrew Dargue.** [Hardback, £25.00, published by Saltyard Books]

**Summery, zingy and a bit quirky. This is the type of dish that benefits from a few hours infusing. Pink peppercorns are not actually a true pepper but rather a dried berry from a shrub. Next time, try using strawberries instead of raspberries.**

SERVES 4

## INGREDIENTS

100 ml white wine vinegar  
80 granulated sugar  
1 cm piece of root ginger, sliced  
1 tsp sea salt  
6 black peppercorns  
250 g rhubarb  
1 tsp pink peppercorns  
100 g raspberries  
extra virgin olive oil

## METHOD

First, make the pickling liquor. Pour 50ml of water into a saucepan and add the vinegar, sugar, ginger, salt and black peppercorns. Bring to the boil, then turn off the heat and allow

to cool a little before transferring to a separate bowl and allowing to cool completely. Discard any leaves from the rhubarb, wash the sticks, then slice across in to 1 cm pieces.

When the pickling liquor has cooled, strain to remove the bits and pieces. Add the rhubarb and pink peppercorns. Ideally leave this for a few hours to help it pickle but, if you don't have the luxury of time, make it 30 minutes.

To serve, use a slotted spoon to remove the rhubarb and a few peppercorns to a serving dish, sprinkle on the raspberries and gently fold the, into the rhubarb, then finally add a glug of olive oil.



**Recipe from 'Vanilla Black: Fresh Flavours for your Vegetarian Kitchen' by Andrew Dargue.**

SERVES 4

INGREDIENTS

juice of 1/2 a lemon  
 1.4 kg Jerusalem artichokes  
 splash of sunflower oil  
 1 large onion, finely chopped  
 2 garlic cloves, finely chopped  
 1 large potato, peeled and grated  
 400ml dry white wine  
 small sprig of thyme  
 400 g shop-bought puff pastry  
 plain flour, to dust  
 1 level tsp cornflour  
 sea salt and freshly ground black pepper  
 milk, to brush

METHOD

Have a bowl of water to hand with the lemon juice squeezed into it. Peel the artichokes. As you peel them, drop them straight into the water to prevent discolouration.

In a large saucepan, pour a touch of sunflower oil and place over a medium heat. Next add the onion, garlic and potato and fry until golden. The mixture may stick, especially the potato, so give it all a good scrape. This will give colour

to the overall dish. Next, tip all the fried vegetables in to a bowl and set aside. Add a little more oil to the pan to heat, then drain the artichokes and add to the hot oil, stirring over a high heat until golden on all sides.

Add the reserved vegetables, wine and sprig of thyme (this will infuse the vegetables with its flavour). Top up with cold water to cover and simmer very gently for 10 - 15 minutes or until the artichokes are tender when pierced with a knife.

Preheat the oven to 180C / fan 160C or gas mark 4. Fish out the sprig of thyme and throw it away. Then, using a slotted spoon, remove all the vegetables,



draining well. Share them between four individual pie dishes or your favourite bowls - ovenproof of course - or just spoon into one large dish.

Now, increase the heat under the remaining liquid (that's why you've removed the vegetables, or they would have fallen to pieces). Bubble the liquid to evaporate by half, to concentrate the colour and flavours.

Meanwhile, roll out the pastry on a lightly floured worktop and cut out the pastry lids, making them slightly bigger than the pie dishes to allow for shrinkage.

When the liquor has evaporated by half, reduce the heat, mix the cornflour with a little cold water so it is the consistency of single cream and carefully whisk the cornflour into the liquid. It will thicken quickly. Season and add a little more wine if it is too thick for your taste.

Pour a little of the sauce on to the vegetables, brush a little milk around the rim of the dish, place the pastry on top and press to seal the edges. Brush more milk on top of the pastry, then pierce a vent hole in the top. You can make shapes with pastry scraps to decorate the pies if you are feeling adventurous. If you are not, just put them in the oven and bake the small pies for 10 minutes or a large pie for 35 - 45 minutes, or until the pastry is risen and golden.

