

The Jewish Vegetarian



לשנה טובה תכתבו ותחתמו
A Happy, Healthy and Peaceful New Year to all our Readers



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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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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 items are appreciated and put to good use.

£5 H. & H.G., N.S.W. Australia.

BUILDING FUND DONATION – LONDON HQ

£8 Mrs Y.F. London. N14. £5 Ms D.G. Edgware, Middlesex HA8 9QB.



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:

£5 Ms D.G. Edgware, Middlesex HA8 9QB.

'VEGA'

'VEGA'

VEGETARIAN ECONOMY & GREEN AGRICULTURE

VEGA are proud to announce that Professor Peter Singer is joining their team as a Patron.

Peter Singer is a world-famous Australian philosopher. He is a laureate professor at the Centre for Applied Philosophy and Public Ethics, University of Melbourne and the Ira W De Camp Professor of Bioethics at Princeton University, USA. He has known the work of **Vega** since he first became interested in vegetarianism about 35 years ago.

Vega is an independent scientific registered charitable Trust, and Peter Singer's contribution to their work on the common good in farming, food, health and land comes at an apt time when electorates in "broken Britain" tackle the integration of these subjects and all the corollaries in food safety, security, the environment and wildlife.

Like Peter Singer, Britain's DEFRA Minister of State is a vegetarian of long standing facing immediate cull-or-cure challenges raised by bovine TB and the success or failure of the whole badger population to break the cycle of contamination with dire effects for the already distressed dairy industry.

We would like to congratulate Dr Alan Long, VEGA's Hon Research Adviser, who was recently elected an Honorary Member of the Veterinary Public Health Association (VPHA) and is also a member of the RSPCA.

Further information on VEGA's activities, can be obtained direct via Email: info@vegaresearch.org or www.vegaresearch.org



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**

WHAT'S ON DIARY



INCREDIBLE VEGGIE ROAD SHOW

VIVA! Returns to Brighton

EUROPE'S largest vegetarian and vegan campaigning group are returning to Brighton to host a fantastic 'Road Show' celebrating the very best of veggie living.

Viva! – who spent its formative years in the town – will bring the 28th Incredible Veggie Road Show to the spacious foyer and bar area of the Brighton Dome on Saturday, September 18.

The Incredible Veggie Road Show promises to showcase the very best in veggie and vegan lifestyles, from food and cookery, health and nutrition, to clothing and accessories, brought to you by dozens of stall holders and businesses from across the UK. Entry is free.



Juliet Gellatley, who founded Viva! in Brighton 15 years ago, says: "We are delighted to be returning to Brighton for this very special Incredible Veggie Show. It promises to be a fantastic day out for all the family, featuring the very best in all things cruelty-free! Come along and find out everything you need to know about going veggie or vegan, or simply stock up on all your veggie favourites under one roof. There will be something for everyone, from the veggie curious to the seasoned vegan."

There will be a wide selection of vegan dishes and products available for sampling, a programme of talks and cookery demonstrations, nutritional advice and information, plus Viva! and the Vegetarian and Vegan Foundation merchandise and campaigns resources.

Viva! Patron and owner of Brighton vegan restaurant VBites, Heather Mills, will be giving two cookery demonstrations during the day. VBites will also be providing one of four delicious free hot food tastings.

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More than 2,000 people visited the first show of 2010, in Bath, so Viva! is anticipating large crowds in Europe's vegetarian capital! Doors open from 10.30am – 4pm.

Further details of cookery demonstrations, hot food tastings, sponsors and talks will be announced soon on www.viva.org.uk/brighton. Visit this website for the full event details, or call 0117 944 1000.



CHOCOLATE WEEK 11 – 17 October 2010

Divine Chocolate is delighted to announce a new addition to its 100g bar range. Divine's latest line is a 100g pure chocolate bar made with 85% cocoa solids, using the very finest Ghanaian cocoa beans from the Kuapa Kokoo farmers' cooperative that co-owns the company. The 85% Dark Chocolate bar delivers an intense taste of pure cocoa and then melts in the mouth unlocking deep flavour notes of red berries. It delivers a wonderfully deep dark chocolate experience for the chocolate devotee.

