

The Jewish Vegetarian

No. 172 March 2010 Adar 5770 £1.50 Quarterly

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

Wishing all members A Happy and Kosher Pesach



*S*t *P*etersburg *C*ollection

Creations by Theo Fabergé – 60th Anniversary Egg

Theo Fabergé created the 60th Anniversary Egg to celebrate the foundation of the state of Israel. The fine silver Egg is guilloché enamelled. The Badge of Jerusalem, the lion of Judah and an olive branch, stand out against the pristine white enamel. To the lower half appear the famous Fabergé swag and bows and the egg is posed on a base of engine-turned silver and gold. Theo creates a silver and 24 carat gold Menorah as the 'surprise', modelled on the Elkan original standing outside the Knesset building and first presented by the British Parliament. The Menorah bears 18 diamonds and 7 rubies to represent the light of the candles

Edition of 60 for the world market

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JVS MAGAZINE

Editor: Shirley Labelda

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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.

£25 Dr. & Mrs. T.B. Hendon, NW4.

£10 Ms. C.B.A. Prestwich, Manchester.

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 items are appreciated and put to good use.

£85 Mr. I.R. Ilford, Essex. £50 Dr & Mrs T.B. Hendon NW4. £32.50 The Wessex Jewish Vegetarian Group, Bournemouth, Dorset. £25 Mr. T.B. London E7. £18 Mr. H.G. Ilford, Essex. £8 Mr. W.W. Paignton, Devon.

BUILDING FUND DONATION – LONDON HQ.

£100 Dr & Mrs T. B Hendon, NW4. £10 Ms C.B.A. Prestwich, Manchester. £10 R. & P. G. Poole, Dorset.

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, email or letter is always advisable to ensure that a member of our friendly staff will be there to welcome you.

Donations Received:

£38 Mr. L.A. Thatcham, Berkshire. £25 Dr & Mrs. T .B. Hendon NW4.
 £10 R. & P.G. Poole, Dorset. £15 The R. Family, Ealing, W.5.
 £10 Ms C.B.A. Prestwich. Manchester. £8 Ms P. S. Pinner.
 £5 Mrs M. S. M. London NW8.

SOCIETY NEWS

We welcome you all to the
45th ANNUAL GENERAL MEETING
of the
International Jewish Vegetarian Society
Takes place on
Sunday: 21st March 2010 at 2.30 pm
Venue: 855 Finchley Road. Golders Green NW11
A tea will follow the meeting – vegan of course!

CONGRATULATIONS

The Jewish Vegetarian Society would like to extend their heartiest congratulations to Rabbi David Rosen on receiving a CBE for his work as honorary adviser on interfaith to the Chief Rabbinate of Israel.

Rabbi Rosen, as well as being a dedicated vegetarian, Patron and Life Member of The Jewish Vegetarian Society, is also director of the American Jewish Committee's Department for Interreligious Affairs, and a former Chief Rabbi of Ireland.

Speaking from Israel, Rabbi Rosen said "I feel very honoured, and I think it is not just a personal tribute, but one for all those before me and with me who work hard to promote a better world through deeper understanding and co-operation between religions"

May Rabbi Rosen go from strength to strength in all his endeavours.

OBITUARY

It is with deepest regret that we have to report the passing of our very good friend Hannah Grace Levy. Grace as she was known to her friends, was a Life Member and a founder member of our society.

She celebrated her 98th Birthday in July last year and for the last years of her life she was a resident at Nightingale House. London.

“WHAT’S ON” DIARY

NATIONAL VEGETARIAN WEEK 24TH MAY – 30TH MAY 2010

As summer approaches it is a great time to take stock of your diet, rewrite your shopping list, clean out your larder, and take a good look at the food you eat. V-Healthy is a healthy eating plan from the Vegetarian Society. It is ideal for anyone who wants to revamp their diet and put a healthy spring in their step. For a free copy of V-Healthy call 0161 925 2000

The meal plan is part of the new ‘V-Healthy’ leaflet, which provides you with ‘seven ways to health’ as well as being full of healthy-eating tips, budget solutions and nutrition information. The recipes are online at www.vegsoc.org/vhealthy with lovely photography to entice you into a new eating style for **National Vegetarian Week 24th May-30th May 2010**.

National Vegetarian Week (NVW) is the annual awareness raising campaign promoting inspirational vegetarian food and the benefits of a meat-free lifestyle. Now in its eighteenth year, **National Vegetarian Week** is a great opportunity to look at food and its impact on the environment, animals and health.

For more information visit www.vegsoc.org



EXPERT SOYA TALK COMES TO LONDON

A PUBLIC TALK exploring the health and environmental effects of soya is being hosted in London in April. The Soya Story, organised by leading health charity the Vegetarian & Vegan Foundation (VVF), will feature three leading authorities on soya;

- Professor Jane Plant CBE (author of best-seller *Your Life in Your Hands*)
- Tony Wardle (associate director and environmental campaigner, Viva!)
- Dr Justine Butler (senior health campaigner, VVF)



Find out why soya is a nutritious, safe and versatile food that offers many

“WHAT’S ON” DIARY

benefits for health and the environment.

The event is being held on Thursday, April 22, at King’s College Lecture Theatre 2, New Hunt’s House, Guy’s Campus, off Great Maze Pond and Newcomen Street, London SE1.

Doors open at 6.45pm for 7.15pm start. Tickets cost £5 and can be bought by telephoning the VVF on 0117 970 5190 or by post making cheques payable to VVF to: VVF Soya Talk London VVF, 8 York Court, Wilder Street, Bristol BS2 8QH.

For more information about the VVF’s work on soya, visit www.safetyofsoya.com.

VEGGIES GET PLENTY!

VEGGIES GET PLENTY!

A NEW fact sheet from leading health charity, the Vegetarian & Vegan Foundation (VVF), sets the record straight that plant-based diets are a good source of protein.

The VVF’s research shows clearly that a well-balanced vegetarian or vegan diet does provide all the protein the body needs – as plants really do have it all.

Dr Justine Butler, VVF’s senior health campaigner, says: “Unlike protein from plants, protein from meat and dairy foods has been linked to certain cancers, heart disease and many other diseases. Meat also contains little calcium and no fibre or carbohydrate. It may contain dangerous microbes such as *Salmonella* and *E. coli* and is often the cause of food poisoning.

“A well-balanced vegetarian or vegan diet supplies all the protein you need, whether you are a growing child or a mature adult – with none of the risks associated with meat. Especially good sources include soya products, cereals, pulses, nuts and seeds.”

For more information download the new fact sheet *The Protein Myth*. Order a hard-copy for 40p plus p&p by visiting www.vegetarian.org.uk/factsheets, or call the VVF on 0117 970 5190 or email info@vegetarian.org.uk.

ISRAEL REPORTING

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The renewed activity of the Vegetarian Community Centre in Jerusalem commences its second year and is as varied as ever. Our monthly communal potluck meals continue to attract new people, whether activists or those for whom the idea of vegetarian food is completely new. You know those exhausting questions that repeat themselves, such as “where do you get your protein” or “why be vegetarian if in nature animals eat each other?” It is much nicer to answer them at a table laden with rich salad, Indonesian-style seitan stew, a rice dish with cauliflower and potatoes (generously spiced with coriander), together with vegan chocolate chip cookies. I assume that the answers are also more convincing when heard whilst enjoying these delicacies.

Alongside the community meals a new monthly institution has developed at the Jerusalem centre: a freecycling market, which takes place on one of the last Thursdays each month. The idea is simple: everyone can come, leave their junk and take junk left by others. And everything is free. At the market, clothes, books, toys, electronic appliances, sundries and other things are exchanged. Through the freecycling market we attempt to promote an environmental and community culture of reusing goods instead of throwing them away, and to create an alternative to consumerism. The freecycling market also attracts to Ginger people who already have some affinity with these ideas, although they are not necessarily vegetarians. We take care to make the connection for them, and particularly to tempt them with assorted vegan food prepared and served throughout the afternoon by volunteers of Mahatma – the vegan bar.

The disappointing conclusion of the Copenhagen Conference demonstrated how important it is to increase pressure on government authorities to take more seriously the catastrophe of climate change that is occurring right before our eyes. Together with this, the failure of state leaders to attain the necessary change emphasizes the importance of local, grassroots action in place of the failing political system. As vegetarians and vegans, it is particularly important that we send a message that it is impossible to overcome the crisis solely through technical means: transition from coal to gas, to energy efficient light bulbs and from regular cars to hydraulic cars or even bicycles – none of these will suffice if there will not be a drastic social change from animal to plant-based food.

It is never possible to do enough on these issues, but in the past few months we have made a few more steps forward. We had a prominent presence

ISRAEL REPORTING

in Israel's first conference on food and sustainability. The conference was organized by the Heschel Center for Environmental Thinking and Leadership and the Arava Institute. Tens of people attended the panel we organized under the heading Stakeholders and Steak Eaters. The panel attempted to clarify two questions: why does the question of food not have an appropriate place on the agenda of the environmental movement? And should non-human animals be included as stakeholders whose well-being must be taken into consideration in the struggle for sustainability and environmental justice? Participating in the panel were Ira Alshitz, an environmental activist who has been working for years to put the topic of food on the agenda of environmental organizations in Israel and Shira Hertzanu, an activist in Animal Liberation Israel. Also participating were Member of Knesset Dov Hanin, head of the environmental lobby in the Knesset, and Eran Ben Yemini, chairperson of the Green Party. We organized an additional meeting in the framework of a conference dealing with changes in nutritional habits: the negative changes which brought us to a diet rich in animal-based food, and various initiatives to change the direction and encourage a transition to a plant-based diet.