Serve immediately.

*Just to clear up any confusion, globe artichokes are the big green spiky things and Jerusalem artichokes are the little knobbly things that look like potatoes. They have an unusual sweet flavour that is difficult to describe. Word of warning, they oxidise quickly, so you need to peel them and drop them into cold water mixed with the juice of half a lemon to prevent discolouration.*

*Try swapping the white wine for red wine and the thyme for rosemary, simple substitutions that give totally different results.*



# LEMON OLIVE OIL CAKE WITH GRILLED NECTARINES



Recipe by Chloe Coscarelli

**Extra virgin olive oil adds a subtle depth of flavour and richness to cake, which is perfect for vegan baking. Olive oil is also a heart-healthy oil (aka the “good fat”) that protects against heart disease and high cholesterol.**

MAKES 1 BUNDT CAKE

## INGREDIENTS

2 cups all-purpose flour  
1 teaspoon baking soda  
1 tsp baking powder  
½ tsp salt  
½ cup extra virgin olive oil  
¾ cup maple syrup

¾ cup water  
¼ cup lemon juice  
2 tbsp lemon zest  
1 tbsp lemon extract  
2 nectarines, thinly sliced  
Powdered sugar, for garnish

## METHOD

Preheat the oven to 350 degrees F. Lightly grease a Bundt pan. In a large bowl, whisk together flour, baking soda, baking powder, and salt. In a separate bowl, whisk together oil, maple syrup, water, lemon juice and zest, and lemon extract. Pour the wet mixture into the dry mixture and whisk until just combined. Do not over mix.

Fill the prepared Bundt pan evenly with batter. Bake for about 30 minutes, or until a toothpick inserted in the cake comes out clean with a few crumbs clinging to it. Be sure to rotate halfway through the baking time. Cool the cake completely before unmoulding.

To make the grilled nectarines: Preheat a grill or stovetop grill pan. Lightly brush nectarine slices with oil and grill for about 1 to 3 minutes until nice grill marks appear. Plate a slice of cake and sift powdered sugar over the top. Serve with a few nectarine slices.





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Harrow, Middlesex HA1 2AW

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Fax: 020 357 2027

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## In her spare time, JVS member Shana Boltin runs vegetarian pop-up Med Veg...

Some people go to New York for the museums, some people go for the theatre, others go for the sights. Me? I go for the food. Well, maybe not just the food, but the thing is, I know I'm not alone. Food tourism is on the rise, and we are as willing to travel for a good meal, a cronut or a bowl of fantastic hummus as we are to see Iguazu Falls, the Sydney Opera House or the Statue of Liberty.

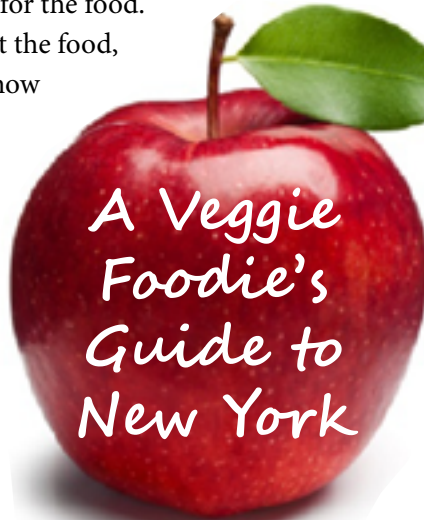
Whilst New York City may be famous for its pastrami on rye sandwiches in the deli or a hot dog at the baseball, there are many vegetarian gems to be found all over the city. Here are some of my favourites: Dirt Candy used to be a tiny 16-seat restaurant in the East Village, with a 2-3 hour wait. Now it

has moved to larger premises and you don't always have to book in advance (although I suggest you do). Dirt Candy is a vegan restaurant with the ethos of celebrating vegetables, the candy of the earth.

