

# The Jewish Vegetarian



"MIZRACH" -see article page 18-19

No. 155 December 2005 Kislev 5766 £1.50 Quarterly

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

**The Official Journal of the Jewish Vegetarian and Ecological Society Founded by Philip L. Pick. Registered Charity No. 258581 (Affiliated to the International Vegetarian Union)**

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**JVS MAGAZINE**

**Editor: Shirley Labelda**

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**CONTENTS**

Why a Jewish Vegetarian Society?	3	Cookery Corner	20
Turning Words Into Deeds	4	World Vegan Day	27
Society News	5	News from BUAV	28
Dear Sir	7	Points of View	32
Report from Orr Shalom	8	Travel	36
Oil & Vinegar Wins Gold	10	Vegetarian Society Awards	38
Acne and Food	12	New Coffee Carries Fairtrade Mark	39
Consumer Corner	14	Gardeners' Corner	42
Poem	17	Book Reviews	44
Mizrach	18	Classified Advertisements	50

# WHY A JEWISH VEGETARIAN SOCIETY?

Because of the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of flesh foods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era. "When they shall no longer hurt nor destroy".

**Support the International Jewish Vegetarian Movement  
- a worldwide fellowship**

**The JVS is an International Movement and  
Membership is open to everyone**

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

- A.** Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- B.** Non-Vegetarians who are in sympathy with the Movement.

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.  
Please state whether 'A' or 'B' (above)

Name (in full – clearly) Tel. No.  
Address (clearly)

Occupation Fee enclosed £

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of £ . . . . .
2. I would like to 'Covenant' my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).  
Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

### THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.

### DONATIONS RECEIVED

We wish to thank all those who send in donations towards the Society's funds. Although items £3 and under are not listed to save expenses, all are appreciated and put to good use.

£15 Ms J.R. Moseley, Birmingham. £10 Mr. R.R. Chigwell, Essex.  
 £10 Mr. E.H. Northwood, Middlesex. £5 Mr. M.L. Ilford, Essex.  
 £5 Mrs. L.M. Leeds. \$20 Ms R.S. NY. USA.

### BUILDING FUND DONATION – LONDON HQ.

£25 Anonymous. £10 Mr. R.F. London NW7. In memory of Julius Frank.  
 \$18 Rabbi S.S, PA. USA. \$15 M. & L. L, AZ. USA.

### FRIENDSHIP



### HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa. POB 80.

DN Safon Yehuda 90830 Tel: (972) 2 5337059 ext 112. Visitors are always welcome.

**A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you.**

### DONATIONS RECEIVED:

£50 Ms E.M. Da C. Kidderminster, Worcs. £24 Ms E.J. Hackleton, Northampton. £20 Ms J.R. Birmingham £8 Mr. J.R. London N6. \$10 Mrs. E.H. IL. USA.



*Hilda Pinkerton (fourth from right) who offered her home for the meeting and made us tea, with Bee Klug MBE (third from left) and Ros Berzon (second from right).*

## **APOLOGY**

**In the September issue of the JV we inadvertently made the following errors in the report from The Wessex Jewish Vegetarian Group and would apologize not only to the group, but also to Mrs Bertha (affectionately known as 'Bee') Klug MBE**

1. Bee celebrated her 85<sup>th</sup> Birthday and not 75<sup>th</sup> as stated.
2. Bee first tried 'Nature Cure' in 1969 and not 1950 also as stated.

We would like to mention that Bee is one of our founder members, originally joining in 1970 and became a Life Member of the Society in 1972.

The Wessex Jewish Vegetarian Group will be holding a Chanukah Party, with the lighting of the Chanukah candles on Wednesday – 28<sup>th</sup> December 6.00 – 9.00 pm. Everyone coming will need to bring a "veggie" dish.

Once again apologizing for the errors and trust the Wessex Jewish Vegetarian Group will go from strength to strength. We look forward to receiving reports on their activities.

**Further information can be obtained direct from Ros Berzon – 07715 419 193. Leaving your name and telephone number.**

## SOCIETY NEWS

### **PRELIMINARY NOTICE**

**The International Jewish Vegetarian Society's  
41<sup>st</sup> ANNUAL GENERAL MEETING  
will take place on Sunday 26<sup>th</sup> March 2006  
at 3.00pm**

**Full details will appear in the JV March 2006 issue.**

**New IJVS E-mail Address  
jewishvegetarian@onetel.com**

### **WESSEX JEWISH VEGETARIAN GROUP**

Dear Readers

Is there any reader interested in belonging to a 'Wessex Jewish Vegetarian Group?'

(We would be affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green, London NW11)

We could meet, say, four times a year – Spring – Summer – Autumn and Winter for socials, picnics, walks, talks and exchange of recipes.

I am inviting all ages to join. If you are interested, telephone

Rosalind Berzon – 07715 419 193  
Leaving your name and telephone number.

**Looking forward to meeting friends we have yet to meet!**

**N.B. We are now planning a Chanukah Party for December 2005.** Bring your favourite vegan/vegetarian dish!!

# DEAR SIR

Dear Editor,

I am sorry I did not respond earlier to the critical comments about myself, made by a correspondent in the September 2004 issue of The Jewish Vegetarian.

Your correspondent took issue with a statement I had made in an Australian Jewish periodical that while an excellent case can be made for vegetarianism in Judaism, we should not go so far as to say that meat-eating is a sin.

The fact is that countless great Jews, known for their piety, sensitivity and compassion, have been and are meat-eaters, and the long halachic tradition recognises and makes provisions for and regulations about meat-eating.

Non-meat eaters have neither the right nor the responsibility to declare meat-eaters to be sinful. Indeed, if abstaining from meat is a mark of compassion for animals, should we not extend at least equal compassion towards human beings whether or not they share the non-meat eating commitment?

It would be most unfortunate if Jewish vegetarians allowed themselves to turn to heresy-hunting.

Yours sincerely,

Rabbi Raymond Apple A.O., R.F.D.



**We recently received correspondence from Ian Lee who now resides in Bangkok Thailand. Ian has been a member of the Society for many years and was one of the members who originally started our Milk & Honey Singles Group.**

**He would be happy to hear from fellow members who may be planning a visit, as he states there are several excellent veggie options. So why not email him, I am sure he will be pleased to hear from you. Email: [ianmlee27@yahoo.com](mailto:ianmlee27@yahoo.com)**

## **DATELINES**

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.

# REPORT FROM ORR SHALOM

## REPORT FROM ORR SHALOM

**We received the following report from Orr Shalom, but unfortunately it arrived too late for inclusion in our September issue. Nevertheless we thought our readers would like to know what Orr Shalom is all about and are therefore printing it in its entirety as was received by us.**

Dear Friends,

Summer has arrived, heat-waves are engulfing the country, and it seems the temperatures are rising everywhere. School is out, the official summer holidays are under way and for us at Orr Shalom it's time for our end of year assessments for the children as well as for the staff.

In every one of our homes and programs, Orr Shalom's professional staff sit and assess every child's case. Has he or she made progress, is their psychological treatment achieving results, how are they doing at school, have we managed to strengthen the connection with the biological parents, what should we focus on, what course should the treatment take next year, are we still able to find suitable answers for each and every one of our children.

This is not an easy or simple task; sometimes progress can be measured by the ability to smile or simply by the willingness to accept help or love. Overall, the picture we are proud to report on is one of real, meaningful progress on all fronts. The Ministry of Social Affairs has developed a "Therapeutic Measurement Scale" to help assess the children's development. It is very encouraging to learn that Orr Shalom is one of the organizations showing measured significant progress in most aspects of our children's lives.

As I am sure you have heard we recently celebrated "25 years to Orr Shalom". It was a wonderful event, over 220 guests, dignitaries and friends from all over the world came to share with us this special landmark in which we grew from one home with 9 children in Jerusalem to 1100 children in a variety of homes and programs throughout the country. We continue to receive great feedback from people who were there on that wonderful evening, and we have added many new names to our family.

This year, 54 of our children are graduating from our homes, having turned 18. Of these, 40 will join the army, 2 will begin National Service (Sherut Leumi), 5 will go home, 4 to other programs, and 3 will begin in their education or find employment. Six of these children, who have no family



# REPORT FROM ORR SHALOM

backing whatsoever, will become a part of our **graduate program**. It is amazing to see how many of these children, who came to us at a tender young age, so abused and troubled, can now begin their adult lives in the army or as responsible young adults.

One of these graduates is Eli.

When Eli first joined our home in Eilat, he was like a street boy, delinquent with a tremendous amount of behavioural difficulties. His mother had died suddenly, his father was unknown to him, he was living with his 20 year old brother, who suffered from mental problems and during regular attacks of anger would brutally beat him. After years of intensive therapy and work, he graduated from high school with excellent matriculation results, and has now joined the Israeli Army as a fireman in the air force. Eli recently came back for a visit to his Orr Shalom home in Eilat and told us that we saved his life. Our eyes welled up with tears and pride as we send Eli down the path to a normal full life.

As part of our assessment, I had a meeting with the National Service Girls who will be leaving Orr Shalom after spending a year or two virtually being the younger house mothers. These girls are the house parent's salvation they are in the homes at least 8 hours, day in and day out, offering constancy, reliability, support, love and the benefit of their youth to all. They told me how this past year has been the most meaningful year of their lives. And for most of them, the most significant part of this experience was their working with a wonderful team – the house parents, social workers and psychologists. They all stated that Orr Shalom is an incredible place for children who are unable to live with their biological families.

As I mentioned earlier, summer holidays are here. In August, those of our children who can will go back to their extended biological families for the holiday. For the others, and this number is growing, we have been operating a special summer program in partnership with the Yemin Orde Youth Village. We constantly seek more and more funding for this wonderful project.