From the global back to the local. In the garden of the Vegetarian Community Center winter vegetables are growing, enjoying the combination of sunny, spring-like days with an abundance of rain. On Tuesday afternoons it is impossible not to look hungrily at the delicacies prepared by the Chef Hanna-Rachel Mark in her raw food workshops. On Thursdays the place is packed with people of all ages who come to the vegan bar or just to chat. And on other days a calmer atmosphere pervades the centre – whether the bar is open, a yoga or meditation class is held or if people are gathering for a food workshop or lecture. This ongoing activity is no doubt a ray of hope in such a turbulent world.



NEW JEWISH VEGETARIAN SOCIAL GROUP

JVegout – A new social group for Jewish vegetarians and vegans of all ages, will initially meet on the first Sunday of each month for a restaurant visit. We have a Facebook group which can be found at <http://www.facebook.com/group.php?gid=20274816199&ref=mf> where events will be announced. Or we can be contacted by email at jvegout@yahoo.co.uk

THE VITALITY SHOW 2010

THE VITALITY SHOW 2010 **18th – 21st March 2010, Earl’s Court 2**

The Uk’s largest health, beauty, fitness and wellbeing event for women is back at Earl’s Court and welcomes the inspirational One Life Live Show as a brand new attraction to the annual show.

Opening times 10.00am – 6.00pm. Ticket prices: Adult, on the door £17.50. In advance £14.50. Senior/Students, on the door £8. In advance £7. **Ticket bookings 0871 230 5569.**

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.

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

New IJVS

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CONSUMER CORNER



FINDING ETHICAL FOOD AT YOUR FINGERTIPS

Ethical, essential foods are literally a few clicks away now with the launch of www.ethicallyessential.coop.

This new online shop features a wide range of ethical foods from store cupboard essentials (such as cereals, pulses, seeds and fairtrade chocolate spread) to more exotic and unusual fare (such as Fairtrade red quinoa, biodynamic Egyptian herbal teas, wild-gathered dried mushrooms and Fairtrade herbs and spices).

Increasingly people are seeking foods that are ethical – not just organic, vegetarian and vegan. www.ethicallyessential.coop makes it easy for people to make a sustainable choice by offering an ethical shopping basket at the push of a button. People can shop with confidence, knowing that every single product has proven provenance and is ethically and/or fairly traded.

www.ethicallyessential.coop is also educational by offering cooking instructions and information about the producers and telling the stories behind the products. It gives a little more insight into how the food is produced and explains how purchases from the site can benefit communities across the world.



How Many More Pets Must Die in Agony Before Snaring is Banned?

Snares are thin wire nooses used to trap and kill animals perceived as pests such as foxes and rabbits. But it is not possible to control which animals get caught in snares. Otters, badgers and even cats and dogs are killed by snares in a **cruel, indiscriminate** and **unnecessary** way. The snare asphyxiates the animal, stopping the blood supply and cutting deep into the skin. The more the animal tries to escape the more the snare causes damage. Thousands of animals are killed by snares every day.

The League Against Cruel Sports is campaigning to end the use of these barbaric devices. Help us by supporting the campaign. DONATE on **www.league.org.uk** or call 01483 524 250. Thank you.

The League Against Cruel Sports is a Registered Charity No. 1095234

CONSUMER CORNER



WAKE UP AND SMELL THE COFFEE! YOUR MORNING CUPPA COULD BE LIFE CHANGING

How good would it be if your fresh morning coffee didn't just set you up for the day – but also set up a whole community for a better way of life? Well, with Café Rebelde Zapatista coffee from Essential, you really can make a difference.

Café Rebelde is sourced directly from the farming communities in Chiapas, South East Mexico. The indigenous people of the area have been farming the land since 2000 and produce such a fine product that they have created an industry that successfully supports several villages and ensures the community is self-sufficient and able to work and live on the land. Without this industry, the people would be forced into the slums and a life of hardship and poverty.

EVERYONE WINS

The Café Rebelde coffee is delicious and full flavoured with a slight bitterness, offset by an almost 'chocolatey' roundness in flavour. Absolutely delicious! It's available as ground coffee or as beans to suit your taste and coffee maker.

COURAGEOUS COFFEE

The Café Rebelde story is one of courage, fair trading and sheer faith in the power of good people making a difference. The Zapatista group of autonomous indigenous people in Southern Mexico reclaimed 50,000 hectares of land in eastern Chiapas and set about farming it. Around 200,000 people from 1,000 villages are gainfully employed now and 100s of new Zapatista communities have been set up on these lands. They created their own autonomous government system, health, education, water and food production infrastructure.

Funds from the sale of Café Rebelde Zapatista are used directly for a number of water projects. An average water system for 300 people costs around £4,000. While one can be constructed in less than two months, its average lifespan is 20 years! The fresh drinking water and improved sanitation as a result of these coffee-funded water systems brings immeasurable benefit by providing a supply of clean water and drastically reducing infant mortality rates and illness due to water-borne diseases.

So your delicious, smooth morning coffee doesn't just smell good, it **does** good.

Further information can be obtained from www.ethicallyessential.coop

BAKE WITH COMPASSION



THE UK IS CALLED ON TO BAKE WITH COMPASSION

Bake with Compassion week is being held from the 7th -13th June and gives the UK the opportunity to bake their own free-range cakes and treats while supporting Compassion in World Farming's charity campaign for higher hen welfare.

Presenter, broadcaster and chicken welfare supporter, Paul O'Grady says: "I love a good free-range egg when I'm baking, and being a nation of animal lovers, we need to remember that our farmyard friends are animals too."

It's easy to take part as a group or an individual by holding a sale at home with friends and neighbours, in a school, community hall or office. Just make sure to bake using free-range eggs and other high welfare ingredients such as organic milk and butter.

As sales and public awareness increase for cage-free eggs, UK consumers are putting pressure on supermarkets and restaurants to urgently move away from battery eggs. However, many foods produced still contain eggs from caged hens.

Without checking the ingredients on shop bought cakes, biscuits and quiches, you could be buying products containing eggs from hens reared in cramped and barren factory farm systems.

Compassion in World Farming, the international farm animal welfare charity, hold Bake with Compassion annually across the UK as part of their campaign to ensure higher welfare standards are set for laying hens. It's a great event that you can take part in anywhere across the UK and the funds raised help to free laying hens from confinement.

To be a good egg and find out just how easy it is to join Bake with Compassion week, visit **ciwf.org/bake**. You can download your inspiring Bake Toolkit, a free Good Egg Guide and find out what chef Hugh Fearnley Whittingstall will be baking!



We have a number of Badges and Rubber Stamps with the 'V' sign - available at £1 for the pair, which includes postage.

Contact the office regarding payment.

HEALTH

CLAUDIA MORRIS

HOW VEGETARIANISM – PSYCHOTHERAPY AND MUSIC CAN AID GOOD HEALTH

Claudia Morris is a Jewish vegetarian who trained as a psychotherapist, and believes in the benefits of creative outlets, to overcome trauma. Not only did she work as a qualified psychotherapist for 7 years but she has also experienced therapy herself and believes that creativity, in her case music, is a fantastic addition to traditional therapy. She also believes that a vegetarian or vegan diet can be fantastic for your well being.

Psychotherapists work with individuals, couples, families and groups to help them overcome a range of psychological and emotional issues. With the client as an active participant, psychotherapists use personal treatment plans and a variety of non-medical-based treatments to address the client's thought processes, feelings and behaviour, understand inner conflicts and to find new ways to deal with, and alleviate, distress.

After a youth dominated by music and the theatre, on a personal level Claudia's sense of longing to perform often returned. Feeling unfulfilled and with the end of her marriage, Claudia sought comfort in psychotherapy and after 5 years of intense training became a qualified psychotherapist, working in the field for many years. In 2008, during her personal therapy, she was encouraged to explore the dreams she had recorded in journals over the last 8 years.

Claudia discovered that channelling her energy back into her singing, allowed her to enjoy a feeling of fulfilment that had been lacking for years, and now appreciates the merits of encouraging a patient to discover creative interests relevant to themselves, in aiding their treatment.

After being encouraged to return to music, Claudia recorded an album and found the process so cathartic she felt for the first time in years a strong feeling of satisfaction and a sense that she was back where she belonged. By putting words and melodies to paper the patient is encouraged to expand on their feelings and approach underlying emotions in a positive fashion.

As an experienced professional, Claudia is able to speak on the topic of the power of music and how it has benefitted her emotionally, and how finding your own creative outlet, can be instrumental in discovering and understanding yourself.

COOKERY CORNER



Denise Phillips

Delicious Pesach Recipes from Denise

By special request, I was asked to write some recipes using matzo of the large square variety.