Charlotte Borger of Divine Chocolate says, "Divine is delighted to be offering an intense new flavour to the consumer towards enjoying darker, purer chocolate products, and also ensures we're buying more Fairtrade cocoa from the Kuapa Kokoo cooperative.



The launch of the new bar will be an excellent way to celebrate Chocolate Week this year, which Divine has sponsored "since it began seven years ago. Once again Divine is working with top chefs and restaurants nationwide, and will be encouraging as many people as possible to experience the new 85% flavour".

Divine's 85% Dark Chocolate bar is the eleventh flavour to make up the 100g bar range. The smallholder farmers in Ghana who grow the cocoa for Divine take great care in growing, harvesting, fermenting and drying the beans in order to bring out the purest cocoa flavour. The cocoa pods are grown in the shade of the tropical rainforest and only the best beans are used in Divine. As with all Divine products, the Divine's new 85% Dark Chocolate is free from artificial flavourings, colourings and preservatives. It is suitable for vegetarians, and carries the Fairtrade and Kosher marks.

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It is packaged in Divine Chocolate's distinctive black livery varnished with traditional West African motifs called Adinkra symbols, each of which carry their own meaning.

Choosing a Divine product is a delicious way of playing your part in a more equitable trading partnership. Divine is the only Fairtrade chocolate company which is 45% owned by the farmers in Ghana – 45,000 members in total. While Fairtrade ensures farmers receive a better deal for their cocoa and additional income to invest in their community, company ownership gives farmers a share of Divine's profits and a stronger voice in the cocoa industry.

For more information on the full Divine range of 100g and 45g bars (including the new Butterscotch Milk Chocolate 45g bar), gift chocolates, baking ingredients and seasonal lines visit www.divinechocolate.com

SWAP YOUR BURGER FOR A BAG OF NUTS

**Celebrate Britain's First
'National Nut Day'
October 22nd 2010**



National Nut Day in the UK is being launched by Liberation Foods, the farmer-owned Fairtrade nut company which has pioneered Fairtrade nuts. Its successes include launching 'Harry's Nuts!', the snack brand from comedian Harry Hill established to help farming groups in Malawi, Mozambique and other very poor countries export their crops. October 22nd is well-established as National Nut Day in the USA and the farmers' staff at Liberation don't want British nut fans to miss out any longer.

National Nut Day will celebrate all that is great about eating nuts. As well as being a delicious snack and cooking ingredient, nuts are:

- Highly nutritious – a source of vital fatty acids, omega fats, protein and many vitamins and minerals.
- Good for the environment – switching our main source of protein from meat to nuts whenever we can helps to reduce greenhouse gas emissions. In addition the trade in Brazil nuts helps to preserve the Amazon rainforest.

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- Good for our health – the Government's Chief Medical Officer says 18,000 premature deaths from heart disease would be avoided every year if we cut our meat consumption by half. Nuts are a good value form of protein which can help us do this.
- One of the least well-known items in the Fairtrade shopping basket – yet UK nut lovers can buy Fairtrade Brazil nuts, cashews, peanuts, walnuts and almonds. This means the farmers and gatherers are protected by the guaranteed fair deal which comes with Fairtrade.

Restaurants in the UK will be asked to include at least one 'nutty' meal on their menus for the day and Liberation will use specially created recipes to inspire foodies to cook with nuts more at home.. Some people are unsure about the many ways they can use nuts in their cooking and so leading chefs and food writers will be offering top tips to get people started.

Kate Gaskell, Managing Director, Liberation Foods CIC says: "We are approaching like-minded organisations and high profile nut lovers to work with us to make sure the message is heard loud and clear for the good of British nut eaters and nut farmers and gatherers across Africa, India and Latin America including those who co-own our company."

The National Nut Day website in the UK will be www.nationalnutday.com.



NATIONAL VEGETARIAN WEEK

23 – 29 MAY 2011

National Vegetarian Week 2011 will take place from Monday 23 May to Sunday 29 May. It's an event for everyone from foodies to families, caterers to cafés, market stalls to meat-free aisles, green grocers to gourmet chefs and supermarkets to stylish restaurants.