We use this time when the children are away on holiday to renovate and refurbish our homes – a new set of paint, new furniture to replace the broken ones, new sets of bedding and linen, toys and books, everything needed to make sure that when the children return, a warm and loving home awaits them.

This summer, we will be saying farewell, but not shalom, to some of our staff. Amongst them, Eileen Steinberg, whom, as many of you know, has been

# REPORT FROM ORR SHALOM

with our Orr Shalom development team for the last seven years. Another not-for-profit organization offered Eileen a new challenge, a wonderful position. Eileen will always be part of us, supporting in whichever way she can. We thank her for her many years of devotion. Shai, Debbie and Keren will continue to forge forward in opening as many doors as possible for our children.

I hope you had a lovely summer and if you plan to come to Israel, please make sure you call us first. Thank you for your kind support.

Best regards.

Haim Feingold.



## OIL & VINEGAR WINS GOLD

### OIL & VINEGAR WINS GOLD IN GREAT TASTE AWARDS



Oil & Vinegar has won three Gold Awards in the prestigious Great Taste Awards, organised by the Guild of Fine Food Retailers. The Great Taste awards attracted 3,878 entries and each one was subjected to rigorous judging by teams of experts including buyers, journalists, writers, critics and chefs. Over 170 classes were judged regionally and nationally to ensure that each entry was judged like for like, with every food having been decanted and blind-tasted by over 200 judges.



Oil & Vinegar won Gold for its Arbequina Extra Virgin Olive Oil from Spain and Orange Flavoured Fig Spread from Croatia. In addition it won Bronze Award for its Apple Balsamic Vinegar which comes from Australia.

# OIL & VINEGAR WINS GOLD

The Great Taste Awards are the most prestigious gourmet food awards in the UK, and arguably the world. Organised by the Guild of Fine Food Retailers, the Awards have carved a reputation over the last decade as the acknowledged accreditation for all speciality food and drink.

Oil & Vinegar is fast becoming the new name in gourmet food retailing. With a passion for taste which is evident from the moment you walk into an Oil & Vinegar shop, a delectable array of culinary gifts and out-of-the-ordinary ingredients greet the senses, with at least 30 different products being on display for tasting, and help on hand from friendly and knowledgeable staff. Oil & Vinegar started its innovative culinary concept in Holland in the late 90s and now boasts over 100 stores in 12 different countries. Over the last two years Oil & Vinegar has opened 20 stores in the UK, extending from Brighton and Canterbury to Newcastle and Glasgow; and from Bath and Bristol to Birmingham and Manchester.

As a culinary gift shop Oil & Vinegar specialises in Mediterranean products with hand made pastas, oils and balsamics from Italy, olives stuffed with paprika from Greece, wonderful extra virgin olive oils from Spain as well as beautifully crafted ceramics from Portugal. In addition there are culinary delights from Holland and the USA, and some amazing spicy sauces from South Africa and exciting specialities from Australia.

**Commenting on the awards, John Scott, Retail Director for Oil & Vinegar UK said: "To win an award is great news, but to win three golds and bronze is fantastic and it underlines the importance we attach to bringing the very best products to the marketplace. This is the first time we have entered the Great Taste Awards and we look forward to competing again next year, bringing new ideas to the table".**



## NOTICE

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

# ACNE AND FOOD

**We received the following article from Dr. David Ryde MB, BS, FRCGP, (one of our Committee Members) and decided to reproduce same in its entirety.**

The consensus of dermatological opinion is that acne is unrelated to diet. However, it is not an uncommon experience that should an acne sufferer go Vegan, within about a month his /her acne might diminish or even disappear.

I suggest that an excess of fat or traces of steroid hormone in the diet might be responsible, and it has also been suggested that comedogenesis might be related to a deficiency of linoleic acid.

Acne may occur in the newborn, in adolescence, with oral contraception and with steroid therapy – situations which are all associated with a hormone surge within the body. Vegan nutrition may aid recovery from acne because it is free of any animal product, low in fat and contains adequate amounts of linoleic acid.

I conducted a small trial in which 25 young and clear skinned patients were matched against 25 acne sufferers who had consulted for other reasons. All were asked, without explanation, which of the four food groups which constitute human nutrition they preferred:

- meat and fish
- fruit and vegetables
- dairy and egg products
- cereals

Responses were graded as 'nought' if the choice for a particular food was modest to average, or 'one' for a strong preference. Of those with acne 15 out of 25 indicated a preference for animal products, (cheese being a favourite) and of those with a clear skin; only one indicated a marked preference for animal products. Though a crude and subjective trial, the disparity between one and 15 does suggest a cause and effect relationship.

If the acne patients had all adopted veganism, confirmation or refutation of the hypothesis should soon have been evident. But patients had not consulted about acne and only a minority were prepared to adopt a full food change, so conclusions were not possible and impressions only were gained. Those impressions however, and further experience, suggested to me that a correlation does exist between food and acne.

Outside of the trial some older patients with facial evidence of former acne also expressed a preference for animal products. Others noticed their skins

# ACNE AND FOOD

had cleared when, for ethical or weight-reduction reasons they reduced or stopped their consumption of animal and dairy products. This last group included a local chemist and the wives of a dentist and a radiologist.

I discussed their matter about five years ago with Mrs. Sylvia Lewis a prominent and innovative electrologist with over 30 years of experience. Since then Mrs Lewis has suggested an approach to vegan nutrition she estimates to several hundred clients in her several clinics. In her words the results were 'astonishing'. An example she quoted was of a client with severe acne who always wore a wide-brimmed hat and walked with head bowed. She was advised on dietary matters and when next seen four months later the only evidence of acne was residual facial scarring. Admitted to hospital shortly after and resuming traditional foods her acne recurred, only for it to remit after discharge on resuming vegan food.

Interestingly Mrs Lewis' clients responded much more eagerly than did my patients, to her nutritional suggestions presumably because their motivations were higher, having already consulted about their appearances.

The vegan food style, though seemingly alien to many people, would not seem so if human nutrition was compared to the nutrition of the other higher primates who are almost total herbivores. Indeed the design and function of all such primate digestive systems are closely related. Interestingly the recent NACNE (National Advisory Council for Nutrition Education) Consultative Report is a definite, though unintended step towards herbivory.

**ADDENDUM: Sometime after this article was written, a dermatologist informed me that research indicated that a 'low-fat' diet did not improve acne. I mulled over this fact until I recalled that a traditional low-fat diet meant reducing fat calories from about 35-40% daily intake down to about 30% and many of those calories were from saturated fat. Whereas my low-fat diet meant a dairy intake of about 10-15% fat calories and much of that being mono and polyunsaturated fat.**



## **IMPORTANT - AMERICAN & CANADIAN MEMBERS**

Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.

# CONSUMER CORNER

## START NEW TRADITIONS THIS CHRISTMAS

DELICIOUS MEAT-FREE RECIPES FROM THE VEGETARIAN SOCIETY

**Sponsor: Swedish Soft.**

As around half the population are seeking to reduce their intake of animal ingredients, saturated fats and cholesterol in favour of vegetarian, low-cholesterol and dairy-free diets, successfully catering for everyone at Christmas can seem confusing. Thankfully The Vegetarian Society has joined forces with Swedish Soft, the dairy-free alternative to cream cheese, to create a festively flavoured modern menu that everyone can enjoy. All the recipes feature in the free booklet **'New Traditions – recipes for a meat-free Christmas'** from The Vegetarian Society.

**Lime & Coriander Swedish Stars.** These stunning puff pastry stars, deep filled with a blend of creamy Swedish Soft and fresh lime and coriander pea pesto, make the ideal entrée for an elegant and indulgent festive feast.

Guests will love the main course of Smoked Bean Curd Medallions with Shiitake & Walnut Stuffing accompanied by Sesame Shredded Brussels Sprouts (sure to convert even the most vociferous sprout hater), Cider Glazed Root Vegetables, Black Pepper & Rosemary Hassle Back Potatoes and 'Sizzling Santas in Blankets' all served with a Rich Mulled Wine Reduction.

For pudding we predict that Fig Glace & Walnut Mince Pies with Smooth Vanilla Swedish Glace will impress even those who don't usually like mince pies, but the pièce de résistance has to be the Soft Caramel & Black Cherry Bombe with Hot Chocolate Sauce. This stunning dairy-free ice dessert will raise gasps of pleasure from everyone-especially when they learn that a second helping isn't out of the questions as Soft Caramel Swedish Glace contains only 5% fat!

"Cooking with Swedish Soft and Swedish Glace has been a revelation. Vegetarians, Vegans and anyone avoiding dairy products can now enjoy luxurious frozen desserts and 'soft cheese' style products that taste just as good as their dairy counterparts. What's more, The 'Swedish' range is cholesterol free, and you can buy it in all the major supermarkets."

**For the free recipe booklet 'New Traditions – Recipes for a meat-free Christmas' call The Vegetarian Society on 0161 925 2000**

# CONSUMER CORNER

## TWO NEW WINTER WARMERS FROM CAULDRON

### MUSHROOM BAKE

Keep the winter blues away by tucking into Cauldron's new Mushroom Bake, made with lashings of mushrooms, oats, and tofu and enhanced with onion, celery and carrot seasonings, herbs and spices.

Mushroom Bake is ideal and sustaining for those cold winter days, but its calorie count is surprisingly low at 234 kcal per portion (143g) because it has so many tasty, healthy and slow energy release ingredients.

Simply heat the Bake in the oven for around 20 minutes and serve with a colourful Greek salad on the side.

Available at major supermarkets, independent and health food stores with a recommended retail price of £1.99 per 285g pack

### CHEESE, LEEK AND POTATO GRILLS.

This is another new grill variety from Cauldron with a satisfying combination of cheese, leek and potato. Flecked with parsley and black pepper, it can be grilled or oven baked until golden brown. Try serving it on a bed of fine green beans, with a sprinkling of black olives, feta cheese, walnut halves and strips of char-grilled red pepper.