COURGETTE AND LEEK MATZO KUGEL

So why is this Pesach different from any other? Well we are spoilt for choice with our Matzo. In my local Kosher deli there were so many varieties – organic, gluten free, oat matzos, wholewheat, spelt matzo, low salt, chocolate coated in addition to the different brands. It is not surprising that cooking with matzo can be confusing. This recipe for courgette and leek kugel can be made with any of them (except the chocolate!) It is best sliced using a serrated knife and is delicious with a tomato salad and jacket potato.



Preparation Time: 20 minutes plus 10 minutes standing time

Cooking Time: 45 minutes

Makes: 2 kugels (Serves: 12 people)

Ingredients

- 2 tablespoons vegetable oil – to grease the tins
- 5 large eggs
- 3 tablespoons warm water
- 6 pieces of large matzo squares
- 3 tablespoons olive oil
- 3 medium leeks (white and light green parts only), roughly chopped
- 2 large cloves of garlic – finely chopped
- 5 large courgettes, peeled and coarsely grated
- 200g Cheddar cheese – grated

COOKERY CORNER

2 tablespoons ground coriander
 6 spring onions, trimmed and chopped
 Salt and pepper – to taste
 Garnish: sprigs of coriander

Method

- 1) Preheat oven to 180°C/ 350°F/ Gas mark 4
- 2) Line the base of two 900g/ 2 pound loaf tins with non stick baking parchment paper and grease the sides.
- 3) Using some kitchen paper or a sieve squeeze out any excess water from the grated courgette. Set aside.
- 4) In a large bowl, whisk together eggs and water. Break matzo into 3cm/1-inch pieces. Add to eggs and toss to coat. Let stand for 10 minutes, stirring occasionally.
- 5) Meanwhile in a large frying pan, heat olive oil over medium heat. Add leeks and cook, stirring for two minutes. Stir in garlic. Add the courgette and cook for a final 4 minutes.
- 6) Remove from heat and stir in spring onions, cheddar cheese, coriander, salt and pepper. Add vegetable mixture to soaked matzo and mix well.
- 7) Spoon mixture into prepared baking tins.
- 8) Bake for 40 minutes or until top is firm to touch. Remove from oven and let cool for 5 minutes. Serve warm cut into thick slices.

To serve the stylish way: *Dust the plate with ground coriander and garnish the slices with sprigs of coriander*

ITALIAN MATZO SALAD

Use a variety of tomatoes to get the best flavours for this crunchy Italian salad. It is a twist on the Tuscan bread recipe of Panzanella but here I am using broken pieces of matzo tossed in chopped garlic and extra virgin olive oil. It is perfect to make for a Shabbat or Yom Tov as you need to make it in advance.



Preparation Time: 10 minutes **No cooking!**
Serves: 6 people

COOKERY CORNER

Ingredients

600g cherry tomatoes, red, yellow, plum, organic, on the vine – a mixture
20 tea matzo or 20 matzo crackers – crumbled
150ml extra virgin olive oil
Large bunch of fresh basil
2 tablespoons red wine vinegar
4 – 5 cloves garlic – peeled and finely chopped
150g black olives –pitted
200g feta or mozzarella cheese – cut into cubes
Salt and freshly ground black pepper

Method

- 1) Put the olive oil, vinegar, garlic, salt and plenty of fresh ground black pepper into your serving bowl.
- 2) Add the crumbled matzo and mix.
- 3) Add all the remaining ingredients.
- 4) Toss to combine well, taking care not to break up the feta cheese.
- 5) Let the salad stand at room temperature for a minimum of 15 minutes or overnight to allow the matzo to soak up some of the dressing.

To serve the stylish way: *Serve with a green salad that includes rocket or baby spinach.*

PASSOVER APRICOT CHEESE CAKE

Finding a dessert that is nut free can be challenging over the Passover holidays. This cheesecake is served in a ramekin with a compote base. It is cooked in a bain marie (a roasting tin filled with boiling water). Any left over fruit compote is delicious for breakfast. Prunes, dried peaches or figs can be substituted if preferred.



This dessert is very easy to make and will certainly satisfy all cheese cake fans over the Pesach week!

Preparation Time: 20 minutes **Cooking Time:** 35 minutes

Serves: 6 people

COOKERY CORNER

Ingredients

For the cheese cake

600g cream cheese; 225g caster sugar; 2 eggs separated; vegetable oil – for greasing

For the Apricot Compote

250g dried apricots; 50g caster sugar

Method

- 1) Pre-heat the oven to 150°C/ 300°F/ Gas mark 2.
- 2) Lightly oil 6 – 10 cm/ 4 inch wide by 3.5 cm/ 1 ½ inch deep ramekins and line with circle templates of baking parchment paper.
- 3) For the apricot compote, place the apricots, sugar and 100ml water in a pan. Bring to the boil, lower the heat and simmer until the apricots start to break down. Add a little more water if it gets too dry. This will take about 10 minutes.
- 4) Whisk the cream cheese, 225g caster sugar and egg yolks together.
- 5) Whisk the egg whites until they are soft peaks. Take one tablespoon of egg white mixture and add to the cheese mixture, then fold in the rest.
- 6) Put 1 tablespoon of compote in the base of each ramekin and then fill with the cheese mixture to within 1 cm/ ½ inch of the top.
- 7) Place in a deep ovenware dish. Fill the dish with hot water to half way up the ramekins.
- 8) Bake for 25 minutes or until set.

To serve the stylish way: *Invert on to a plate and dust with icing sugar before serving either hot or cold.*

CHOCOLATE PAVLOVA WITH RASPBERRIES

This recipe has been in my family for years, although not a true traditional Jewish recipe, it has been adapted over time as a result of changes in modern cooking and readily available ingredients. Other fruits like strawberries, blueberries, peaches, nectarines and the like can be combined with the whipping cream, but my favourite is fresh raspberries. Even frozen berries that are well-drained or tinned fruit can be substituted.

Preparation Time: 25 minutes **Cooking Time:** 2 hours

COOKERY CORNER

Serves: 8 – 10 people

Ingredients

6 egg whites
350g caster sugar
2 tablespoons corn flour or use potato flour for Passover
1 teaspoon vanilla essence
2 teaspoons white wine vinegar
125g plain chocolate – grated
150g fresh raspberries
300ml non dairy whipping cream or ice cream
Garnish: Cocoa powder
3 tablespoons plain chocolate



Method

- 1) Line a large oven tray with non stick baking parchment paper.
- 2) Pre-heat the oven to 110°C/ 225°F/ Gas mark 1/2.
- 3) Whisk the egg whites until stiff. Gradually add two-thirds of the sugar a tablespoon at a time.
- 4) Sift in the corn flour and remaining sugar. Continue to whisk the egg whites. Stir in the vanilla essence and white wine vinegar and whisk again.
- 5) Fold in the grated chocolate. Spoon or pipe the mixture into a 22 cm/9 inch circle onto the lined baking tray.
- 6) Bake for 2 hours. Turn the oven light off and let it cool gently so that it does not crack.
- 7) Once completely cooled, transfer the meringue to a serving plate.
- 8) Whisk the cream until it is stiff. Fold in the raspberries and spoon on to the meringue or add scoops of ice cream.
- 9) For the garnish, melt the plain chocolate either in the microwave or in a dish over a pan of boiling water.

To serve the stylish way: Drizzle the melted chocolate over the raspberry cream mixture. Serve in wedges dusted with cocoa powder.



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.

COOKERY CORNER



LEARN TO COOK - THE STYLISH WAY



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

Sunday 7th March
Wednesday 10th March
Thursday 11th March

Pesach Baking
Friends For Dinner
Pesach Baking

Wednesday 28th April
Thursday 29th April
Sunday 2nd May

Advanced Pastry & Sugar Craft
Simple Indian
Advanced Pastry & Sugar Craft

Wednesday 26th May
Sunday 30th May

A Taste of Sicily
A Taste of Sicily

Wednesday 16th June
Sunday 20th June

The World of Bread
The World of Bread

Venue: 2 The Broadwalk, Northwood, Middlesex HA6 2XD
Time: 10.00am – 1.30pm: Weekday/Sunday 6.00pm – 10.00pm
Cost: £60 per class. All materials provided