Chef Amanda Cohen, the visionary for the entire menu, can be found behind the counter and in the kitchen. When I visited we started with jalepeno hush puppies, and I ordered the Spinach as an appetizer and the Broccoli for main. For each dish the vegetable is presented prepared in different ways, including smoking, brining, and pickling.

Amanda's graphic novel cookbook is great fun and tells her story.

On my most recent trip to NYC I went on a Foodie Walking Tour of the Lower East Side. The walking tour, facilitated by 'Free Tours by Foot' weaves the historical stories of the Lower East Side together with the food that each wave of immigration brought with it. Five of the six eateries visited on the tour were vegetarian,



and the sixth had vegetarian/vegan options. We visited Yonah Shmimmel's knishery (open since 1910) where I tasted my first knish. On return from NYC I tried to make knishes at home, but they were not nearly as good. For those who have never seen or tasted a knish, a sort of potato enchilada... carbs wrapped in carbs. The walking tour is fantastic for those who have been to NYC a number of times and want to see a different side of the city, or for those visiting for the first time who would prefer to stray off the usual tourist route. We learned about the history of the area, including the oldest synagogues in Manhattan. My personal highlights included the hot bialy and the full sour pickle at the Pickle Guys. I also tracked down a couple of different vegetarian and vegan food trucks on my recent trip in January 2015.

Despite the cold, Cinnamon Snail drew the biggest crowd of the 5 food trucks parked at 55th and Broadway. It's all vegan – sandwiches, baked goods and drinks. It was possibly the best sandwich I have ever had: Chinese five-spice and lemongrass sietan sandwich with cashew nuts and wasabi mayonnaise.

Whereas I thought my challenge would be to try to replicate it myself,



*Shana's selfie outside Cinnamon Snail*

in fact, with over 30 ingredients, the challenge turns out to be to find the ingredients in order to get started. Shukatruck is another great vegetarian food truck, selling Shakshuka, a middle-eastern egg and tomato dish, in rolls. Since January 2015 Cinnamon Snail has unfortunately closed, but they do pop up every so often at foodie events around NYC and so it's worth checking out if they are likely to be open when you are there.

On other forays to New York I have come across vegetarian and vegan Chinese (Mott Street in Little China), Korean, Indian and American food. So whether you're off to see the Empire State Building, watch a show on Broadway or wander around the Met, don't forget to think about where you are going to eat... in NYC there's plenty! 🍎

## FLOWER POWER

**D**iet and nutrition advisor Maya Segal introduces us to eight flowers you can add to your salads...

Flowers are a very exciting ingredient to add to our salads - straight from a large garden or modest windowsill. Not only will flowers make any salads look extraordinary and fun, but flowers are flavourful, nutritious and healthy.

Historically, fresh flowers have always been used. Rose petals in India, daylily buds in China, violets in Rome, and squash blossoms in Spain.

Today, over 20,000 types of plants have been labelled as 'edible'. We eat only a tiny fraction of these.

What a fantastic and easy way to increase variety in our diet by using some of the 42 edible flowers that can be easily grown around us. Once the flower appears, the plant's energy resources become more dedicated to flowering than growing the leaf. This means that the energy in the flower is extremely intense and powerful.


### HOW ARE FLOWERS GOOD FOR OUR HEALTH?

Flowers are natural plant foods containing valuable nutrients. Here are 8 common flowers that are easily found and easily grown that make a delicious addition to any salad:

**ROSE PETALS** contain bioflavonoids and antioxidants, as well as vitamins A, B3, C and E. Some variety of roses taste like sweet strawberries, while others taste slightly sour or spicy. In general, the darker the rose, the stronger its flavour.

**CALENDULA / MARIGOLD:** A very common English flower and a great flower for eating. Calendula blossoms are peppery, tangy, and spicy — and their vibrant golden colours add a special *je ne sais quoi* to any dish.