Also available at major supermarkets, independent and health food stores with a recommended retail price of £1.59 for a 175g pack containing two Grills.

**All Cauldron foods are GM-free and approved by the Vegetarian Society.**

### NEW ORGANIC FOOD RANGE FROM JULIAN GRAVES

UK specialist food retailer Julian Graves has launched a new organic food range in response to customer demand.

Available in its 254 stores nationwide, the Just Organic(!) range offers 13 products including nuts, seeds and dried fruit, plus organic caster sugar and crystallized ginger.

Endorsed by the Soil Association, the range contains no hydrogenated vegetable oil so it is free from trans fats. It is also free from artificial colours or flavourings.

## CONSUMER CORNER

Julian Graves' marketing director Alison Miles said "the range was launched in response to a growing number of requests from customers in the last 12 months. Devotees of organic food believe it is better for you as it is produced without artificial fertilizers and pesticides".

While research has shown organic food, which is not protected from bugs and diseases by pesticides, builds up its own immune system, this means it has more improved nutrients. Organic food is also more environmentally friendly as it doesn't use chemical pesticides or herbicides and organic farming methods and can help prevent soil erosion.

**The Just Organic! range is available at all Julian Graves' outlets, online at [www.juliangraves.co.uk](http://www.juliangraves.co.uk) or via mail order by calling 0845 602 4816.**



**Get some Cuban Sunshine in your life! Spirel Spirulina has now received the 'Seedling Symbol' seal of approval from The Vegetarian Society.**

Spirel Spirulina comes to you direct from sunny Cuba packed with protein, vitamins and minerals. With more than 65% protein, 58 times more iron than spinach, 25 times more beta carotene than carrots and the richest whole food source of Vitamin B 12, Spirel Spirulina is 100% natural with nothing added. It is a great way to detox and boost your immune system.

Although not all the products are vegetarian, the vegetarian range includes spirulina powder, tablets (with vitamin C and Ginseng) and capsules. There is a Spirel Spirulina product to suit every lifestyle.

**Spirel Spirulina is available in good health food stores (check which are in fact vegetarian) or can be ordered direct from [www.spirel.co.uk](http://www.spirel.co.uk) or Tel: 0871 7893560**



# POEM



## Look Ahead

In life you must look where you are going  
So fix your eyes on the road ahead  
And plan your future thoughtfully  
Since thoughtless beings lead the life of the dead.

Each person needs a history and a purpose  
We need to know who we are  
We also should know what we stand for  
Since in life we all tee-off from par.

Choose your goal objectively  
Be brave and make your decision  
After considering the confounding factors  
Then aim for it with precision.

Those who are successful in life  
Rarely win from luck  
Since serendipity is part of nature  
And with it the boldest are struck.

**By Dr David Ryde.**

# MIZRACH

## MIZRACH

By INGE SADAN ENGELHARD

Do you ever look closely at old photographs, sepia-coloured and stiffly posed, grandparents or even great-grandparents, and wonder what their lives had been like, their thoughts, their feelings and their dreams? Did they dare to have dreams? Or was it a life of drudgery, in "the old country" trying to make ends meet until the blessed arrival of Shabbat or Yomtov, when there was an atmosphere of tranquillity for a short time and a special effort had been made to prepare the festive meals. Were there even vegetarians by choice?



Chaim Yaakov & Rische Engelhard, 1930 Poland

My grandparents lived, as had their families before them, in the little township of Pruchnik, whose nearest real town was Lvov/Lemberg. In 1900 the total Jewish population there was 1,796, although to hear my father speak of it, it sounded as big as London, but without the latter's amenities.

The surrounding forests provided work for the more physically able as timber merchants, and some worked in the leather business, whilst others scraped a living as best as they could, as milk deliverers, water carriers and in general supplying the needs of each other.

Naturally, all the little boys attended Cheder, and by the time they were able to work, they were well versed in all the Jewish subjects that today would be learned in college. It was no great feat for them to speak German, Polish and Hebrew (with the Ashkenazi accent of course) with Yiddish as the mother-tongue. In the course of time, depending on the political geography, there could be further linguistic additions, like Hungarian and the various Slavic tongues.

My grandfather, who knew of my existence (born in Germany) but whom I had never met, sent my mother a Mazeltov letter, with my name painted in gold and wishing her, in flowery Yiddish, everything that could possibly bring her happiness with the advent of my arrival. I still have the letter. It seems that he had inherited the family tradition of being artistic, but not too financially practical. He loved to paint, and since his handwriting was beautiful, it seems he worked as a bookkeeper in the timber industry.

# MIZRACH

Any spare time was spent in painting and Hebrew calligraphy, and being a fond father to his eight (surviving) children, he decided to present each of them with two paintings to grace their homes. One was a Mizrach, which one hangs in an east-facing direction, so that it is easy to see which way to face when praying, useful in colder climates when the sun does not give any clues, and the other picture was of the counting of the Omer period, the seven weeks between Pesach and Shavuot, the first harvest as well as the giving of the Torah. Each picture was lovingly illustrated with the symbols of the traditions connected with the theme. Every time I look I find something new which I had never noticed before (a bit like my favourite Hendryk Averkamp winter scene, hanging in the National Gallery, London, and which always reveals new and fresh details). The art is certainly not to be compared to the Italian Masters, maybe more in the Grandma Moses style but more symbolic and with a love and understanding of his religious background. They are signed with the Hebrew date equivalent to 1924 and "from your father".

The legacy of these pictures were treasured by the recipients and found their way to Palestine (of 1935) France and Munich. My family's pictures did not survive the 5 years' wanderings of my parents during World War 2, but being very sentimental about the few possessions which did survive, I borrowed the original paintings which my Jerusalem cousins owned, had them copied, framed, and now I look at them daily with pride and love.

**A little P.S.** My grandfather died around 1933 and after two years, my grandmother immigrated to Palestine to live with her eldest son and his family in Jerusalem. I managed to get to know her when she was 97 and she told me the story of her betrothal and marriage. It seems that when she was 15 her father returned from morning prayers one day and announced that she was now a Kalah (bride). She was too embarrassed to ask who the lucky groom was, until much later in the day, when she was told, and was even pleased, as the two had known and played together as small children, and she liked him. Three years later when she was 18 and he 17 (!) they were married, and lived happily ever after.

The photo, certainly not Hampstead Garden Suburb surrounds, must have been taken at the Golden Wedding, as he was wearing festive garb and she had her coveted 5-row strings of pearls, also not everyday wear.

**As is written in Ethics of the Fathers: "Who is rich? He who rejoices in his portion, as it is said".**

# COOKERY CORNER



*Denise Phillips*

## FESTIVE RECIPES FROM DENISE

**I have selected a variety of festive and ideal recipes for this issue of the Jewish Vegetarian magazine. With Chanukah and the New Year so close together, family/friends entertaining will be on the agenda. All these recipes are simple to make and can be made in advance.**

### CHANUKAH DONUTS

Donuts are traditionally eaten during the eight days of Chanukah to celebrate the miracle of the oil in the Temple. We are told that enough oil for one day lasted for eight until fresh supplies could be found. We eat fried foods to mark this – not that these aren't delicious all year round!

Fillings such as jam and apple are popular but I prefer plain ones, dusted with sugar.

These should be made and eaten fresh. Makes: 25

#### Ingredients

1 sachet/1 tablespoon sachet dried yeast; 550g/4 cups strong white flour; 350ml/ 1 ½ cups warm water; 125g/½ cup sugar; 1 teaspoon salt; Dusting: 125g/½ cup granulated sugar; 4 tablespoons strawberry jam – optional; 1 litre/4 cups vegetable oil – for frying.

#### Method

- 1) Dissolve the yeast in the warm water and leave for 5 minutes.
- 2) Using a mixer, add the salt, sugar and gradually add the flour until you have a non-sticky dough.
- 3) Put in a lightly oiled bowl, cover with cling film and leave to rise in a warm place until doubled in size – approximately 2 hours.
- 4) Turn dough out onto a floured work surface. Cut dough into 25 pieces. Shape with floured hands and place on a lightly floured plate.
- 5) Leave to rise for 20 minutes.
- 6) Heat the oil in a deep – fat fryer to 190°C/375°F or a large deep saucepan.

# COOKERY CORNER

- 7) Carefully drop several donuts at a time into the hot oil. Cook for 3 minutes per side. Turn and brown on the other side.
- 8) Remove with a slotted spoon, place on a paper towel. Cool slightly.
- 9) If filling the donuts with jam, insert the point of a knife into one side of the donut. Put the jam in a piping bag and fill the donut.
- 10) To finish roll in sugar.

## CRISPY SAFFRON AND THYME POTATOES

**If you are looking for an impressive side dish, then this potato bake is the perfect solution as it presents the potatoes in an unusual way. It uses saffron, to provide a beautiful aromatic flavour and orangey red colour that penetrates the potatoes as it cooks. Saffron consists of dried stigmas of saffron crocus – it**



**– it takes about 80,000 hand picked crocuses to produce 500g of spice – so it is hardly surprising that it is the world’s most expensive spice! I recommend buying in small quantities and buying fresh as the aroma does weaken with time.**

**When cooking with saffron do not add directly to a dish – always infuse into hot water for at least 5 minutes before blending as this ensures its pungent flavour and vivid even colouring. Add the soaking water together with the threads. Never fry saffron in hot oil or butter as this will ruin the flavour. I have used large potatoes but unpeeled new potatoes are great alternatives and cook quicker.**

**Preparation Time:** 20 minutes **Cooking Time:** 1¼ hours

**Serves:** 6 people

### **Ingredients**

4 threads of saffron; 600ml hot vegetable; 12 medium-sized Romano or Desiree potatoes – peeled; 4 tablespoons olive oil; 2 cloves garlic – peeled; and finely chopped; 15g fresh thyme; salt and freshly ground black pepper – to taste.