Booking: Call Denise Phillips on 01923 836 456

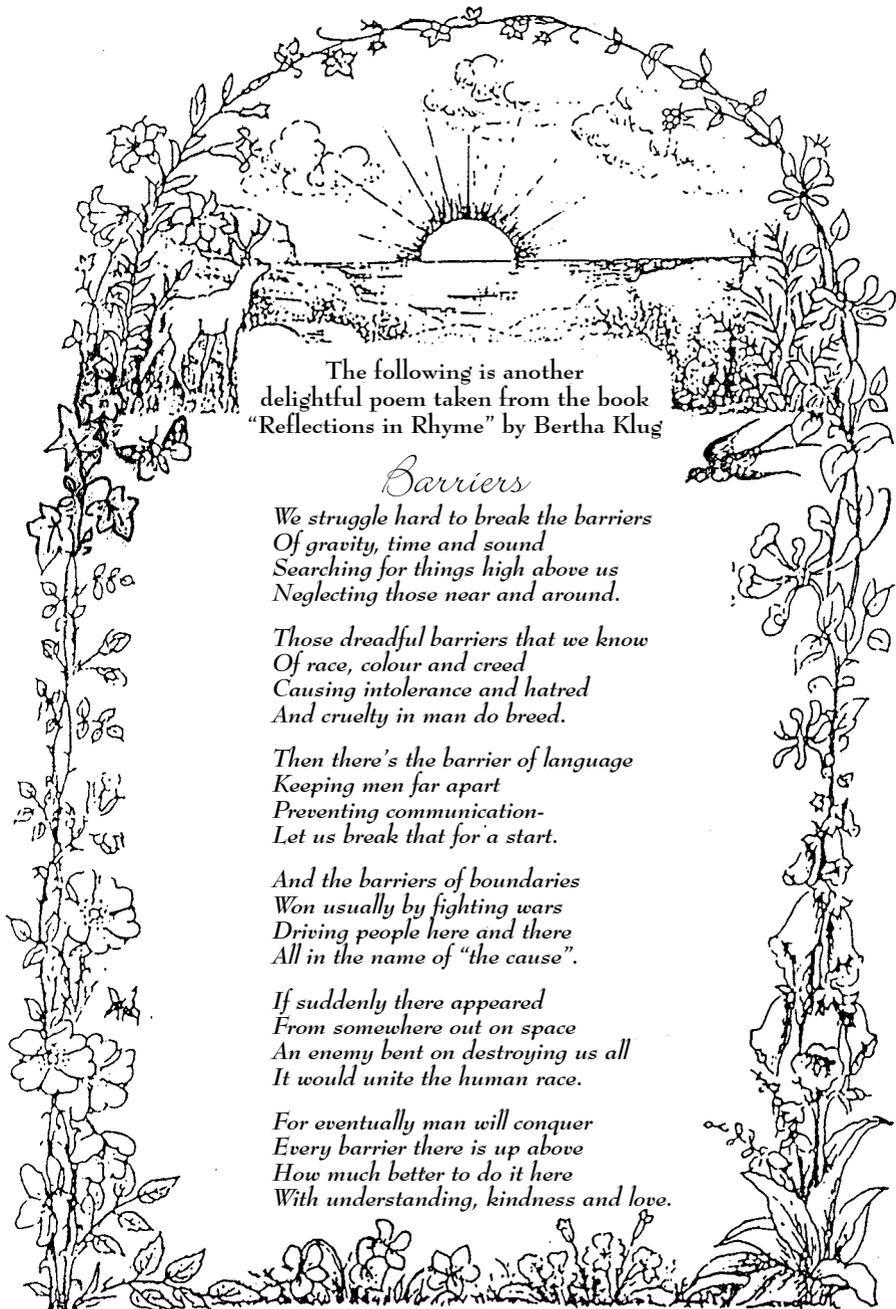


This is the Universal Symbol for Vegetarianism.

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

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

POEM



The following is another
delightful poem taken from the book
"Reflections in Rhyme" by Bertha Klug

Barriers

*We struggle hard to break the barriers
Of gravity, time and sound
Searching for things high above us
Neglecting those near and around.*

*Those dreadful barriers that we know
Of race, colour and creed
Causing intolerance and hatred
And cruelty in man do breed.*

*Then there's the barrier of language
Keeping men far apart
Preventing communication-
Let us break that for a start.*

*And the barriers of boundaries
Won usually by fighting wars
Driving people here and there
All in the name of "the cause".*

*If suddenly there appeared
From somewhere out on space
An enemy bent on destroying us all
It would unite the human race.*

*For eventually man will conquer
Every barrier there is up above
How much better to do it here
With understanding, kindness and love.*

STRESS – EVERYDAY THERAPY

STRESS – EVERYDAY THERAPY

By Michael Quentin-Hicks

'Being' is a question of awareness. To be is to be aware of oneself as an entity with a definite identity and to receive knowledge of sights, sounds and happenings from outside oneself and to perform this reception clearly, impartially and without distortion. How can we say that we 'are' if we rarely see, hear or understand? How can we 'be' when all that we know of ourselves is a conflicting pattern of learnt data most of which is erroneous and when our impression of what is outside is governed by prejudice, conditioned reflexes and reactions? At this point we come to the stage where we need to think about impartial awareness. This is something that can be attained through exercise. There is no mystery. There is nobody that you need to pay high fees for never ending classes or therapy. Just simple exercises. What we are trying to do is to return to what is natural. By its very definition, that must be a natural and simple process.

We shall begin by walking and seeing. Once we start this exercise it becomes very quickly apparent what we have never seen before. What we have seen before has only been selected parts of the whole, never the whole itself. Even that we will probably have seen with mental comment and reaction so that all we have really seen has been our thoughts. Cast your mind back to somewhere you have been quite recently. Maybe a busy street or a market place. You will find it very easy to remember your own thoughts and feelings at that time. Now try to remember the people you saw. You will remember one or two or maybe even a few. These will be those you liked the look of and found attractive or they will be those you despised or condemned for their appearance or behaviour. Now try and describe a few people that you had no dealings with and about whom your mind made no comment. Not so easy is it? Cast your mind back again and try to remember the sequence of shops and houses, the colour of brickwork or rendering. You will probably make three or four before being stuck. It may be somewhere that you have been a hundred times before but have you ever really seen it? Now let us try again. The next time you go to that street or market or whatever simply walk and look at the people passing you. Make no comment in your mind about them. They are not nice or nasty, pretty or plain, friendly or aloof looking, they are just who they are. See them, remember them but make no comment about them. It is not as easy to do as it sounds, but the attempt itself can be very enlightening. You will soon discover just how much of your life is spent not seeing others but only your own thoughts, fears and prejudices. Not

STRESS – EVERYDAY THERAPY

to see is not to feel and not to feel is not to live. Try to remember as many people as you can.

The next and very important exercise in mental awareness is colour. Without colour we live in a monochrome world of lines and shapes. "Of course", you may reply, "Everyone knows that". But to remember and describe to yourself the colours of places you know well. Not the park or the countryside, that's too easy, although even there you may have missed the many colours that are not green. Try it in your town. What are the colours of the walls, doors, gardens, shops and so on? Next time really look at the colours. Look for the reds, blues, browns and greens. You will soon realise that the town is not quite as grey as you thought. If asked to paint a picture of a London street that I may have been to I would probably employ a predominant use of grey. Yet if I was to visit that street again I would almost certainly find myself to be mistaken. Start looking at the colours of your surroundings and not just at the shapes and the way ahead of you. Try to remember places and situations in colour and as visual images and not just as thought reactions.

The above two exercises need not be part of any particular system, you can do them at any time and even most of the time. They will prepare you to see, the next time you are in a park or the countryside that it is not all green, just as the town is not all grey. With preparation such as this your next walk in the country could be a new awakening for you. Gradually you will become more aware of everything around you and your relationship with the world and with yourself will change. You will see and experience from the outside in and not as before with an inside filter sifting and qualifying all information received from outside. That filtering system attempts to fit all information into our unconscious preconceptions. After being able to see then we are able to feel. When walking in the rain or cold, if I am clothed properly, is it bad? Need I lower my head against it, curse inwardly and hasten my steps to the nearest shelter? No, I can feel the rain on my face, see the beauty of reflections in puddles and pools and breathe the air that has been washed clean. If I am living and feeling and aware then all will be equal and all times will have their own beauty.

We have already used the term 'empty mind' quite frequently but, of course, even though the mind may seem empty it does not stop working. By emptying the consciousness of the garbage that usually fills it we allow the mind to function in a clear unfettered way. The truth of this soon becomes apparent as one ceases to comment on and define everything that is seen. Some previously persistent problems and mental conflicts will disappear. We start

STRESS – EVERYDAY THERAPY

to communicate more freely and sympathetically. Also above everything else we allow our own body to function in a balanced way without being constantly disturbed and distracted by wrong and alarming reactions and unnatural stimulations and repressions. The unconscious will rebel against these changes. All our lives are built on a pattern, sometimes a completely illogical pattern, which is designed to protect us from the dangers imagined in childhood and adolescence. This pattern can lead all of us to react in circumstances, situations and people in a way which has no relation to logic or reality. For instance, the obsessive fear of spiders and other insects has no basis in any harm that these creatures can actually do us. We fear either to be seen or not be noticed. We are either self-conscious or over-extraverted. All is prompted by the events of our childhood and adolescence and our reactions to those events. Although they may be well hidden these events and the subsequent fears will come to the surface when we stop playing the game. We then find our thoughts frequently turning to times of our adolescence that relate to embarrassment, fear, separation, frustration, anger and so on. The times we regret, the times we hated and all the things we wish has never happened. These thoughts should be observed but not commented on. The time is gone and the person you were then is dead. You are now and the time is now so just observe and let go. The thoughts and memories will gradually go back further and further into childhood. Let them, let the thoughts come and go but take no part in them. Just observe almost as a bystander how they have affected your behaviour. Do not dwell on it, that will get you nowhere, but allow your mind to work in a logical fashion. Look at the present in your life and see if your reaction to present circumstances and situations is sensible or purely conditioned reflex. How do you present yourself to others? What sort of act are you putting on? Are you acting to yourself even? What sort of treatment do other people get from you? What about those people you do not like? Maybe you have a reason or maybe it is not their fault. The biggest finds to come from all this are the fears and guilts that will come out into the open and lose their power over you. Apart from feeling better in your mind you will also feel better in your body. Inner conflicts are a major cause of ill health. Emotions affect the body and the body affects emotions. Conflicting emotion will cause our body rhythms and cycles to become confused and work against themselves.