**DANDELIONS** contain numerous antioxidant properties and flavonoids, including four times the beta carotene of broccoli. They're also a rich source of vitamins, including folic acid, riboflavin, pyroxidine, niacin, and vitamins E and C.



**NASTURTIUMS** are a very common edible flower with an amazing mustardy flavour. They contain cancer-fighting lycopene and lutein, and a carotenoid found in vegetables and fruits that is important for healthy vision.

**VIOLETS**, like the ones planted by our gardening team outside our JVS office, contain rutin, a phytochemical with antioxidant and anti-inflammatory properties that may help strengthen capillary walls.

**BASIL BLOSSOMS** come in a variety of colours, from white to pink and lavender. The flavour is similar to the leaves, but much milder.

**ALLIUM:** All blossoms from the allium family (leeks, chives, garlic and onions) are edible and flavourful. Flavours range from delicate leek to robust garlic. Every part of these plants is edible. Chive blossoms (the purple flower of the chive herb) contain vitamin C, iron and sulphur, and have traditionally been used to help support healthy blood pressure levels.

**LAVENDER** contains vitamin A, calcium and iron, and is said to

benefit your central nervous system and perhaps improves perception.

Be cautious. Start slowly when eating flowers because they can have very powerful effect. Flowers are tiny but they have a powerful punch, especially if they're new to your diet.

Introduce them sparingly at first to avoid any potential digestive upset or allergic reactions. This is especially important if you have allergies to pollen, as eating flowers may exacerbate your symptoms. Even organic, high-quality edible flowers can cause an unexpected reaction in some people.

Try them one at a time and in small amounts to see how your body is going to react.

Important note: most flowers from a florist, nursery or garden centre are not edible, as they have most probably been heavily treated with pesticides. The same goes for flowers you find near a roadside or in any garden that has been treated with chemicals.

You must stick to organically grown flowers, or those you grow yourself without pesticides or herbicides.

## Gardener's Corner: Summer 2015

The question is often put to me “how do you make such good compost?”. I have heard from so many gardeners conflicting reports of how they have been instructed to do this. Some of these accounts involve lengthy and complicated processes, such as covering up containers with old carpet or even something more solid.

Some say they turn over the contents of their bins to accelerate decomposition and others buy expensive substances to apply to the material to get the process started. Many speak of the whole process taking at least a year or possibly longer.

Here is how we do it: 38 years ago I constructed 4 bins. These have 4” x 4” posts at each corner to which are nailed boards, each one with a half inch gap to allow air to enter. The dimensions are approximately 4’ by 4’ and are 5’

high. The front is open but allows for further boards to be slotted in to form a front to retain the material inside these to build up as the pile of contents grows. There is no cover and none is needed.

Into these bins go all non-woody material, which includes garden weeds, (we exclude convolvulus and ground elder) lawn mowings in the summer, garden plants which are spent when we change the borders, vegetable tops such as carrots leeks and brassicas, and all root crops as well as the spent pea and bean haulms, (once the crop has been harvested), the only vegetable top not used is the potato, as this might spread potato blight.



*Sweet peas in all their glory*

As the layers build up, the microbes naturally get to work to generate heat. The gaps in the boards let in the oxygen which encourages the process. After six months the contents will be ready to spread on the borders and vegetable plots and

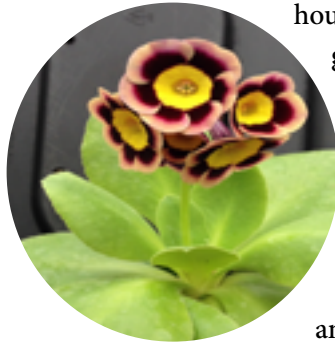
the bins refilled with fallen leaves in the autumn as well as late vegetable waste. The benefit to the garden is to help break up heavy or clay soils. It adds nutrients which the previously growing matters have drawn up from deep in the subsoil or absorbed from the atmosphere, such as nitrogen.