## COOKERY CORNER

### Method

- 1) Pre-heat the oven to 190°C/ 375°F/Gas mark 5.
- 2) Soak the saffron threads in 2 tablespoons of the hot stock for 10 minutes and then stir in the remaining stock.
- 3) Cut the potatoes into thin slices, keeping the slices of each potato together.
- 4) Lightly oil a large ovenware dish. Place the potatoes in the greased dish fanning out the slices in a single layer.
- 5) Spoon the remaining olive oil over the potatoes and season with the garlic and thyme. Pour the hot saffron stock over the potatoes.
- 6) Bake uncovered for 1 – 1¼ hours basting 2 – 3 times until the liquid is completely absorbed and the potatoes are crisp and golden brown.

**To serve the stylish way: Sprinkle with some sprigs of fresh thyme and a little sea salt.**

### BAKED STUFFED ONIONS

**I came across this wonderful dish whilst I was in Venice this summer. I have adapted it with my favourite filling combination. Serve one onion as a starter and 2 for a vegetarian main course. It will work using red onions but the large white onions look more attractive and have a larger cavity to use for filling.**

**To alter the flavour but to maintain the tastes of Italy, vary the filling by adding tomatoes, capers and pine nuts. Make canapés with the same filling by adding it to small onions. These are great served in rows on fancy plates.**



**Onions are part of numerous dishes – in fact it is hard to find a savoury recipe that does not begin with ‘sauté the onions...’ They do add a distinctive flavour to the dish. Don’t peel them in advance as they lose their flavour quickly particularly red onions. There are endless old wives tales that offer the best advice to prevent crying during cutting. I do suggest cutting them near an open window and using a very sharp knife so the task is completed as soon as possible. A blunt knife is a dangerous knife as it can slip.**

# COOKERY CORNER

Can be parev. Can be made in advance.

**Preparation Time:** 25 minutes **Cooking Time:** 1 hour 15 minutes

**Serves:** 6 people

## Ingredients

6 large white onions – peeled – keeping the onion whole; 1 pound tin Borlotti beans – drained and rinsed; 4 slices bread; 2 tablespoons fresh parsley; 2 cloves garlic – peeled; 2 tablespoons olives – pitted; salt and freshly ground black pepper; 2 tablespoons olive oil. **Garnish:** 2 cups argula leaves; 6 tablespoons extra virgin olive oil; 1 tablespoon balsamic vinegar

## Method

- 1) Pre-heat the oven to 400°C.
- 2) Place the whole onions in a large saucepan of water. Simmer for approximately 15 minutes or until soft.
- 3) Whizz the bread, parsley and garlic in the food processor until well combined. Add the borlotti beans and olives and pulse gently to keep their texture. Season well with salt and freshly ground black pepper.
- 4) Drain the onions and cut in half horizontally. Carefully remove the inner rings.
- 5) Spoon the filling in to the prepared cavities.
- 6) Sprinkle with olive oil and bake for 1 hour.

**To serve the stylish way: Mix the argula leaves with the olive oil and balsamic vinegar. Place the cooked onion to the side of the salad and serve immediately.**

## DIP IT!

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

**Hummus and guacamole are my favourite dips and I like to accompany them with a colourful combination of**



## COOKERY CORNER

**crudités – carrots, peppers, asparagus, sugar snaps, mange tout etc. Hummus will keep for up to 4 days; however the guacamole is best served fresh and used on the day it is made.**

### HUMMUS

**Parev**

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

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

**Preparation Time:** 10 minutes **Cooking Time:** No cooking

**Serves:** 8 people

#### Ingredients

2 tins 14 oz/400g chick peas – drained and rinsed; salt and cayenne pepper; 2 cloves of garlic – peeled and crushed; juice of 1 lemon; 3 tablespoons tahini – (sesame paste); 4 – 6 tablespoons olive oil. **Garnish:** Olive oil, chopped parsley and olives

#### Method

- 1) Put the chick peas in a blender or food processor with the lemon juice and work to a smooth puree.
- 2) Add the tahini paste and add all but 2 teaspoons of the olive oil, the garlic and seasoning.
- 3) Blend until smooth. Check the seasoning and adjust accordingly.
- 4) Spoon in to a serving dish.

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

### GUACAMOLE

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

**Pesach friendly. Parev.**



# COOKERY CORNER

**Preparation Time: 15 minutes** **Cooking Time:** No cooking

**Serves:** 6 people

## Ingredients

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

## Method

- 1) Prepare the tomatoes by plunging them into a bowl of boiling water for 2 minutes. The skins will peel off easily. Halve the tomatoes, discard the seeds and roughly chop the flesh.
- 2) Halve and stone the avocados and reserve the stone. Mash the avocado flesh in a bowl with the lemon juice. Stir in the chopped tomatoes, spring onions, chilli, garlic and Tabasco sauce.
- 3) Season well and place in a serving bowl. Push the avocado stone in to the mixture. Cover and refrigerate until ready to use.

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

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

**For more information about my recipes or to purchase my book: The Book of Jewish Cooking, \$12.00, published by Salamander Books, log into [www.jewishcookery.com](http://www.jewishcookery.com)**

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

# COOKERY CORNER

## LEARN TO COOK – THE STYLISH WAY

**My popular Cookery Demonstrations are the ideal, yet informal way of adding to your cookery skills. These comprehensive “hands-on” classes, presented in her trademark simple but stylish manner, will enhance your love of food and add to your cooking repertoire. Pick a theme and see the difference it will make. Choose from:**

Wednesday	7 December 2005	Quick and Stylish Entertaining
Thursday	8 December 2005	Quick and Stylish Entertaining

### 2006

Wednesday	25 January 2006	Light and Easy Cooking
Thursday	26 January 2006	Light and Easy Cooking
Wednesday	22 February 2006	East Meets West – Fusion Food
Thursday	23 February 2006	East Meets West – Fusion Food
Wednesday	8 March 2006	Express Dinner Parties
Thursday	9 March 2006	Express Dinner Parties
Wednesday	22 March 2006	Pesach Baking

**Venue:** Northwood, Middlesex  
**Time:** 10.00 am – 1.30 pm  
**Cost:** £50 per class. All materials provided  
**Booking:** Call Denise Phillips on 01923 836 456

## PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) has produced a new leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet.

Please go to [www.JewishVeg.com/jewishvegleaflet3.pdf](http://www.JewishVeg.com/jewishvegleaflet3.pdf) and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.

# WORLD VEGAN DAY



## WORLD VEGAN DAY:

### WHAT IS A 'TYPICAL VEGAN'?

**1<sup>st</sup> November was World Vegan Day –  
an annual celebration of all things vegan!**

This year, The Vegan Society asks vegans everywhere to help demonstrate that there's no such thing as a 'typical vegan'.

**'I've lost count of the number of times people have told me that I don't look like a vegan,'** says Vegan Society spokesperson Catriona Toms. **'I'd love to know who does! The reality is that vegans come in all shapes and sizes and from all walks of life – there really is no such thing as a typical vegan.'**

The Vegan Society calls on Vegans from all over the world to help smash the stereotype and celebrate vegan diversity by adding their photographs and personal profiles to a huge web-based montage at [www.worldveganday.org/gallery](http://www.worldveganday.org/gallery), which will be used to prove that anyone and everyone can be vegan.

Already we have body-builders, school teachers, entrepreneurs, musicians, journalists, botanists, TV producers, students, writers, bikers, fashion designers, babies, lawyers, full-time mums, rock climbers, shop assistants, politicians...

**The message is simple: if all of these people can do it, so can you!**

We'll be building a huge gallery over the coming year so any vegans wishing to celebrate vegan diversity should send pictures and profiles to [typicalvegan@vegansociety.com](mailto:typicalvegan@vegansociety.com) or call 01424 427 393 for more information.

# NEWS FROM BUAV

## **PLEDGE BY ANIMAL ORGANISATIONS WORLDWIDE**

Animal lovers throughout the UK will be delighted to hear that animal protection organisations from around the world, including the BUAV (British Union for the Abolition of Vivisection), RSPCA, PeTA, Humane Society US and German Animal Welfare society were united in calling for Governments and regulatory bodies to develop an international strategy to end experiments on primates.

A pledge has been signed by all animal protection groups attending the 5<sup>th</sup> World Congress on Alternatives and Animal Use in the Life Sciences in Berlin. It is a timely reminder of the plight of thousands of primates throughout the EU, adding weight to the BUAV's (British Union for the Abolition of Vivisection) Next of Kin campaign launched at the start of August. The campaign aims to achieve a ban on primate testing across the EU by highlighting the ethical concerns over their use, as well as the dubious science involved, and has the support of celebrities Heather Small, Alexei Sayle, sports presenter Helen Chamberlain, and actress Jenny Seagrove.

Around 10,000 non-human primates are used every year for scientific experiments in the EU, and the UK is the largest user after France. At the last official count over 3,000 non-human primates were used here (a rise of 20% on the previous year). All those procedures were liable to have caused "pain, suffering, distress or lasting harm".

However alternatives are available, and contrary to what those in favour of animal testing would lead the public to believe, less than 20% of primate use in laboratories is for medical research, 70% being for the profit of pharmaceutical companies. Ethical concerns and scientific doubts mean neither is justifiable.

**For more information or to receive the Next of Kin campaign brochure, please contact the BUAV press office on 020 7619 6978 or email [press@buav.org](mailto:press@buav.org)**

## **WORLD ANIMAL DAY**

**On World Animal Day (October 4th)**, we wonder how many of your readers spared a thought for the estimated 100 million animals used every year in laboratory experiments around the world. Even this figure is incomplete, as animals bred for research but later killed as 'surplus' are

# NEWS FROM BUAV

currently excluded from the statistics, and rodents in the USA are not even counted as animals!