There are some unavoidable conflicts relating to events outside ourselves and often beyond our control. Noise, smell, irritations, pressure of work, pressure of time and so on. Sometimes by careful planning we can avoid these things but there are times when we cannot. Then we have no choice

STRESS – EVERYDAY THERAPY

but to accept and try to separate ourselves and at least maintain some inner calm. A loud noise is doing you enough damage already without you adding to it by screaming at yourself inside.

Understanding and becoming aware of our thought processes is the first step to understanding and becoming aware of the body. Body consciousness is essential to good health. How can you expect to be healthy when you have no idea what is going on down there? Alternations and changes in body function will be noticed and qualified. If so is there a reaction? Could there be something wrong or is it just a natural and perhaps good reaction? At the commencement of a walking and exercise programme there are some reactions, a few aches, some stiffness and perhaps some looseness of the bowels. These are all normal and natural responses to the changes taking place. Do not do anything about them. They do, after all, show that something is happening. On the other side of the coin though, there are those headaches, pains, digestive problems and backaches that formerly we would have gone and taken a pill for. With increased awareness the reasons will become obvious. The neck and shoulder tensions, the prolonged working position, the wrong eating and the wrong sleeping etc. These things can all be rectified.

Now for an exercise in body awareness. You can do this any time and anywhere. Standing or sitting, centre your thoughts on the sole of your left foot. Concentrate until that part feels sensitive, warm and alive. Then move your attention to the right foot, then left knee, right knee, abdomen, chest, shoulders, right hand, left hand, top of head. With practice you will be able to generate a feeling of warmth in a particular area even in the coldest weather. When walking try to become aware of the whole body. Feel the muscles in legs and back moving, feel the swing of the body and the arms moving, feel the wind on your face and hands.

It is also a good idea to find out where your internal organs are. It is amazing how many otherwise well educated people have no idea where all their bits are and therefore cannot have the foggiest idea of what is happening inside them. Intestines and stomach, liver and kidneys, are often misplaced and as for gall-bladder, spleen etc., these are just a complete mystery.

Awareness brings understanding. Not only of the internal organ itself but also of the mental and emotional connection. Emotional changes may be based on neurotic thought but often they are quite natural and a reaction to a previous mood, physical condition or outside circumstance. There are times for everybody when it is only right that we should be depressed, melancholy, angry or bitter.

NEWS FROM NEAR AND FAR

The following articles were taken from the Australian Natural Health and Vegetarian life Magazine. Summer 2009 originating from the BBC News.

LORD STERN URGES LESS MEAT CONSUMPTION FOR CLIMATE

The man behind one of the most influential reports on climate change, Lord Stern, has highlighted the impact meat production has on greenhouse gas emissions. Part of it comes through methane made by the animals as they digest food.

A diet that relies heavily on meat production results in higher emissions than a typical vegetarian diet, says Lord Stern. The author of the 2006 Stern Review into the cost of climate change attacked the “enormous pressure” meat production puts on the world’s resources and said people were becoming increasingly aware about “low carbon consumption”. He told the BBC that cutting greenhouse gas emissions was important across the board, especially in areas of electricity, transport and food.

The greenhouse gas emissions associated with meat consumption have many components, the largest of which is land use change – the clearing of forests for pasture or for the production of soya beans for animal feed. Other elements that have an impact on emissions include the rearing and slaughter of livestock, transport, refrigeration and cooking of meat.

There is also nitrous oxide, a greenhouse gas, in the manure of animals reared for meat and the methane in their flatulence. Molecule for molecule, methane has a much greater warming effect than carbon dioxide.

According to the environmental pressure group, Friends of the Earth, methane is not the most important consideration in relation to livestock.. It says that it is the intensity with which they are reared. Methane from livestock accounts for about 6% of greenhouse gas emissions, with another 6% being CO2 released when forests are cleared for pasture or to produce soya beans for feeds.

It is clear that people are eating more meat and dairy products every year. Global meat production is projected to double from 29 million tonnes in 1999/2001 to 465 million tonnes in 2050, while milk output is set to climb from 580 to 1043 million tonnes.

NEWS FROM NEAR AND FAR

DEPRESSION LINK TO PROCESSED FOOD

Eating a diet high in processed food increases the risk of depression, according to research carried out at the University College, London. In contrast, people who ate plenty of vegetables and fruit had a lower risk of depression. The team said the study was the first to look at the UK diet and depression.

Data on the diets of 3,500 middle-aged civil servants were compared with depression five years later, the *British Journal of Psychiatry* reported. Participants were split into two types of diet – those who ate a diet largely based on a whole foods, which included lots of fruit and vegetables and those who ate mainly a processed-food diet, based on fried food processed meats, refined grains high-fat dairy products and sweetened desserts.

After accounting for factors including gender, age, education, physical activity, smoking habits and chronic diseases they found a significant difference in future depression risk with the different diets. Those who ate the most whole foods had a 26% lower risk of future depression than those who ate the least whole foods. The people with a diet high in processed food had a 58% higher risk of depression than those who ate very few processed foods.

CURRY SPICE KILLS CANCER CELLS

An extract of the bright yellow curry spice turmeric, can kill off cancer cells, scientists at the Cork Cancer Research Centre Ireland, have shown. The chemical – *curcumin* – has long been thought to have healing powers and is already being tested as a treatment for arthritis and even dementia.

These latest tests, published in the *British Journal of Cancer*, show that curcumin can destroy gullet cancer cells in the lab. Dr. Sharon McKenna and her team found that it began to kill cancer cells within 24 hours, and the cells also began to digest themselves after the curcumin triggered lethal cell death signals.

Dr. Lesley Walker, director of cancer information at Cancer Research UK said “This is interesting research which opens up the possibility that natural chemicals found in turmeric could be developed into new treatments for oesophageal cancer.”

Each year around 7,800 people are diagnosed with oesophageal cancer in the UK. It is the most common cause of cancer death and accounts for around 5% of all UK cancer deaths.

MUSIC FOR YOUTH

Stacey Jackson Champions 'Music for Youth'

Stacey Jackson, American 'Soccer Mom – Rocker Mom', is raising money for UK's leading children's music charity Music for Youth (MFY) and giving children a once-in-a-lifetime opportunity across the country.

Music for Youth is a leading children's charity that provides musically gifted under 18s with the opportunity to perform music to large audiences through the recording of her new album 'Upside Down' (a tribute to all of her favourite Mo-Town tracks)! Stacey decided that instead of using the same old tired session musicians to play her songs, she would link with the charity and give some talented, fresh, young musicians the opportunity to experience the recording process with her. Stacey has not only encouraged these children to get involved in a unique project but allowed them to be involved completely in the recording process, working in some of the finest studios in London with top producers, engineers and musicians. Working alongside these professionals was a fantastic opportunity for the young musicians who performed on the album, and a real once in a lifetime moment for some. Kids from Oxford, Bingley and Egglecliffe West Yorkshire, Reading, Nottingham, Durham, Teeside, Leeds have all contributed to the record.

Becoming involved with Stacey's album has added another dimension to the experiences MFY is able to offer its young musicians. The MFY Regional Festivals are open to groups of any standard, you can pitch up with your classroom project put together a month ago, or you can be a hugely polished choir or band. All are equally valued and it's a great learning experience for everyone.

All profits from **Upside Down** will be donated to Music for Youth. With Stacey Jackson as Executive Producer, the force of MFY and some of the UK's finest young musical talent, you'd better watch out!

"That experience for all those musicians playing on your album was just fantastic because what you gave them was a truly professional experience of working in a studio, working with a producer, working with you. And that is something they will genuinely remember for a long, long time. Thank you for giving them that chance." **Lincoln Abbotts – CEO of Music for Youth**

MUSIC FOR YOUTH

"It was absolutely brilliant. I came down to London on my own (which was for the first time) and basically it was sort of the best experience of my life so far because I met all these people that were extremely talented, like Stacey herself, and got to play on this great album with old tunes that have been revamped for new musical tastes. It was fantastic; I got loads of inspiration from the guys there." **Jack Davis – guitarist**

For more information please log on to: www.mfy.org.uk



HEATHER MILLS

Heather Mills Acquires the Redwood Wholefood Company

The Redwood Wholefood Company, award-winning producer of natural plant-based, animal-free foods, has announced that charity and animal rights campaigner Heather Mills has acquired the business.

Rod Garland, director of Redwood, a leading supplier of vegan foods to the health trade, said the acquisition would yield significant synergies for both parties, which he described as 'completely compatible'.

"Heather shares the same values and aims as us, namely to spread compassion across the planet and promote a healthy and more ethical lifestyle," he said. "Heather has always rated Redwood as the best producer of plant-based animal-free foods in terms of ethics, the integrity of the company and brand and the quality of its products.