The Week is now an established event in the British Culinary calendar, a time to celebrate choice and focus on flavoursome vegetarian dishes. It's a real food for thought week.

It's not just about food though, National Vegetarian Week offers great business opportunities through launches, special offers, holding sampling sessions and getting into the media spotlight. Organisations such as schools and libraries can get involved too – with displays, discussions and debates.

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During 2010 thousands of people joined in the Week. You can catch up on some of the activities at www.nationalvegetarianweek.org. The National Vegetarian Week team distributed 150,000 booklets and 13,000 posters (free of charge). The website had over 140,000 unique visitors and the media loved the Week's recipes and themes.

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 nineteenth year, National Vegetarian Week is a great opportunity to look at food and its impact on the environment, animals and health.

A TASTE OF WHAT'S TO COME BRITISH FOOD FORTNIGHT 18TH SEPTEMBER – 3RD OCTOBER 2010

What Is British Food Fortnight?

Now in its ninth year, **British Food Fortnight** is the biggest national celebration of the diverse and delicious range of food that Britain produces. Hundreds of shops, pubs and restaurants take part every year with special menus and promotions as do councils, markets, hospitals, tourism attractions, hotels, youth hostels and many more. Last year even a zoo took part proving that animals too can eat British! The event is also an established date on the school calendar with hundreds of schools using it as an opportunity to teach children about food. In 2012 the dates of British Food Fortnight will change, for one year only, to run at the same time as the London Olympics.

What's New This Year?

British Food Fortnight is fronted, for the first time, by its own poster boy. James Potter, a poultry farmer from North Yorkshire, has been selected by PR guru, Max Clifford, as the 'Face of British Food Fortnight 2010'. James will feature on the event's Love British Food poster that was unveiled by HRH The Duchess of Cornwall and the BBC's Hairy Bikers at a major launch in London. Commenting on his choice, Max Clifford said: "James is, in my opinion, the perfect person to be the Face of British Food Fortnight 2010 as his face has all the characteristics that I believe people would expect to be embodied in a farmer. He has a face full of charm, integrity and which exudes the outdoor life – a wonderful combination made even better by a

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huge smile. He's got a face that both men and women will relate to in a positive way and, for me, is the ideal person to be the poster boy for British farming and food.”:

British food 'on a budget'

British Food Fortnight has teamed up with the Department of Health to celebrate British food 'on a budget' with a special focus on universities and children's centres. British Food Fortnight coincides with Freshers' Fairs in most universities where students, many of whom are catering for themselves for the first time, are the forgotten generation in the food debate. This year university caterers are being invited to run British Food Fortnight promotions in student cafes and canteens; set up stalls at Freshers' Fairs to promote the healthy benefits of British seasonal food; and offer cooking demonstrations of simple recipes for students. In a similar vein, *British Food Fortnight's* initiative sending chefs into schools to teach children how to cook is expanding into Sure Start Children's Centres! Fathers and mothers in each centre are going to be taught how to cook, where to buy healthy food and how to incorporate 5 A DAY into their family's meals leading up to a British Food Fortnight Harvest Feast in each centre during the event. Centres in Manchester, London, Bristol, Nottingham, Newcastle, Southampton, Liverpool and Coventry are taking part.

Three of the biggest supermarkets are already making plans for British Food Fortnight promotions signifying the greatest support in the history of the event. Budgens, the official retail sponsor of the event, will be championing British food in all 200 of its stores with tastings, meet-the-producer events and special offers and hundreds of independent stores will be flying the Union Jack in the high street.

This year's British Food Fortnight Schools' Challenge is the biggest yet.

Schools are again being invited to use British Food Fortnight as an opportunity to teach children about the diverse and delicious range of food available, the pleasures and health benefits of eating quality, fresh, seasonal and regionally-distinct produce and where it comes from. For pre and primary age children, British Food Fortnight has teamed up with Tractor Ted, the character behind the real life action farming films and books, to challenge young children to design the ultimate school smoothie.

Resources Are Available to Help People Take Part?