No-one wants to see animals suffer, and your readers might think that most of the animals are used for medical research. In fact, less than 25 % of animal testing is for medical research.

And it gets worse! Millions more animals will die in Europe's largest ever mass animal testing programme if no changes are made to current proposals. The testing intends to assess the safety of thousands of chemicals in everyday objects all around us, but unless changed dogs and rabbits, as well as rodents and fish, will have powerful chemicals applied to their skins, dripped in their eyes and fed to them in huge and toxic doses. Alternatives are available however, and your readers can find out how to help by contacting us for more information.

And even though cosmetics testing on animals for cosmetics no longer occurs here in the UK, most brands sold here are still tested on animals elsewhere. So, even when shopping your readers can help reduce testing on animals, by looking out for our Humane Cosmetics Standard "rabbit and stars" logo to make sure that neither the product they are buying, nor its ingredients have been tested on animals.

Alternatively they can send off for an information pack to get involved with our primates campaign **Next of Kin** which opposes experiments on primates on both ethical and scientific grounds, and aims to ban their use in experiments throughout Europe.

We will be calling on the UK Government to support us in our mission, and letters from your readers to their local MPs can help us.

**For more information contact the BUAV on [info@buav.org](mailto:info@buav.org) or phone 020 7700 4888**

## **STATEMENT IN RESPONSE TO THE EUROPEAN PARLIAMENT'S ENVIRONMENT COMMITTEE VOTE ON 'REACH'**

We are delighted to hear that many of the amendments to REACH (the Registration, Evaluation, and Authorisation of Chemicals) that we were in support of, and in some cases helped to draft, were accepted at the European Parliament Environment Committee vote. We hope that the plenary vote in

## NEWS FROM BUAV

November builds on the foundations laid today. Should all of the amendments from today be accepted in the final legislation, the lives of many millions of animals will be saved, plus human health and the environment protected.

It is good news that measures to ensure mandatory data sharing were today supported, and are to be considered a condition for registration. This is particularly important as a large number of the substances to be tested under REACH are manufactured or imported by several companies, and in different tonnages, creating an enormous potential for duplicate animal testing.

And it is good news that the Chemicals Agency, ECVAM, and other stakeholders might be able to evaluate proposals for tests being put forward. This could ensure that modern scientific tests, rather than animals are employed.

Finally we are pleased to hear that parts of our proposed non-animal testing strategy were accepted in that substances produced in amounts of 1 – 10 tons and 10 – 100 tons should not incur animal testing. This could mean that over 20,000 of the approximately 30,000 chemicals will not be tested through animal means.

We thank the MEPs of the Environment Committee and rapporteur Guido Sacconi for their support, and invite the public to join our campaign against the use of animals to test chemical products, protecting animals as well as consumers.

**For more information about the BUAV, visit: [www.buav.org](http://www.buav.org), tel: 020 7700 4888 or email: [info@buav.org](mailto:info@buav.org)**

### CLOSURE OF NEW GUINEA PIG FARM

We welcome the fact that Newchurch Guinea Pig Farm is to close, but this is no “victory for animal rights” as the closure seems to have been mainly due to the violent actions and harassment done by a minority rather than a realisation that animal experiments should stop. In this case, there has been no fundamental shift in attitude and so guinea pigs and other animals will continue to be bred for the unethical and unscientific vivisection industry and continue to suffer in the hands of other suppliers.

We would prefer if the Government reviewed its attitude of blind support to animal experiments and for the media to stop confusing a few violent people with the peaceful millions who reject all violence – and therefore oppose all

# NEWS FROM BUAV

animal experiments.

The BUAV is opposed to violence of any kind, whether that is the violence of vivisection itself or the harassment and intimidation that some people use as a means of protest. We hope to see all the farms breeding animals for experiments closing down for good, and will continue to campaign in a peaceful way, as we've always done, until this goal is achieved.

## **BREAKTHROUGH IN DOWN'S RESEARCH**

Your readers may have noticed recent media coverage on the "breakthrough" in research into Down's Syndrome, where scientists have managed to recreate a version of the condition in mice.

There are numerous reports of "breakthroughs" for diseases, from cancer to Alzheimer's and now Down's Syndrome, which typically are much-hyped in the media. However, how many of them actually lead to cures? We are still not seeing people being cured.

Attempting to recreate a condition in mice allows researchers to use animals as 'models' of human conditions on which treatment can be researched and tested. However animals, make poor 'models' and attempting to extrapolate test results from one species to another is a fundamentally flawed research methodology. Recreating something similar to Down's Syndrome, but in a mouse for example, is very different from studying the naturally occurring condition in a biologically relevant animal i.e. a human patient. And, like human beings, animals react very differently to disease or illness depending on their physical and psychological states. All laboratory experiments, be they with or without enrichment, see animals kept in conditions so unnatural that they will be highly stressed, rendering the results of experiments even less likely to be relevant to human medicine.

For the benefit of human health therefore, it would be faster, more efficient and more humane if more money were allocated into developing alternatives to testing on animals in the development of medicines, rather than resorting to using animals.

**We want to save the lives both animals in laboratories, and people who are ill. The abolition of vivisection offers this possibility.**

## POINTS OF VIEW

The following two articles were sent in by Sandra Bussell. Life member of the Jewish Vegetarian Society

### THE TROUBLE WITH MILK

I have been meaning to submit something for The Jewish Vegetarian magazine for some time on the subject of milk and other dairy products. Several items in the June issue of the magazine (No. 153) have prompted me to do so without further delay.

#### IS IT KOSHER?

In 'Consumer Corner', an item containing milk chocolate is described as 'Kosher'. There is even more cruelty in the dairy industry than in the meat industry. The dairy industry has links with slaughterhouses, live exports, the obscenely cruel veal units and even vivisection. Dairy products clearly cannot be kosher.

#### IS IT NATURAL?

Another item in 'Consumer Corner' under the heading 'Eat Natural' contains yoghurt. The dairy industry spent years and millions of pounds brainwashing us with their dangerously misleading slogan 'Milk is full of natural goodness', conveniently omitting to mention that cows' milk is only natural for **their** babies, **not** humans. Humans are the only species who consume the milk of another species – a completely unnatural thing to do. This leaving aside such examples as cats that drink cows' milk provided for them by well-meaning, but misguided humans. Cats would never drink cows' milk otherwise.

Also milk is a food only ever designed for, and intended for, babies. It is completely unnatural for children to drink it let alone adults. Cows' milk is completely different from human milk. Dairy products, being unsuitable for the human body, are one of the main causes of obesity, yet, so ignorant are many of those who advise on, and are responsible for, what children consume in schools they encourage them to drink even more of the stuff! Dairy products are also responsible for a whole range of other health problems. More information about the health dangers of dairy products can be found on the websites: [www.nomilk.com](http://www.nomilk.com) and [www.notmilk.com](http://www.notmilk.com)

Further on in the magazine (P38) there is a review of a Rose Elliot recipe book, which includes the bizarre statement "Many are the Vegetarians and Vegans who have watched their meat-eating friends with envy as they followed the Atkins diet and the pounds dropping off" and later "this is the must have book for any Vegetarian or Vegan who wants to lose weight". Vegans don't



# POINTS OF VIEW

need to diet or to count the calories. Eat a natural diet and ones body will function properly and not put on excess weight.

For the sake of animals and for the health of our children, our own health and for the sake of the plant, Vegetarianism should be seen as a stepping stone to the next logical step, Veganism. It is not Vegans who are envious of those who lose weight. Rather, it should be pointed out, that it is the other way round – yet, another good reason for going Vegan (there are so many!) is that it is the answer to those who put on excess weight.

**We would mention that Sandra Busell is a dedicated vegan with very strong views, and although many of our members/readers would agree with her, there are those who would contest this article. We would be happy to have any feedback on this, as we are always happy to receive views and comments which we would be happy to publish. ED.**

## QUORN WARNING

**This article, we believe, was originally sent to The Vegetarian Society but we thought our readers would like to read it. They may or may not agree with all her views, so any feedback we receive on this and any other articles in the JV will be much appreciated.**

As mentioned Sandra Busell is a dedicated vegan with very strong views.

I was disappointed to see 'The Jewish Vegetarian' included a piece regarding the Vegetarian Society's promotion of Quorn, without comments.

In the Autumn 2002 issue of the JV magazine, the contents column included an item re "The History Behind Quorn". I had felt that important facts were being kept from your readers and when I saw that you were apparently rectifying this situation with an article on the subject, I was pleased that the issue was finally being addressed.

However, I was left bitterly disappointed after reading the article. The first half of the article had nothing to do with the history of Quorn. Then, even when the article did get round to the product, it mentioned "a research centre" and "the research team" and that was all that we were told about the "research". Yet again, you had betrayed your readers and worse, the innocent animals who were tortured on obscene experiments – something you have apparently been determined to keep from your readers.

## POINTS OF VIEW

Personally, I do not believe that any Quorn products are deserving of your vegetarian symbol, that is not even my main complaint, it is that you keep your readers in the dark, many of whom will remain completely unaware of the true history of Quorn and the cruelty that has gone into its production. Most of your readers will be aware that all sorts of products are tested on animals – cosmetics, toiletries, household products, drugs etc. and they will choose cruelty-free alternatives and, I feel sure, would never have suspected that Quorn has such a history and, with The Vegetarian Society's stamp of approval, will be buying Quorn, in the mistaken belief that it is "cruelty-free". Those who are veggie, for ethical reasons, are likely to feel especially betrayed by this cover-up. I do not suggest that veggies should not eat Quorn. I am saying that The Vegetarian Society publish the truth about the history of Quorn and then leave it to your members to make up their own minds whether they want to (continue to) eat it. That foods that are not gm-free do not get The Vegetarian Society's symbol makes it all the worse somehow, as it sends out the message that health issues are more important to The Vegetarian Society than ethical ones.