The acquisition will enable us to accelerate growth of the Redwood brand

HEATHER MILLS

around the world and allow Heather to promote veganism globally through her own restaurants and brands,” he added. “Being a primary manufacturer is important as it gives much greater control over ingredients and quality.”

Heather Mills said that she was absolutely delighted to have acquired the company. “I’ve been a fan of Redwood and its ethical, compassionate foods for many years,” she commented. “For me, buying the company is a dream come true.”

Recently ranked highest in the Ethical Company Organisation’s list of vegetarian foods suppliers for the third year running with an overall score of 95%, Redwood produces more than 50 different animal-free foods under the Cheatin’, VegiDeli and Cheezly brand names at its headquarters in Corby.

Among the many foods produced by the firm are Cheatin’ ‘meats’ in ‘bacon’, ‘chicken’ and ‘beef’ varieties, meat-free ‘roasts’, pâtés, gourmet burgers, ready-to-eat sausages, fish-style fingers and dairy-free ‘cheese’.

Because everything in its range is totally free from animal ingredients and derivatives as well as cholesterol, lactose, hydrogenated fats and GMOs, Redwood foods are ideal for vegetarians, vegans and anyone looking for a healthier and more ethical lifestyle.

Redwood director Keith Stott added that although the company had been approached by many potential suitors, Heather’s values most closely aligned with Redwood’s.

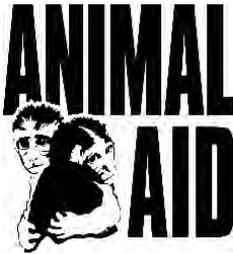
“We are delighted that the business has been acquired by someone with the dynamism and passion of Heather,” he said. “We’ve been approached by many large food manufacturers in the past but have never wanted to jeopardise the future of our employees – who we value so much – or our factory by selling the business to a large corporation. By selling to Heather we are protecting our loyal staff and also our base in Corby.”

Keith Stott added that although Redwood had the same beliefs and goals as Heather, they had different skills. “We are completely compatible,” he said. “We will make a dynamic team. Her efforts to promote health, compassion and to care for the planet through a vegan lifestyle are well known and fit exactly with the values held by Redwood.”

**For more information go to
www.redwoodfoods.co.uk**

MEAT-FREE MONDAY

MEAT-FREE MONDAY: THE MOVIE



What a difference a day makes is the title and main theme of a beautifully produced, highly watchable, mini film launched by national campaign group, Animal Aid, which features a soundtrack donated by famous musician and vegan advocate, Moby. With world leaders having failed to agree on meaningful initiatives at the recent Copenhagen Climate Change Conference, the film declares that it is now time for individuals to take personal responsibility for helping

to save the world and, towards that end, people should adopt at least one meat-free day a week.

What a difference a day makes was created by leading, London-based design company, Taylor McKenzie Creative Communication and features Moby's iconic track, In my heart. The music accompanies fast-paced and creative graphics that dramatise the environmental benefits of designating one day a week as meat-free.

The film, lasting just 1 minute 50 seconds, can be viewed at Animal Aid's website: www.meat-free-monday.com and is posted on You Tube and other sites. Viewers are urged to 'pass it on' by way of a website link.

Said Craig Wilkinson and Kate Bowen from Taylor McKenzie:

'We decided to approach Animal Aid about a film promoting the Meat-Free Monday campaign. We were keen to use our skills to bring this simple message to life and produce a film that was compelling enough for people to want to pass on to friends and colleagues. The film was designed and produced entirely in-house using Soft Image and After- Effects over a two month period.'

According to the United Nations Food and Agricultural Organisation (FAO), the farming and slaughtering of animals, rates as one of the top three causes of all the major environmental problems confronting the world. These include land degradation, climate change, air pollution and water shortages. According to a landmark 2006 FAO report, animal farming is responsible for 18 per cent of global greenhouse gas emissions, which is more than the entire transport sector combined. The message of Animal Aid's new film is that, if everyone in the UK committed to at least one meat-free day a week, this would result in emissions reductions equivalent to taking more than five

MEAT-FREE MONDAY

million cars off the road.

The adoption of a meat-free diet can also help to ease world hunger. That's because many more people could be fed if food was grown to feed people directly.

Says Animal Aid Campaigns Officer, Kelly Slade:

'Animal Aid doesn't try to conceal the fact that we would like people to give up eating meat altogether. But stopping for one day a week is a great start, and this simple action really will make a difference to the planet, and, of course, to the millions of farmed animals killed for their flesh each day in the UK alone. Reducing the amount of animal products in our diets will also help to boost our health. If enough people took this simple step the message would be received loud and clear by the leaders attending the next United Nations Climate Change Conference in Mexico City in December.'



PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) have produced a 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 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.

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, OR 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.

BAN ON EXOTIC PETS

PETA CALLS FOR UK BAN ON EXOTIC PETS AFTER WORLD'S LARGEST RAID ON ANIMAL DEALER

More Than 26,000 Animals Were Seized From Texas- Based Supplier of UK Companies

London – In the wake of the seizure of more than 26,000 lemurs, wallabies, sloths, hamsters, gerbils, hedgehogs, snakes, lizards, spiders and other animals from US Global Exotics (USGE) – a massive international exotic-animal operation based in Arlington, Texas – the PETA Foundation is calling on the Department for Environment, Food and Rural Affairs to ban the sale of exotic species in the UK and prohibit their importation into the country. USGE deals in hundreds of thousands of animals each year and counts at least three UK companies among its customers.

The raid came after a PETA US undercover investigator who spent seven months working inside the facility showed that tens of thousands of animals – including dozens of lizards, turtles, hamsters, prairie dogs and hedgehogs – were crammed for weeks into cardboard boxes, plastic bottles and bins. The animals often went without water or food and were piled on top of each other, causing widespread disease and cannibalism. Every day, dozens and sometimes hundreds of animals died of starvation, dehydration and untreated illnesses and injuries. USGE employees threw live squirrels, lizards, a chinchilla and snakes into a freezer to die, and they also dumped dying animals into the facility's rubbish bins amidst rotting remains.

At least three UK companies – Darlington-based Coast to Coast Exotics Inc, Essex-based Peregrine Livefoods Ltd and Manchester-based PM Aquatic Imports – are USGE customers. These UK companies would have sold the animals to other buyers or shops.

"This case reveals the appalling but routine abuse and neglect found in the exotic-pet trade", says PETA's Poorva Joshipura. "Animals were snatched out of their natural habitats and shipped thousands of miles to the US, only to be repacked for gruelling journeys to the UK and other countries. Anyone who gives their business to pet shops that sell exotic animals may be unwittingly supporting this cruelty."

For more information, please visit **PETA.org.uk**.

GHANAIAN COCOA FARMERS



Comfort Kumeah, a Kuapa Kokoo farmer on her farm in Ghana. Comfort is visiting the UK with Divine Chocolate this Fairtrade Fortnight.

GHANAIAN COCOA FARMERS TO TOUR UK AS AMBASSADORS FOR THE CHOCOLATE COMPANY THEY OWN



Divine Chocolate, the leading 100% Fairtrade chocolate company owned by cocoa farmers, is delighted to announce a special programme of events across Britain from 22nd February – 8th March to celebrate Fairtrade Fortnight. Comfort Kumeah and Kojo Aduhene-Tano, two cocoa

farmers from Ghana, will be in the UK not only to tell their own personal stories, but also to broadcast the unique story of how their co-operative (called Kuapa Kokoo) came to own 45% of Divine Chocolate – and the many benefits that ownership has brought to them and their communities.

Kuapa Kokoo has 45,000 members and supplies all the cocoa for Divine. The two farmers will be talking to a range of audiences – from councillors in Leicester to a concert audience at the Barbican – about how a fairer trading relationship is helping to change lives in Ghana and how this pioneering business model means an even better deal for farmers.

This year the Divine farmers' tour will be stopping over in **London, Leicester, Stamford in Lincolnshire, and the Channel Islands**. Divine has been supported by Fairtrade Steering Committees in each location to arrange a variety of special events, talking to schoolchildren, shoppers and

GHANAIAN COCOA

retailers, church groups and local businesses, government officials and Fairtrade Steering Groups. And there will be plenty of Divine chocolate to go around!

Full details of the Divine farmers' tour for Fairtrade Fortnight can be found on the Events Calendar page of the Divine Chocolate website.

- The first stop was **Leicester** on the 24th & 25th February where highlights included a visit to Loughborough University and a Business Lunch for city councillors and business leaders.
- On 26th and 27th February saw the farmers hosted by **Stamford** Fairtrade Group in Lincolnshire where they spoke to primary and secondary schoolchildren, who took part in a public debate, Does Fair Trade Really Work?, as well as speaking to visitors attending A Very Chocolatey Adventure (truffle making & decorating workshops hosted by Divine's chocolatiers David Greenwood-Haigh).
- On 1st – 3rd March the farmers toured the **Channel Islands**, visiting schoolchildren & shopkeepers, and as guests of honour at public debates & business lectures.
- In **London** the farmers will be attending a Fairtrade Wine Evening at the London School of Economics and a concert sponsored by Divine at the Guildhall School of Music.