The texture of the soil changes and improves from year to year as the organic matter incorporates and lets air into the ground and encourages earthworms, which themselves are great gardeners, with their underground galleries and their pulling in the compost material. This encourages our feathered friends who are on the hunt for a juicy feed.

Over the years, we have transformed a heavy clay soil into a friable fine tilth, capable of absorbing and holding the rain, which used to just run off it.

Our four bins are filled and emptied twice a year and the garden flourishes

as a result, providing us with wonderful crops of vegetables and masses of gorgeous flowers and fruit. Jobs for the present include dead heading the flower heads as these go off. This prolongs the summer blooms. Keep picking sweet peas, they look and smell lovely in the house and make wonderful gifts for friends.



*Auriculars in bloom*



*Potato harvest*

The early potatoes can be harvested, at first just a few roots a time. The flavour of these is unbeatable compared to any bought from a shop. Pick peas and broad beans and summer greens. Shallots and lettuces are now ready and in the greenhouse, cucumbers and the first tomatoes.

Courgettes planted out towards the end of May are fruiting well and add to delicious fresh veg meals. How lovely to enjoy the bounty of the garden and share its generous produce as surpluses will inevitably arise.

Being active in the garden will keep us fit and well in mind and body.

# HEALTH

**I**n this, the second instalment from diet and nutrition advisor and JVS member Maya Segal, it is the turn of the energy vitamin B12.



Also known as cobalmin, first identified around 100 years ago), B12 is the only vitamin with a trace chemical element, cobalt, within its molecular structure. Humans and all vertebrates require cobalt, which is taken up out of the earth and into the body by a process which uses vitamin B12.

Vitamin B12 is an especially important vitamin to look at for vegetarians and even more so for vegans. Why? Because the effects of a B12 deficiency are dire, and because nearly every modern source

of B12 is animal-based.

First, let's take a quick look at what happens if we don't have enough B12. Our energy levels can go right down. We can become pale, feel apathetic and un-motivated with a general feeling of lethargy, fatigue, and physical weakness. And, even more worrying, a person can begin to have a lack of mental clarity and understanding, with memory problems.

Dementia and Alzheimer's have been linked to B12 deficiency, as have neurological imbalances that mimic serious mental illnesses. In older people, a lack of B12 can increase the risk of bone fractures in men, and osteoporosis, in women. Also, in older people B12 deficiency can be mistaken for signs of 'aging' such as a general haziness, shaky hands and easy bruising.

The reason it is essential to keep an eye on our B12 intake and be aware of any of the aforementioned symptoms is because a B12 deficiency in the body is difficult to detect, even when tested.

B12 is stored in the liver, kidneys and other tissues deep within our bodies, and it exits the body slowly. This means that it can take up to seven years to identify a B12 deficiency. By this time it may be too late to fix. People over the age of 50 can have an



impaired B12 digestion process without knowing about it. Therefore it is extremely important to examine the nutrients in our diet to make sure we are getting enough B12 and to be on the lookout for possible early deficiency symptoms.

For vegetarians the most common recommendations for a good B12 input are eggs, and dairy products. Generally, servings of eggs, milk, yoghurt and cheese are enough from natural sources; topped up by fortified cereals. We have the opportunity here to consider our B12 intake from an ethical perspective.

The origin of B12 is related to cobalt in the soil, which is eaten by animals. Grazing animals normally take up the cobalt from the soil in the plants they eat, and this forms the base for B12 which is manufactured by bacteria in the animal's gut. Factory farmers regularly add B12 to the supplemented feed or inject it.

For vegetarians this is a very important point. I believe it is important to know from which farm our animal-based products are sourced from and check on the soil Cobalt levels. If we can see our eggs and dairy products are from free-ranged organic-fed animals with a healthy natural feed, grass and pasture the chances are our B12 intake will be fine, and the animal sources of our products are humanely

treated. Even if factory farmed mass producing animals claim to add a B12 supplement, should we really support them in such an unnatural way of treating animals?