The event's website www.lovebritishfood.co.uk is a one-stop-shop for

WHAT'S ON DIARY

consumers, retailers, caterers and schools wanting to enjoy British food. The site includes a 'Supermarket Watch' monitoring what British food is being sold in the big stores, search facilities to find pubs and restaurants serving British food, a Teacher Zone plus new sections providing advice on eating British on a budget and advice on planning promotions for the Olympics. Plus all the resources people need to take part in British Food Fortnight.

British Food Fortnight is sponsored by Budgens, ARAMARK and the Department of Health's 5 A DAY Just Eat More (fruit & veg) programme. It is supported by over 60 organisations led by Brakes, Country Markets, National Farmers' Union, National Trust, Tenant Farmers Association, Young's pubs and Youth Hostel Association.



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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

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.

POEM



Poor Chick

by Dr David Ryde

*Manufacturing eggs the battery way
Is a business of poor repute
Young chicks are cruelly debeaked and caged
Of this there's no dispute.*

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

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

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

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

GOING ONLINE



Lakeland, founded in 1963, is family owned business based in Windermere and is the UK's leading kitchenware specialist, offering a range of over 4000 products from quality kitchen utensils and storage containers to liquorice!

Lakeland's products are available from 48 stores nationwide, by mail order and online. Customers regard them as the destination shop for all things kitchenware and know that if there is a particular item they need, the likelihood is that Lakeland will have it.



Testament to this fact is that they were placed joint first out of 100 high street retailers in the Which? High Street Shops Survey in June 2010, praised in particular for their excellent customer service.

Crafted to last a lifetime, their new enameled cast iron range are pieces of cookware that you can really be proud of. In a rich navy blue with a creamy interior, whatever you are cooking they will never let you down. They offer all the strength and durability of the other cast iron brands but at a fraction of the price.



One of Lakeland's latest products is the Zyliss(R) Smart Guard Mandoline. This is one of the safest slicers on the market and only reveals its blades when the safety lock trigger is squeezed and has a built in julienne blade. The Zyliss Smart Guard Mandoline is exclusive to Lakeland.

As mentioned there are so very many wonderful and reasonably priced products, so why not give them a call on 01539 488100. Or go online at

www.lakeland.co.uk, or better still visit one of their 48 stores nationwide, who will be happy to send you a catalogue. Check their website for the store nearest to you.

COOKERY CORNER



Denise Phillips

Delicious New Year Recipes from Denise

CARROT AND APPLE SOUP

I love to bring spirituality to the table through symbolic recipes and I hope this combination ticks all the boxes with my chosen ingredients. Carrots are one of the significant special foods that we are encouraged to eat. In Yiddish the word for carrots is mehren, which means to increase. So for this reason it is a custom in many communities to eat carrots at the start of

the New Year in order to wish for a good and prosperous start.

A leek in Hebrew is Karti, which means to cut, and at Rosh Hashanah time we wish to symbolically cut down our enemies.

Soup is one of the easiest starters for family meals. Carrots, sweetened with apples and a teaspoon of honey provide a delicious warming soup.

NB: When soups are puréed, I like to garnish them with the ingredients they are made with.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Serves: 8 people

Ingredients

- 1kg carrots – ideally organic – peeled and roughly chopped
- 1 onion – peeled and roughly chopped
- 2 tablespoons olive oil – for frying
- 2 leeks – peeled and sliced
- 3 apples – peeled, cored and roughly chopped



COOKERY CORNER

2 teaspoons honey

2 litres vegetable stock

Salt and freshly ground black pepper

Garnish: 1 Carrot- peeled , 1 red apple – cored and sliced thinly

Method

- 1) Heat a large deep saucepan with the olive oil.
- 2) Sauté the onion and leeks together until soft but not brown.
- 3) Add the carrots, honey, apples and stock. Bring to the boil, cover and simmer for 25 minutes or until soft.
- 4) Transfer to a liquidiser and purée to a smooth consistency.
- 5) Taste and season.
- 6) For the garnish, using a paring knife make very thin strips of carrots.

Cook in boiling water for 2 minutes, drain and refresh under cold water. Pat dry with absorbent paper.

To serve the stylish way: Sprinkle over some carrot spaghetti and strips of apple.