With your unwillingness to publish the true facts about the history of Quorn either in letters or in an article, I make up my mind that the only option I had left was to bring this issue to the attention of your readers, and to raise it at the AGM, but I was even denied this option, as The Vegetarian Society saw fit to hold the 2004 AGM on Yom Kippur, the most holy day in the Jewish year.

Given that you have published a misleading article about Quorn and that I have been unable to even raise this issue at the AGM, I trust you will see fit to publish this letter on the subject of Quorn.

**NB.** Your own advert re your Vegetarian symbol states that it ensures that vegetarian consumers buy with confidence – as it is "the only Vegetarian logo to recognise the ethical preferences of vegetarians".



HALF PRICE BOOK SALE  
Jewish Vegetarian Cooking by Rose Friedman  
- First Edition -  
£2.50 including P&P

# DAIRY-FREE LIVING

## DAIRY-FREE LIVING CELEBRATED IN NEW STEP-BY-STEP GUIDE

### THE WHYS, WHATS, WHEREAS AND HOWS OF A DAIRY-FREE DIET MADE EASY!

In celebration of World Vegan Day on 1<sup>st</sup> November last, Viva!, Britain's leading vegan campaigns group teamed up with the Vegetarian and Vegan Foundation, a science-based health and nutrition charity to launch *How to be Dairy-free* – a step-by-step guide to dairy-free living.

Informative and easy-to-read, the 36 page booklet includes 20 mouth-watering, imaginative yet simple dairy-free recipes, helpful shopping and cooking tips, a guide to the best Soya lattes and so much more! There is even a list of dairy-free chocolate to prove that vegans do not miss out on anything – except animal fat and cholesterol! Aimed at life-long vegans, the dairy intolerant and meat-reducers alike, the new guide is available for FREE from both organisations.

"Vegan living has never been easier", says Viva!'s Senior Campaigner Toni Vernelli. "The growing popularity of an animal-free diet means that delicious dairy-free products are now abundant in supermarkets and health food shops. From soya ice-cream and yogurts to non-dairy cheeses and milks, vegans can enjoy all the flavour of their old dairy favourites without any of the health risks or animal suffering."

**Copies of *How to be Dairy-free* can be ordered FREE from Viva! On 0117 944 1000 or send your name and address to: *How to be Dairy-free*. Viva! 8 York Court, Wilder Street. Bristol BS2 8QH.**



### EMERGENCY BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations. **Please Help. Any donations, large or small will be much appreciated.**

**MY SEMI-HOLIDAY BY ANN PRIESTNER**

I have just come back from a semi-holiday in North Wales. I was working on a stall for Eisteddfod in Bangor. Eisteddfod is a Welsh Festival that the Welsh hold every year.

I stayed in a hotel named The Plas Madoc in Llandudno. It is just up the hill from the Promenade and immediately under the mountain, The Great Orme. Although I did not climb the mountain, the tram station was only yards away. I understand that at the top of the mountain there is a tavern, a shop and a coffee bar. It is close to where all the copper mines were and in fact when these closed down at the turn of the seventeenth century; it then became a holiday resort.

The Plas Madoc is no longer a vegetarian bed and breakfast although you would never have guessed. There were other vegetarian guests staying while I was there all having a fabulous breakfast and a vegan had just left.

Yet what I enjoyed most of all was the little museum – Alice in Wonderland. It is believed that Alice did once live in Llandudno and in this museum I was able to go down the “rabbit hole”. It then became more like Aladdin’s lamp. It was in the basement of the museum in an old house. It may sound extremely childish to enjoy a story so much, but if so, then that includes Queen Victoria. She loved that book. She gave out an order; “if Louis Carroll writes anything else make sure I get a copy”. Louis Carroll was a mathematician so the next book she got was a maths one!

**Eisteddfod – Calling all Welsh Speakers or Learners**

We were neither too busy nor bored on this stall; people came in at a steady rate. They read the leaflets and bought a few toys or other nick-nacks. Maybe some of them were farmers, as there were a lot of farmers there. They were most certainly all gentlemen. I mention this only because I am so used to Dover Docks. I have been there so often when the animals are going through and some of the people who do not agree with us are real rough heads. In fact I believe some of them are not farmers at all although they say they are. I believe that they say it just to wind us up. One of them, a “dairy farmer” did not know that a cow cannot give milk unless it has had calves. He believed all cows gave it.

The bus went straight from Llandudno to Eisteddfod, it stopped right outside. The ride was fantastic through Conway and through the countryside. I do hope I can go again.

# VEGETARIANS UP IN THE AIR

## VEGETARIANS UP IN THE AIR

BY RABBI RAYMOND APPLE, A.O., R.F.D.

Emeritus Rabbi of the Great Synagogue, Sydney

The Jewish vegetarian movement urgently needs to lobby the international airlines in order to secure "Kosher Vegetarian" as a recognised meal option.

Only El Al seems able to guarantee vegetarian kosher food, and even then the system sometimes breaks down as it did on a recent flight from Tel Aviv to Bangkok, when our order for vegetarian meals had somehow not registered.

On other airlines we are told, generally very politely, that the computer recognises "Kosher" or "Vegetarian" but not the two of them together.

Strange when the computers have no problem with other adjectival vegetarian options – "Raw Vegetarian", "Western Vegetarian", "Asian Vegetarian" and possibly others.

### **The Result?**

Regular kosher meals, almost always based on meat, are largely wasted on kosher vegetarians; regular vegetarian meals are a problem, because not all purported vegetarian foods are kosher.

The caterers who supply the airlines with kosher meals are certainly capable of supply kosher vegetarian, but the airlines apparently find all this far too difficult.

**Some persistent advocacy seems to be called for.**



### **BEQUEST TO THE SOCIETY**

Ensures its Future Activities.

Forms are available on request from  
the Society's Honorary Solicitors Communications  
to Headquarters "Bet Teva", 855 Finchley Road

London NW11 8LX.

**Tel: 020 8455 0692**

# VEGETARIAN SOCIETY AWARDS

## THE VEGETARIAN SOCIETY AWARDS 2005

The Vegetarian Society is delighted to announce the winners of the 5<sup>th</sup> Annual Vegetarian Society Awards. To mark the occasion, and present the winners with the coveted trophies, The Vegetarian Society hosted a VIP event aboard The Cutty Sark on Thursday, 27<sup>th</sup> October 2005. Mistress of Ceremonies for the evening, TV star and Vegetarian Society patron Wendy Turner Webster, was joined by other veggie celebs, including The Bill's Scott Maslen, Rose Elliot MBE and Lord Stratford (the former MP Tony Banks) to celebrate with the award winners.

### BEST VEGETARIAN BISTRO OR CAFÉ

**Joint Winners:** Café Maitreya, Bristol and Rainbow Café, Cambridge

### BEST PROVISION FOR VEGETARIANS IN A PUB OR PUB CHAIN

**Winner:** Marble Brewery, Manchester

### BEST RETAILER FOR VEGETARIAN READY-MEALS

**Winner:** Cook

### BEST MEAT OR FISH SUBSTITUTE

**Winner:** Quorn Mince

### BEST 100% VEGETARIAN BOX OF CHOCOLATES

**Winner:** Booja Booja Gourmet Truffle Selection Box  
Officially supported by [www.veggiematchmakers.com](http://www.veggiematchmakers.com) (VMM)

### BEST RANGE FOR VEGETARIAN SOUP

**Winner:** New Covent Garden Food Co

### BEST ENTIRELY VEGETARIAN, CRUELTY-FREE, BODY AND SKINCARE RANGE

**Winner:** LivingNature

**'THE IMPERFECT WORLD AWARD'** Tina Fox, chief executive of The Vegetarian Society commented: "Choosing a winner for this 'award' is bound to be a close call, but we went for Basset's Jelly Babies in the end as it seems so unfair that children, particularly vegetarian children, may

# VEGETARIAN SOCIETY AWARDS

be scoffing these sweets without being aware that they are, in fact, eating something that comes from a slaughterhouse by-product, gelatine. Guinness followed them closely for the use of isinglass (from the swim-bladders of fish) in their production process.

Bassett's and Guinness were conspicuously absent from the event, although they had been invited.

Congratulations were extended to all the winners and to all those who were nominated. The evening came to an end with a delicious finger buffet. The wine at this event was donated by Vintage Roots.

**The 2005 Vegetarian Society Awards were once again sponsored by The Co-operative Bank. Further information about The Vegetarian Society affinity credit card should ring The Co-operative Bank on 0800 002 006 or visit [www.co-operativebank.co.uk](http://www.co-operativebank.co.uk)**

## NEW COFFEE CARRIES THE FAIRTRADE MARK

### NEW COFFEE CARRIES THE FAIRTRADE MARK

**Nestlé recently launched NESCAFÉ Partners' Blend**, a new coffee carrying the FAIRTRADE Mark, the independent consumer label operated by the Fairtrade Foundation. This is the first Nestlé product to carry the FAIRTRADE Mark – which means the coffee has been bought from democratic smallholder organisations certified to supply the international Fairtrade market, and traded according to agreed Fairtrade standards including payment of the Fairtrade price.

The coffee in the blend comes from five co-operatives of small farmers in El Salvador and Ethiopia who, like many smallholders supplying the world coffee market, have experienced real hardship because of price volatility and the severe slump of recent years.