For vegetarians who cannot find a humane source of eggs or dairy products, a good quality B12 supplement is a practical solution to look at. However, care must be taken with supplements as the size of the B12 molecules make it difficult to digest. And, at the age 50+ there is also a risk of bad absorption rates of B12 due to there being less hydrochloric acid in the stomach.

The best method to take a B12 supplement is via a spray. This is sprayed under the tongue, thereby directly entering the bloodstream. Be careful to use only the best quality you can afford, such as the one sold on the Dr Mercola online store. Otherwise find a really good health store with a knowledgeable proprietor, and see what they recommend.

B12 input is vital. Our brightness, sparkiness, energy, vitality, alertness and ability to get up and go; as well as a sprightly second half of our lives all require it.

# New books



## VANILLA BLACK

By Andrew Dargue

Hardback £24.99, published by Saltyard Books

From the start, Andrew and Donna's rule was no pasta bake and no vegetable curry. They set up Vanilla Black as a restaurant with a mission - to reinvent expectations about what it means to eat vegetarian food. It's all about the flavour, the first bite that intrigues, the surprising, the unusual, the recipes your friends will want to steal. From Jerusalem artichoke, white wine and thyme pie to a reinvention of classic tomatoes on toast, from Savoy cabbage pudding to broad bean and lemon cheesecake, from smoky baked beans to Marmite new potatoes, and from parsnip cake with Horlicks frosting to cherry Bakewell tart with marzipan custard, this surprising and inventive cookbook will change the way you think about food - and leave you wanting more.

## WIN THESE BOOKS!

We are giving away one copy of each of these three new books. To enter: simply email [info@jvs.org.uk](mailto:info@jvs.org.uk) with the title of the book you'd like to win & your name by 15th July 2015.

\*prize winners must be based in the UK. Winners will be notified via email shortly aft.

## EASY VEGAN

By Sue Quinn

Paperback £14.99, published by Murdoch books

With 140 tempting recipes for delicious non-dairy milks, warming soups and mains, salads and pastas, burgers and sweet things, *Easy Vegan* has your vegan options covered. Discover how to 'veganise' a traditional recipe by swapping key ingredients for plant-based, healthier alternatives, without compromising flavour. Featuring detailed cooking instructions and preparation tips, *Easy Vegan* is the perfect cookbook for everyone keen to incorporate more fresh, nutritious, plant-based foods in their diet and create inspiring meals for family and friends.



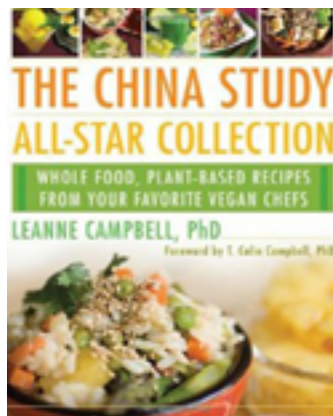
## THE CHINA STUDY ALL-STAR COLLECTION

By Leanne Campbell PhD

Paperback £16.99 - Published by BenBella Books

Following her bestselling *The China Study* cookbook, Leanne Campbell brings together top names in the plant-based community to share their favourite and the most delicious recipes.

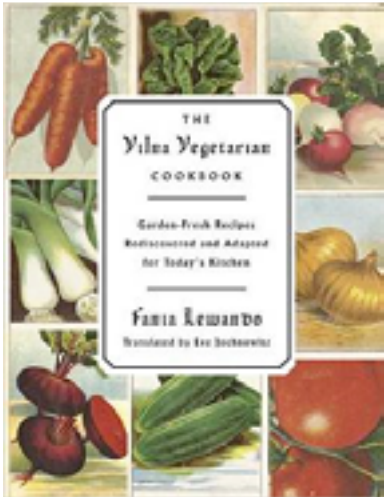
All of the recipes follow the nutritional standards set forth by *The China Study*. With a foreword from Dr. T. Colin Campbell, coauthor of the bestselling *The China Study*, this book is the ultimate plant-based cookbook for healthy and savoury eating.