Divine Chocolate is the leading Fairtrade chocolate company, and the only Fairtrade chocolate company co-owned by cocoa farmers. Ever since the company was established, farmers have been invited over to join Divine in touring UK and Ireland to support and celebrate Fairtrade Fortnight with local government officials, schools, churches, retailers and the chocolate loving public. The tours continue to prove a hugely popular opportunity for people in all walks of life to hear more about farmers' lives firsthand. It in turn gives the farmers an insight into our love of chocolate, and how many people here in Britain want to make trade fair.

As well as speaking and attending events during Fairtrade Fortnight, there will be plenty of opportunities to savour Divine, the heavenly chocolate with a heart, made using only the very finest cocoa beans grown by farmers like Comfort Kumeah and Kojo Aduhene-Tano. Farmers who belong to Kuapa Kokoo take their slogan 'Pa pa paa' (which means 'Best of the best') very seriously, and they will be very pleased that ambassadors are coming to the UK to tell the Divine story to the public as well as sharing out their very special chocolate.

ORGANIC IS THE TRUE KOSHER

Organic Is The True Kosher

By Tzofia Hirschfeld

As printed in 'The Australian Jewish News'

The issue of Jewish nutrition takes up quite a bit of space in the volumes of halachah. In actuality, we received a rigorous, thorough and strict gastronomic guide at Mount Sinai describing in the finest detail what is permitted to eat, what we can eat it with, and in how much time. The Jewish diet has thus been preserved for thousands of years.

And, of course, the day has come when even this foundation is being kosherly slaughtered. The Schechter Institute of Jewish Studies held a study day for traditional women on the subject "Jewish Women Maintaining a Healthy Soul".

During the conference, the spiritual mother of the organic kitchen, Phyllis Glazer, along with her sister, a traditional rabbi and professor of literature at Jewish University, Miriam Glazer, asserted that what we find today in the Jewish kitchen is a culinary deviation from the original source.

"The food we have today is a result of life in exile, a life of cold and suffering. But this is not true Judaism," clarified Miriam.

"We must return to Judaism that celebrates nature. We must return to eating what we ate in the Garden of Eden. To eat every type of fruit and vegetable. Meat comes only after the flood. We today need to return to the Garden of Eden within and be vegetarians," she explained.

"Life in the ghettos of Europe brought us away from the source. The ultra-Orthodox as they are today is not true Judaism. They aren't even remotely part of this world. They forgot that all of our holidays celebrate the beauty found in nature" Miriam continued.

"What is happening today is that kibbutzim celebrate only the holidays' nature aspect, and Charedim celebrate only the holidays' spiritual aspect. I say that one side without the other lacks meaning," Miriam asserted.

"Religious people eat kosher. But this kosher is sometimes full of food colouring and preservatives. This isn't kosher in my eyes" said Miriam. "True Kashrut must be based on real things. It must take into account things like

ORGANIC IS THE TRUE KOSHER

ethics and morals, under what conditions the animals were raised, in what conditions workers were employed. Because, if the food came to us by way of exploitation and cruelty, this isn't kosher food. We must remember that God said about everything He created 'and it was good.'"

"In Judaism, there are many references to the issue of a healthy soul in a healthy body," said Professor Alice Shalvi, a board member of the Schechter Institute. "The Rambam referred to this extensively, but, just as with any theory, just because you are aware of it, doesn't mean you act according to it. We wanted to show the connection between Jewish thought and bodily health."

RABBIS FIGHT SMOKE

The following article appeared in The Jerusalem Post and was sent to us by Dr. Wilfried Lindinger.

RABBIS FIGHT SMOKE WITH HALACHA

By Matthew Wagner.

Halacha prohibits the sale of cigarettes. Chief Rabbis of Efrat, Shlomo Riskin and Shimon Golan have announced, adding that they will attempt to enforce the prohibition through persuasion.

A notice was published in the local Efraton weekly that the two rabbis had issued a prohibition against the sale of cigarettes. They state that anyone who sold cigarettes transgressed two halachic prohibitions. The first was aiding and abetting a fellow Jew in the sin of endangering one's life. The second was standing idly by while a fellow Jew endangered his or herself.

"Cigarettes are treif" Riskin told The Jerusalem Post "If I could, I would revoke the kashrut supervision certificate of every store or restaurant that sold cigarettes, but the law does not permit me to do so. Since cigarettes are not foodstuffs, they are not under my jurisdiction as a kashrut supervisor".

In the past, the High Court of Justice has ruled that city rabbis cannot revoke kashrut supervision certificates except for reasons directly related to the preparation of food.

RABBIS FIGHT SMOKE

For instance two decades ago the court ruled against two rabbis, saying that belly dancing on the premises of a Jerusalem restaurant was not a reason to revoke a kashrut certificate. Also last June the court, resting on the belly-dancing precedent, ruled that Ashdod's Chief Rabbi could not deprive a bakery of a kashrut certificate because its owner was a Jew who had converted to Christianity.

However, Riskin said that in his opinion, the sale of cigarettes was reason enough to take away a business's kashrut supervision. "At the very least someone who smokes is transgressing the Torah's commandment to carefully guard your soul and it could even be considered killing yourself, not to mention the fact that you are endangering others with secondary smoke. He also said that Jewish law was more stringent regarding items that endanger a person's life than regarding ritual prohibitions such as the mixing of meat and milk.

Riskin said that he had already met with the owners of two of the five stores that sell cigarettes in Efrat, and had convinced them to stop selling cigarettes. Numerous rabbis have ruled that due to the dangers to one's health caused by smoking, it is strictly forbidden. Rabbi Shlomo Zalman Auerbach, considered the greatest halachic authority of the previous generation, ruled that smoking was considered self-flagellation and wrote "that I have never joined with those rabbis who permit smoking"

Rabbi Efraim Greenblatt of Memphis Tennessee likened smoking to lying down on a busy highway.

The late Rabbi Eliezer Waldenberg, a leading judge on the Supreme Rabbinical Court and author of the *Tzitz Eliezer*, ruled that the principle "God watches over the simple," which permits taking certain calculated risks, applies only when the risk is extremely small, or that there is no empirical scientific evidence to substantiate the danger.



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GARDENER'S CORNER

Gardeners' Corner **SPRING 2010**

As I put pen to paper, it just so happens to be Tu'B'Shevat, the New Year for trees, when we are reminded of the blessings which come from trees and the part they play in our lives.

On a global scale forests act as the lungs of the earth, soaking up carbon dioxide from the atmosphere and storing it up in their tissues. In turn, they exhale oxygen which is the life giver to all animals including ourselves. In turn, we also benefit from timber for our homes, fruits for our table and to enjoy the beauty of the constant display which trees provide in their architectural forms



Tree in snow – January 2010

which help to shape our landscape, the way they herald the seasons with displays of spring blossoms delighting the eye whilst offering profusely their pollen and nectar which our bees and their fellow insects use as their food and store up as honey for our table. Who has not been moved by the fresh greening of the hedgerows announcing winter is over!

In our gardens trees play an important part. A well placed suitable tree will give the garden form, provide shade on hot summer days, act as a windbreak



Trees in snow – January 2010

and provide shelter and be a refuge for our feathered friends to roost and nest and rear their families. In the autumn the fallen leaves are gathered to enrich our compost and return nutrients to our flower and vegetable beds.

Hedges which are made up of small trees pruned to shape give us definition of our gardens and provide habitat and shelter to

birds, insects and small mammals such as voles, field mice and hedgehogs. A well kept hedge is something to be admired and can be as simple or

GARDENER'S CORNER

elaborate as one would like. Previous articles have gone into detail of the best species.

For our gardens, perhaps the most exciting opportunities lie with the introduction of fruit trees. These can be appropriate for any size of garden



Redwing eating cotoneaster berries

from the town house small garden to the more substantial suburban plot or fair sized country patch.

Trees can be planted against a wall, be it the house wall or garden fence. To ensure that the tree roots do not damage the house foundations only a specimen which is grown on a root dwarfing stock should be selected.

These could be apple, pear, plum

or even peach or apricot. All of these flourish when trained against a wall in a fan or cordon shape. These are now generally available as pot grown trees with an initial amount of training depending on the age of the tree and how much you wish to spend. All of these do well in full sun on a south facing position or in partial shade either facing east or west. Many of the fruit trees require cross pollination so when making a purchase enquire which tree is also required to cross pollinate which is essential for the fruit to set. Small trees also fruit heavily and can also be planted in open ground. By selecting varieties which are locally available we can have apples for early eating in August and others to follow on and even to store as well as a cooker, such as a Bramley Seedling, for delicious cooked apple dishes such as stewed, baked or crumble. There is a joy in harvesting a home grown fruit which will always be especially delicious and refreshing as we take a break from gardening.



Redwing on a crab apple tree

A few important rules should be followed with planting. Firstly, the hole must be dug at least twice the size of the container. Into this should be placed some good garden compost and then the tree is planted, with the graft just

GARDENER'S CORNER

above the soil to prevent suckers growing. The soil around the base of the tree should be firmed down with your boot and the tree should be tied to a sturdy stake, using a tree tie which does not cut into the trunk and which can be adjusted as the tree develops. A restrictive tie can kill a tree which is otherwise growing well. Always allow plenty of space between trees as they will want to spread out and grow towards the light. At first water well until the tree has established especially during dry hot periods.