POMEGRANATE, WATERCRESS AND CHICORY SALAD

Pomegranates and sesame seeds are popular ingredients during Rosh Hashonah as they are symbolic of plenty and fecundity. The luscious colour of the pomegranate seeds look like jewels in a nest of salad leaves. The best pomegranates are deeply coloured with a smooth skin. I like to use the juice as part of the dressing to enhance the flavour.



I have seen pomegranate seeds ready to use in plastic containers in some supermarkets and at Costco – this is a more expensive way of buying them but certainly speeds up the recipe!

Note: Be careful when squeezing out the pomegranate juice as it does have a tendency to stain.

COOKERY CORNER

Preparation Time: 10 minutes

Cooking Time: 5 minutes **Serves:** 6 people

Ingredients

2½ pomegranates

200g watercress

2 heads of chicory, outer leaves removed

Dressing

2 tablespoons toasted sesame oil or extra virgin olive oil

2 tablespoons sesame seeds

Salt and freshly ground black pepper

Juice of ½ pomegranate

Method

- 1) Fry the sesame seeds in a dry frying pan until golden. This will take about 3 minutes. Be careful not to leave them unattended as they do have a tendency to burn quickly. If they are burnt they become bitter and are not edible!
- 2) Cut off one half of the pomegranate and save for the dressing. Remove the seeds from the remaining half.
- 3) Mix together the watercress and chicory leaves.
- 4) Squeeze the juice from the reserved half pomegranate and mix with the sesame oil.
- 5) Transfer the salad leaves and pomegranate seeds to a large bowl. Pour over the dressing and dust with a little black pepper.

To serve the stylish way: Garnish with toasted sesame seeds and serve at once.

CRUNCHY LEEK AND POTATO GRATIN

SERVED WITH A FENNEL AND ORANGE SALAD

I love the combination of this delicious vegetarian dish; leeks, red onion and spinach with a sliced potato and walnut topping.

It is also ideal for those on a gluten free diet. Served with the orange and fennel salad it makes a complete meal.



COOKERY CORNER

When preparing leeks, ensure that you trim the root end and coarse top. The easiest way to clean leeks is to slit them lengthways and rinse under cold running water to remove any grit.

I used the food processor to slice the potatoes, which certainly put some speed into its creation, and if time is of the essence you can cook it in advance and reheat later. The salad brings both colour and texture to the dish and requires no last minute adjustments so that serving is a breeze!

This recipe is perfect for lunch or supper and will freeze.

Preparation Time: 25 minutes

Cooking Time: 50 minutes

Serves: 6

Ingredients

3 leeks – trimmed and sliced
1 red onion – peeled and sliced
250g leaf spinach – cooked and well drained
900g potatoes – finely sliced
3 cloves garlic – peeled and finely chopped
2cm root ginger – peeled and finely chopped
100ml vegetable stock
50ml double cream
Salt and freshly ground black pepper

For the topping

25g Parmesan cheese – grated
50g walnuts – roughly chopped

For the Salad

4 oranges – peeled and cut into segments
1 orange pepper – roughly chopped
2 fennel bulbs – roughly chopped
4 tablespoons olive oil
1 teaspoon honey
Salt and freshly ground black pepper

Method

1) Pre-heat the oven to 200°C/400°F/Gas mark 6.

COOKERY CORNER

- 2) Place half of the sliced leeks and half of the sliced potato into a large casserole dish. Add onion, cooked spinach and season with the garlic, ginger and salt and freshly ground black pepper.
- 3) Layer another row of the sliced leek and sliced potato so that the potato is on top.
- 4) Pour over the vegetable stock and cream. Season again and bake in the pre-heated oven for 40 minutes.
- 5) Remove the gratin from the oven and sprinkle over the grated Parmesan and chopped walnuts.
- 6) Return the dish to the oven for a final 10 minutes or until the potato is cooked.
- 7) Mix the olive oil and honey together. Place the orange segments, orange pepper and fennel in a salad bowl.
- 8) Dress the salad just before serving.

To serve the stylish way: Slice a portion of gratin onto a large plate with a portion of orange and fennel salad to the side.