**"This is a turning point for us and for the coffee growers,"** says Harriet Lamb, Director of the Fairtrade Foundation. **"It's also a turning point for the many people who support Fairtrade and have been pressing the major companies to offer Fairtrade coffees. This**

## NEW COFFEE CARRIES THE FAIRTRADE MARK

**just shows what we, the public, can achieve. Here is a major multinational listening to people and giving them what they want – a Fairtrade product.”**

Consumer confidence in the FAIRTRADE Mark grows and grows. The most recent MORI poll shows one in two adults say they recognize the green, blue and black Fairtrade logo with the accompanying text ‘Guarantees a better deal for Third World producers’. And four out of five of them say that the independent guarantee of a fair deal for growers in developing countries is important to them.

**“This new instant coffee is another breakthrough to add to the long line of achievements which have taken Fairtrade from strength to strength, and throws the challenge to other major coffee companies not yet doing Fairtrade, ”** continues Harriet Lamb.

The first three Fairtrade products reached shop shelves in 1994 and by 2003 there were around 150 products. Now there are over 1,000 catering and retail products from 150 companies in a growing range of products which include coffee, tea, chocolate, cocoa, sugar, bananas and other fresh fruit, juices, honey, cakes and snacks, preserves, nuts and nut oil, wine, roses and footballs.

Fairtrade is based upon a clear set of rules to ensure trade creates the basis for sustainable development. This includes affirmative action in favour of marginalised small farmers and workers of the developing world; democratic organisation of the producers; paying the guaranteed minimum price as well as an additional premium which the community can use for business or social development projects, or to diversify into other crops and animal husbandry.

**“We have been working hard to obtain good prices for our coffee, so that we can support our families and have a basic, decent quality of life,”** says Jose Lisandro Reyes of Siglo XXI Cooperative in El Salvador. **“With the Fairtrade Certification we can finally do that.”**

**The Fairtrade Foundation expects NESCAFE Partners’ Blend to appeal to a new wave of people who may not have bought Fairtrade products before.**



# FOIE GRAS PRODUCTION

**Following the article we published in the June issue of The Jewish Vegetarian, we received the following follow-up article which appeared in The Jerusalem Post in October last, and was sent to us by W. Sulzbacher – Jerusalem.**

## **FOIE GRAS PRODUCTION TO END IN ISRAEL**

**BY HERB KEINON**

Israel will put an end to the force-feeding of geese for culinary purposes following Agricultural Minister Yisrael Katz's withdrawal of a proposal to the cabinet Sunday that would have made the practice lawful.

In August 2003, the High Court agreed with a petition by Noah, an umbrella organization for animal rights organizations in Israel, that force-feeding geese for the production of foie gras causes unnecessary suffering. The court ruled that foie gras production violated the 1994 Protection of Animals Law, which prohibits torture, cruelty or abuse to animals.

Katz's proposal would have sought legislation to effectively bypass the High Court ban in an attempt to save the livelihood of some 600 families who make their living from the production of the delicacy.

The cabinet Sunday established a committee to recommend alternative employment and compensation payments within 60 days for those employed in this sector.

Foie gras producers force-feed newborn geese with high-caloric food by inserting a tube into the oesophagus, resulting in the swelling of the liver. The process lasts about three months, after which the geese, who have a life expectancy of about 60 years in their natural habitat, are slaughtered.

**Matthew Wagner contributed to this report.**



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855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

# GARDENERS' CORNER

## A VISIT TO CHATSWORTH.

This September we decided to explore the Peak District and based ourselves for a few days at Baslow. Baslow is on the edge of the Chatsworth Estate and we were able to walk over the fields to the great house, the seat of the Dukes of Devonshire, steeped in much history and so often at the heart of important events. It was here that Mary Queen of Scots was confined albeit in very luxurious apartments comprising a wing of the old house. This was sadly demolished but in the wing which is built on the spot is a recreation of her living accommodation with authentic furniture and living accoutrement of her day.



Adrian Brocklebank, gardener in charge

The house contains many treasures and fine collections of art including old master paintings and sculptures by some of the world's finest artists and craftsmen. All this is an echo of yesteryear but one important corner of the fine grounds is devoted to the garden which serves the house, providing flowers in profusion and copious vegetables, fruit and herbs for the large scale entertaining which regularly takes place to this day.

Adrian Brocklebank, the gardener in charge here, was hard at work with his team of gardeners who tend to the flowers and produce area. Other gardeners tend and manicure the wider estate which covers many acres.

The garden lies on a south facing slope with woodland protecting its northern boundary. We admired so many aspects of their efforts and results. Adrian explained how he grew the fine self-blanching celery. The seeds are shown under cover in early Spring and then planted out in early summer into a well dug and manured bed with twelve inches between plants and rows. To help keep the inevitable slugs at bay, each plant is given a collar of corrugated paper tied with string. As the foliage develops the plants form a canopy which helps to blanch the stalks. He proudly pulled one to show us what he had grown and the result was a very fine crisp head of celery which would have done well in any show or satisfied the most fastidious chefs and house guests.

# GARDENERS' CORNER

Juxtaposed were several varieties of beans with at this time the scarlet runners yielding in profusion. There were several rows of cabbage, leeks, onions, lettuces and other salad plants. In raised beds with brick surrounds every herb was present with dill, fennel, chives, parsley, thyme and a gorgeous bed of globe artichokes. Around the perimeter of the herbs, alpine strawberries formed an edging.

On one side of this great garden grew the flowers. Each variety massed to provide whatever the Duchess needed for the adornment of the many rooms in the house. The result was a kaleidoscope of colour with blocks of sunflowers, sweet peas, cosmos, clary, as well as so many of the wonderful summer flowers which each year reward the efforts of growing and displaying themselves.

Along the formal paths grew several varieties of plum, apples and pears all at this time in full fruit and ready for picking.

Vast areas of wallflowers and bellis daisies were neatly lined up for planting out into the wider gardens of the estate once the summer plantings give way to winter.

Chatsworth is an outstanding experience and is within reach of most of the country as it lies in the heart of England, reachable in just a couple of hours up the M1 from the South as well as in easy reach of the conurbations of the Midlands, North West and South Yorkshire. It is well worth a visit with something to interest every taste. Recently the film of 'Pride and Prejudice' was shot in the grounds graciously standing in for the novel's 'Pemberley'.



Flower Garden



Part of the vegetable garden

# BOOK REVIEWS

## VEGGIE & ORGANIC LONDON

BY RUSSELL ROSE



**Veggie and Organic London** gives you all the information you will need to enjoy eating vegetarian and organic food in London. Over 190 restaurants and cafés are reviewed, ranging from the extravagant Lanesborough in Knightsbridge to the small Hackney community café – Pogo. Accompanying the text are over 70 photos, 12 maps and a detailed list of the best places to eat.

Also included are sections dedicated to vegetarian and organic shops, vegetarian and organic contact groups, veggie cookery courses and a full list of the farmers’ markets.

This is one of the most informative books I have come across for quite a while. The author was constantly being asked, “ what is the best meal you have ever had?” which was a difficulty question to answer, because there are so many considerations. In an attempt to give an assessment, he has included a star rating system. In addition, at the end of the book the Veggie and Organic London Hot List gives a quick guide to help you pick the type of restaurant you want.

**Published by Metro Publications. Paperback. Price £6.99p. plus P&P £1.50. Available from JVS.**

## ALLOTMENT GARDENING AN ORGANIC GUIDE FOR BEGINNERS

BY SUSAN BERGER.

**Allotment Gardening** is a practical guide to growing your own fruit and vegetables organically. Aimed at those who have not had an allotment before, or are new to growing their own, it is packed with advice – from choosing and planning your allotment through to harvesting and storing your produce.

In Part One, Susan Berger discusses the basics, from tools, planning and clearing the site, to soil, crop rotation, planting and protecting plants. She also looks at design, growing techniques – from feeding and mulching to saving seed and supporting plants, and how to prevent and cope with

# BOOK REVIEWS

common problems. A gardener's calendar, with detailed activities for each month, completes the section.

Part Two gives detailed instructions on the cultivation of individual fruit, vegetables, flowers and herbs, along with recommendations for particular varieties, chosen for their flavour. Ideas for companion planting, and tips on storage and use of herbs are also included.

Each fruit and vegetable entry features an easy recipe to help you make the most of your fresh produce: simple soups from pea to pumpkin, unusual ways of serving vegetables, from Frizzled Brussel Sprouts to Roasted Beetroot with Thyme; more exotic dishes, from Sauteed Kohl Rabi to an earthy Ribollita; and easy recipes for puddings and jams.

Illustrated with line drawings and over 30 full colour photographs, **Allotment Gardening** also includes a directory of organic seed suppliers and useful organizations.

**Published by Green Books. Paperback Price £9.99 plus P&P £1.50. Available from JVS.**

## A PASSION FOR PUDDINGS

By **PHIL VICKERY**

Phil Vickery is acclaimed as one of Britain's most exciting chefs. A familiar face on television, he is the resident chef on ITV'S 'This Morning' and regularly appears on the BBC's 'Ready, Steady Cook'.

In **A Passion for Puddings**, Phil presents 35 mouth-watering recipes, both classic and contemporary. These divine desserts include Stem Ginger Sponge with Sticky Orange Syrup, Caramel Parfait, Rose Petal Eton Mess, Peach Custard Tart with Hazelnut Brittle, Chocolate Banoffee Pie and of course, Ginger and Cherry Fudge.

This book is split into sections, i.e. Comfort Puddings and Cakes, Ice Creams and Cold Desserts, Sweets and Treats, etc. Beautifully illustrated with tempting colour photographs, enough to make your mouth water by just looking at them

Phil's mission is to demystify cooking and enable everyone to share his love of good food.

# BOOK REVIEWS

**Published by Simon & Schuster. Price £9. 99. Plus P&P £2.00. Available from JVS.**

## **NEW EDITION - ANIMAL FREE SHOPPER**

An indispensable guide to all things vegan, the **Animal Free Shopper** is a must-have for vegans, vegetarians and the lactose intolerant.