A tree planted towards the back of the garden will give a good show at blossom time and help to provide a focal point when viewed from the house or terrace.

As we start the new decade, what better way to commemorate this than by planting a tree. It will give you pleasure as it grows and be a blessing to future generations as in years to come they ponder who planted this lovely tree.

SAVE THE PLANET

“SAVE THE PLANET BY SLASHING FOOD PRODUCTION”

A healthy diet is built on a base of grains, vegetables and fruits, followed by every decreasing amounts of dairy-products.

What's the problem?

- Globally, animals kept for food account for at least 18% of greenhouse gas emissions. Growing animal feed rather than food for human consumption is a very inefficient use of resources – a meat-based diet typically used five times as much land as a plant-based diet.
- Pressure on land, water and other resources will continue to grow and the era of cheap fossil fuels is ending. To have affordable food in future and prevent mass starvation in poorer countries, we must reduce our consumption of meat and other animal products.
- Heart disease and stroke are leading causes of death in the UK, saturated fat and cholesterol (high in meat dairy and eggs) being key factors. Plant foods are generally healthier and contain plenty of anti-oxidants, fibre and healthy fats.

SAVE THE PLANET



In the UK, close to a billion animals are slaughtered each year for food often after enduring a life of overcrowding, mutilation, injury, and disease. A typical dairy cow produces many times more milk than their ancestors did often forced into simultaneous lactation and pregnancy.

What can the government and public agencies do?

- Recognise the true long-term impact of different farming systems and diets on the environment, health and global food security
- Shift subsidies and support from animal feeds and livestock production to crops for direct human consumption
- Promote meat, dairy and cruelty-free alternatives and ensure that meals available in public places are suitable for all dietary preferences.



What can I do?

- Start the day with an energy-sustaining bowl of muesli or porridge with soya milk
- Try going completely veggie for one or two days a week
- Check the VEGA website for more ideas of Eating Plans, with comprehensive nutritional analysis of recipes and menus. www.vegaresearch.org or info@vegaresearch.org



EYES IN THE SOIL

EYES IN THE SOIL

A new tool developed by scientists at The University of Manchester will allow farmers to see under the soil to check how efficiently crop roots are using water and nutrients.

The research could have a strong impact on food security – the subject of this announcement by the Government is to consult on how it can ensure that the UK's food supply remains safe for future generations.

EYES IN THE SOIL

“Climate change means that the ability to rapidly identify new plant varieties tolerant to drought and other stresses is going to be critical to breeding the food crops of tomorrow. Our technology will help do that,” said Dr Bruce Grieve from the Syngenta Sensors University Innovation Centre and he went on to say that this project will deliver a new visualisation tool for farmers, which will provide them with a 24/7 signal from each and every plant in a screening programme indicating how efficiently the roots are drawing upon the water and nutrients in the soil, and that these subsoil sensor systems are novel but founded upon established low-cost body scanner technologies, which exploit the bending of electrical fields within the subject.

Chief Government Scientist Professor Beddington recently visited the University of Manchester to talk to scientists in the School of Electrical and Electronic Engineering about their project and stated that “this new tool will not simply provide a picture of the size and shape of the root structure but rather a non-destructive, quantified and real-time indication of how well they function”. He added: “Currently, above soil features, or phenotypes, are monitored in industrial greenhouses and field trials during seed breeding programmes to provide an indication of which plants have the most likely preferential genetics to thrive in the future global environments.

These indicators of “plant vigour” are often based on loosely related features which may be straight forward to examine, such as an additional ear of corn on a maize plant, but labour intensive and lacking in direct linkage to the required crop features.”

Within the next six months the team will implement and characterise a ‘next generation’ of electrical imaging instrumentation, which has been designed to meet the specific needs of subsoil imaging for plant root function.

The tests will be carried out under highly controlled conditions using a single genetic strain of plants and the subsequent findings will then be integrated into a larger research programme alongside micro x-ray tomography.

Dr Grieve, and his industrial and academic partners would welcome your comments and suggestions on this work and the other food security research being undertaken by the group. Comments may be posted on the group blog (www.e-agri.blogspot.com) or visit www.eee.manchester.ac.uk.

BOOK REVIEWS

VEGETARIAN VISITOR 2010 WHERE TO STAY AND EAT IN BRITAIN

Edited by Annemarie Weitzel



The new updated edition of the **only annual guide** to private homes, guest houses in England, Wales and Scotland which offer hospitality to the vegetarian or vegan traveller and holidaymaker.

All establishments have descriptive information, as well as codes indicating whether they are exclusively vegetarian/vegan or also serve traditional food, their price range, whether they are licensed and whether they are close to public transport.

Plus well over 250 cafes, restaurants and pubs that know how to cater properly for vegetarians and vegans.

Illustrated throughout with photos and line drawings, with no outside advertising, the book contains all the information vegetarians and vegans need on where to stay and where to find a good meal.

Price £3.00 Paperback. Available from bookshops, or post free (in the UK) from the publisher – Jon Carpenter Publishing, Direct Sales. 2 Home Farm Cottages, Sandy Lane. St. Paul’s Cray, Kent BR5 3HZ. Tel: 01689 870437. Mastercard/Visa credit cards accepted.

THE FRUIT HUNTERS

By Adam Leith Gollner

A Story of Nature, Adventure, Commerce and Obsession



Adam Leith Gollner had a fruit epiphany when he visited Brazil. For the first time in his life, he discovered fruit beyond the common garden fruit, the apples, oranges and pears that populate our supermarkets all year round. He discovered a whole new world of fruit, fruit which was exotic, fun, erotic, delicious, and also sometimes disgusting! He also discovered jackfruits, the ice cream beans, mangosteens, cloudberries, egg fruits and rambutans, as well as coming face-to-face with the

BOOK REVIEWS

Grapple. The Grapple is an apple that tastes of grapes, invented by Gary Snyder. It is an apple that is soaked in artificial grape flavour.

Intrigued by the role of fruit within human life, Adam's fruit quest took him all around the world, from the jungles of Borneo to the island of Bali, from the Bronx to the lush tropics of the Maldives. As well as a travelogue, the book is an exploration of the role fruit has played in history – fruit has led nations into war, fruit has fuelled dictatorships. He explores the political machinations of multinational fruit corporations exposing the hidden alliances between agribusiness and government and what that means for public health.

Through the book we meet the people whose obsession with fruit leads them to the furthest corners of the world to find new varieties, even smuggling these fruits back to their homes.

Adam Leith Gollner weaves together business, science and travel into a riveting exploration of one of the earth's most desired foods – fruit. *The Fruit Hunters* is a truly extraordinary book unveiling the hidden universe of fruit.

Published by Souvenir Press Ltd. London. Paperback. Price £12.99 Plus P&P £3.00 Available from JVS.

THE NATURAL NAVIGATOR

By Tristan Gooley



Leave behind your map and switch off your GPS. We are all natural navigators.

Starting with a simple question – ‘Which way am I looking?’ – *The Natural Navigator* blends natural science, myth, folklore and the history of travel to introduce you to the rare and ancient art of finding the way using nature's own sign-posts, from the pattern of a puddle to the length of a shadow.

Tristan Gooley has spent years practising and teaching natural navigation as a way of enriching journeys and reconnecting with the world. With his help, you'll learn why some trees grow the way they do and how they can help you find your way in the countryside. You'll find out how Pacific Islanders have used the night sky to determine their course for centuries. You'll discover how it's possible to find North simply by looking at a puddle and how natural signs

BOOK REVIEWS

can be used to navigate in the heart of the city. Wonderfully detailed and full of fascinating stories, this is a glorious exploration of a rediscovered art.

Tristan Gooley set up his natural navigation school, The Natural Navigator, after studying and practising the art for over ten years. His passion for the subject stems from hands-on experience. He has led expeditions in five continents, climbed mountains in Europe, Africa and Asia, sailed across oceans and piloted small aircraft to Africa and the Arctic. He is the only living person to have both flown and sailed solo across the Atlantic. Tristan is a Fellow of both the Royal Institute of Navigation and the Royal Geographical Society and is the Vice Chairman of Trailfinders.

Published by Virgin Books. London Ltd. Hardback. Price £14.99. Plus P&P. Available from JVS

NO CHOLESTEROL PASSOVER RECIPES

By Debra Wasserman

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No Cholesterol Passover Recipes is welcomed as a much needed publication. There is no need to indulge in the massive use of eggs, cheese and dairy producer, with its debilitating effect and dangerous cholesterol levels.

Passover is a festival of freedom, and mental slavery can be even worse than physical slavery. With all the wonderful Spring produce, it is, and certainly should be, a period of regeneration.

No Cholesterol Passover Recipes is Published by The Vegetarian Resource Group. USA and Distributed by TURNAROUND (visit www.turnaround-uk.com) London. Price £7.00 plus P&P £2.00. Available from JVS.

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\$275

or 5 annual payments of
£40 (\$60)

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.