## THE VILNA VEGETARIAN COOKBOOK

By *Fania Lewando*

Hardback £22.00, released June  
2015 - available from *kuperard.  
co.uk*



Beautifully translated for a new generation of devotees of delicious and healthy eating: a groundbreaking, mouthwatering vegetarian cookbook originally published in Yiddish in pre-World War II Vilna and miraculously rediscovered more than half a century later.

In 1938, Fania Lewando, the proprietor of a popular vegetarian restaurant in Vilna, Lithuania, published a Yiddish vegetarian cookbook unlike any that had come before. Its 400 recipes ranged from

traditional Jewish dishes (kugel, blintzes, fruit compote, borscht) to vegetarian versions of Jewish holiday staples (cholent, kishke, schnitzel) to appetizers, soups, main courses, and desserts that introduced vegetables and fruits that had not traditionally been part of the repertoire of the Jewish homemaker (Chickpea Cutlets, Jerusalem Artichoke Soup; Leek Frittata; Apple Charlotte with Whole Wheat breadcrumbs). Also included were impassioned essays by Lewando and by a physician about the benefits of vegetarianism.

Lewando's cookbook was sold throughout Europe. Lewando and her husband died during World War II, and it was assumed that all but a few family-owned and archival copies of her cookbook vanished along with most of European Jewry. But in 1995 a couple attending an antiquarian book fair in England came upon a copy of Lewando's cookbook.

Recognizing its historical value, they purchased it and donated it to the YIVO Institute for Jewish Research in New York City. Enchanted by the book's contents and by its backstory, YIVO commissioned a translation of the book that will make Lewando's charming, delicious, and practical recipes available to an audience beyond the wildest dreams of the visionary woman who created them.

# Consumer Corner

## MERIDIAN NUT BUTTERS

Packed with energy and using no palm oil (to support the environment and our primate friends) Meridian's range of naturally tasting nut butters offer 100% nuts and are a nutrient-rich tasty choice to support a healthy lifestyle. Great for mums looking to feed their families healthy meals and snacks; perfect for the health conscious (e.g. clean-eating, paleo diet fans) and a go-to product for those with specific dietary needs (suitable for vegetarians and vegans), the Peanut, Almond and Cashew nut butters are made in North Wales and packed full of nutty flavour. [[meridianfoods.co.uk](http://meridianfoods.co.uk)]



## LOVESNIFFYS NATURAL DOG TREATS

Each one of our treats has specific health benefits and all are dehydrated rather than baked - this means the nutrients are not lost in the high temperatures that baking requires. All of our treats have less than 5% fat and are handmade by us in the UK with only the freshest ingredients. Everything we produce is gluten free as well as hypoallergenic. We even eat dog biscuits. Yes, that's right, we personally test everything ourselves. If it's not good enough for us then it's not good enough for your dog. All our treats have absolutely no artificial colours, flavours or preservatives. Our bites are also all vegetarian, are almost entirely British grown and use no animal by-products. [[lovesniffys.com](http://lovesniffys.com)]



## 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. JVS has been a member of the Jewish Social Action Forum since 2013.

## Become a member

The Jewish Vegetarian Society is an international movement and membership is open to all. Annual subscriptions are £12/\$20 (single) and £15/\$25 (family). Life membership is £200/\$320 (single) or £300/\$480 (family).

To find out more and to sign up for membership, please visit [jvs.org.uk/member-signup](http://jvs.org.uk/member-signup) or phone 020 8455 0692.

Membership benefits include:

- JVS quarterly magazine, including delivery
- Exclusive prize giveaways
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- Free access to our community library

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