Listing over 15,000 products that are free from animal ingredients and animal testing, the 7<sup>th</sup> edition of this handy pocket-sized guide is the most comprehensive ever.

With sections including food, drink, baby and infant care, footwear and clothing, toiletries and cosmetics, and healthcare, the **Animal Free Shopper** takes the stress out of shopping. It also contains an introduction to the vegan diet, including the basics of healthy eating, a glossary of animal products, an index of useful addresses and contact details for all companies listed.

**The 'Animal Free Shopper' is available from JVS Price £4.99 plus P&P £1.00 or direct from The Vegan Society. Donald Watson House. 7 Battle Road. St. Leonards-on-Sea. East Sussex. TN37 7AA UK.**

**Further information on Veganism can be found on the Vegan Society website: [www.vegansociety.com](http://www.vegansociety.com) or email: [info@vegansociety.com](mailto:info@vegansociety.com)**

## **HERB, THE VEGETARIAN DRAGON BOOK**

**WRITTEN BY JULES BASS AND ILLUSTRATED BY DEBBIE HARTER**

This beautifully written and illustrated children's book, with full page colour pictures, is a story about a dragon different from all other dragons. Herb is a peace-loving vegetarian who is prepared to stand up for what he believes in. When he is mistaken for one of the princess-munching meat-eaters, his principles are well and truly tested, but his courage saves the day! As well as encouraging healthy living. Herb's hilarious story offers lots of food for thought.

This book can be purchased as a Gift Box – Paperback & Bendo. Price £9. 99. Plus P&P. Herb Bendo's neck, arms, legs, tail and ears are fully bendable, and holds a pink flower in one hand or can be purchased as an ordinary paperback, without Bendo, Price £5.99. Plus P&P £1.00.

# BOOK REVIEWS

**Published by Barefoot Books. 124. Walcot Street. Bath. BA1 5BG. Herb, The Vegetarian Dragon is just one of the delightful children's books they publish, although this is the only one in this series.**

## **THE ANIMALS DIARY – 2006**

### **THE ESSENTIAL DIARY FOR EVERYONE CONCERNED WITH ANIMALS AND THEIR WELFARE.**

**COMPILED BY MARK GOLD. PHOTOGRAPHS © ANIMAL AID.**

The ban on hunting, which came into effect in February 2005, is potentially one of the greatest victories ever achieved by the animal protection movement.

Although those who have protested against the hunt community for years, or even decades, have always known what a thoroughly nasty and fanatical lot they are, the extent of their fanaticism when faced with abolition has, nevertheless, come as a surprise to many. The length that some of them have been ready to go to in order to preserve their vile bloodsports suggests, sadly, that enjoyment of violence and barbarism lurks very close to the surface in many human beings.

In focusing mostly upon the hunt ban, partly as a tribute to those who have fought so hard over the previous two centuries to make it happen, this year's Animals Diary make no apologies for reminding readers just how vile and dangerous some of these people can be.

There are of course, many other mini-features in this year's edition, on subjects as diverse as fishing, animal experiments and the destructive environmental impact of meat eating. As always there are recipes and a directory of organisations.

**Published by Jon Carpenter, Alder House, Market Street, Charlbury, OX7 3PQ. Price £5. post free direct from the publisher.**

## **THE ORGANIC DIRECTORY 2006**

**COMPILED & EDITED BY CLIVE LITCHFIELD**

**The Organic Directory** provides names, addresses, phone numbers, email addresses and websites of retailers, producers, wholesalers and

## BOOK REVIEWS

manufacturers of organic goods in the UK.

Organised county-by-county, it gives you a picture of where organic goods are available locally, from food and farm gate sales to bed linen and vitamins, as well as mail order information to help you source organic products from further afield.

With information on restaurants and cafés, accommodation, educational organisations and days out, as well as details of labelling of organic produce and explanations of terms like 'organic' and 'biodynamic'. **The Organic Directory** is an invaluable guide for anyone wanting to live an organic lifestyle. Whether you want to join a local organic veg box scheme or find out where you can buy direct from your local organic farm, you will find it all in **The Organic Directory**.

**The Editor, Clive Litchfield** has edited **The Organic Directory** since the first edition was published ten years ago.

**Published by Green Books with The Soil Association. Price £8.95 plus P&P £2.00. Available from JVS.**

### SWEET ALTERNATIVE

BY ARIANA BUNDY

PHOTOGRAPHS BY LISA LINDER

Now you can have your cake and eat it!! In **Sweet Alternative** Chef Ariana Bundy has conjured up more than 100 delicious dairy-gluten-and soy-free recipes for cookies, muffins, cakes, ice creams and other irresistible treats. Her mission is to show that those who have given up dairy, gluten or soy can have a sweet-tooth again and enjoy it.

Deep Chocolate muffins enriched with quinoa, luscious crème patissiere made with rice milk and chewy cookies without gluten. Ariana Bundy, a trained pastry chef intolerant to dairy, carried out painstaking research and endless recipe testing to find how to make these mouth-watering desserts. With no compromise on taste and with the help of natural ingredients such as coconut milk, unrefined sugars, fresh fruit purées and excellent quality chocolate, Ariana shows how to make a divine collection of sweet treats.

With more than 75 scrumptious photographs to whet your appetite, **Sweet**



# BOOK REVIEWS

**Alternative** shows that now you really can have your cake and eat it.

**Published by Mitchell Beazley. A Division of Octopus Publishing Group. Hardback Price £20.00 plus P&P £4.00. Available from JVS.**

## **FEEDING YOUR VEGAN INFANT – WITH CONFIDENCE**

**By SANDRA HOOD**

With growing levels of childhood obesity and widespread concern about the adverse effects of junk food on our children's health, more and more people are choosing to raise their family on a healthy plant-based diet.

**Feeding Your Vegan Infant - With Confidence** is an essential guide for parents and health professionals on nutrition for vegan infants. It provides reassuring guidelines on creating a well-balanced diet, covering from pre-conceptual nutrition for both men and women through to children's pre-school years.

The many areas covered include simple food guides, problem solving, menu ideas and recipes. Also includes vegan parents' real life experiences in bringing up their children.

This clear, practical, easy to follow guide answers all the frequently raised questions:

Will my child get enough energy? What about protein?

How about essential fatty acids? ? Is Soya safe?

Where will she get calcium and vitamin C?

Sandra Hood is a State Registered Dietitian with nearly 30 years experience of the Vegan diet. Sandra is The Vegan Society's consultant dietitian and a regular contributor to the Vegan magazine.

**"Feeding Your Vegan Infant"** is an outstanding nutrition resource for all vegan parents-to-be and new parents. It is beautifully written and illustrated and easy to understand." says Brenda Davis a registered dietitian and leading author on vegan nutrition.

**Published by: The Vegan Society. Price: £9.99 plus P&P £1.50. Available from JVS.**

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To: The Jewish Vegetarian, 853/855 Finchley Road, London NW11 8LX, England.

### HOLIDAYS

**DEVON**, Dartmoor (Lydford). S/C for N/S visitors in bungalow in nature reserve (Vegfam's headquarters). S.A.E. to "The Sanctuary" Nr. Lydford, Okehampton EX20 4AL. Tel/Fax: 01822 820203. £10 per night or £49 per week per person. Reductions for children.

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David Glassman, 020 8455 1317.

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Website: [www.ClaridgeHouse.quaker.eu.org](http://www.ClaridgeHouse.quaker.eu.org)

## NOTICE

We are often being requested to send a Speaker to an outside organisation, sometimes for an evening meeting, as well as the afternoon.

We are desperately looking for someone who would be willing to give a talk on either vegetarianism or health, or any subject relative to our cause.

If anyone 'out there' is able to help, it would be much appreciated, so perhaps you could contact the office on 020 8455 0692, Monday to Friday, 10am – 4.00pm with your name, etc.

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**Details:** PO Box 40-2044 Miami Beach 33140. Fl.

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Dr Gina Shaw's mother, living in Devon, would like to make contact with any Jewish Vegetarians/Vegans living in that area.

Please contact Dr Shaw direct: Telephone: 01626 352 765

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[www.beanieshealthfoods.co.uk](http://www.beanieshealthfoods.co.uk)

## St CHRISTOPHER

**A SCHOOL WHICH ENCOURAGES INDIVIDUAL FULFILMENT**

At St Christopher School we teach girls and boys to value their own efforts and achievements and those of others. Our approach encourages self-confidence and brings out the best in both the moderately able and intellectually outstanding. We develop individual talents in a wide range of courses leading to 21 AS and A Levels.

Our many day pupils benefit from being part of a full boarding community with an extensive activities programme. Local parents can join in many aspects of School life.

The School has been co-educational and vegetarian since 1915. Our campus has the informal atmosphere of a friendly village with many fine facilities including a purpose built theatre and a new 25m indoor swimming pool.

We are a family school – girls and boys can enter from age 2½ upwards and there is then no barrier to Senior School entry. If you think your child might benefit, please phone for a personal tour or for more details.

Main entry: 8, 9 and 11  
 Full and weekly boarding from age 6  
 Direct entry possible to our lively Sixth Form  
 (Bursaries available)

**ST CHRISTOPHER SCHOOL**  
 Letchworth, Herts SG6 3JZ  
 tel: 01462 679301 fax: 01462 481578  
 email: [admissions@stchris.co.uk](mailto:admissions@stchris.co.uk) web: [www.stchris.co.uk](http://www.stchris.co.uk)

The School is an Educational Charity which aims to treat all children as individuals and to develop their proper self confidence.

## 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**  
**£175**

**Israel Life Membership**  
**\$275**

**American Life Membership**  
**\$275**

**or 5 annual payments of**  
**£40 (\$60)**