APPLE & PRUNE TEA BREAD

This is a delicious fruit tea loaf that is perfect over Yom Tov ~ when extra friends and family arrive for an informal gathering. It is also ideal when breaking the fast with a cup of tea. Packed with fruit and sweetened with honey, you will want to make this again and again as it becomes a great family favourite.

Granny Smith apples are a favourite of mine as they are crisp, juicy and do not oxidise as fast as other apples.

Preparation Time: 15 minutes

Cooking Time: 1 hour 20 minutes

Makes: 1 loaf

Ingredients

- 4 eating apples eg Granny Smith – peeled, cored and thinly slice
- 1 tablespoon – vegetable oil- to grease the tin
- 100g ready to eat pitted prunes – roughly chopped



COOKERY CORNER

- 50g dried apricots – roughly chopped
- 150g light brown muscavado sugar
- 100g margarine
- 125g clear honey
- 300g Self raising flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 2 large eggs

Glaze: 1 tablespoon honey – warmed

Method

- 1) Line and grease a 1.2 litre loaf tin.
- 2) Place the margarine, honey and sugar in a saucepan and heat until melted. Transfer to a large mixing bowl.
- 3) Pre- heat the oven to 180 C/ 350 F.
- 4) Add the prunes, apricots, apples, flour, baking powder, cinnamon and eggs to the mixing bowl. Combine well.
- 5) Transfer to the prepared loaf tin.
- 6) Bake for 1 hour – 1¼ hours or until firm and a skewer inserted into the centre comes out clean.
- 7) Leave to cool in the tin. Glaze with a little warmed honey over the top.

To store: cover with cling film or place in an airtight container for up to 3 days.

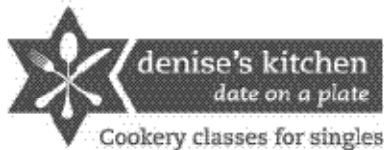


VEGETARIANISM IN THE JEWISH COMMUNITY

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.

COOKERY CORNER



DATE ON A PLATE

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

Sunday 26 Sept	Age: 30 – 45
Sunday 3 Oct	Age: 28 – 38
Sunday 24 Oct	Age: 40- 55
Sunday 31 Oct	Age: 30 – 45
Sunday 7 Nov	Age: 28 – 38
Sunday 14 Nov	Age: 40 – 50
Sunday 28 Nov	Age: 30 – 45
Sunday 12 Dec	Age: 28 – 38

LEARN TO COOK - THE STYLISH WAY

Join Denise Phillips for a fun "hands-on" class, presented in my trademark simple but stylish manner. Enhance your love of food and add to your cooking repertoire.:

Thursday 2 Sept	Cooking For Yom Tov
Thurs 7 or Sun10 Oct	Ashkenazi Favourites
Wed 17 Sun 21 Nov	Chinese Feast
Sun 5 Dec	Winter Entertaining
Wed 8 Dec	Sephardi Favourites
Thurs 9 Dec	Gourmet Vegetarian

Venue : Northwood. Times : Weekdays 10am –1.30pm. Sunday : 6pm-10pm

Cost : £60 including three course meal and all ingredients

More info : www.jewishcookery.com or denise@jewishcookery.com

Or phone Denise on 01923 836 456

HELP!!!

We are in desperate need of someone to 'man' the office one day a week (day to be arranged) preferably the same day each week, on a voluntary basis.

Computer skills would be an asset.

Please contact the office on 020 8455 0692
between 10.00am – 4.00pm.

New IJVS

E-mail Address

jewishvegetarian@onetel.com

PROSECUTIONS DEMANDED

PROSECUTIONS DEMANDED FOR SLAUGHTERHOUSE CRUELTY

'Animal Aid Releases New Covert Film'



Animal Aid in April last released footage taken covertly at Sturminster Newton abattoir in Dorset. This is the sixth UK slaughterhouse to be filmed by the campaign group. The footage shows serious welfare failings and three significant breaches of the law. The footage was sent to the Meat Hygiene Service (MHS) for investigation last month.

Animal Aid filmed the stunning box at Sturminster Newton – which is owned by Anglo Beef Processors – over a two-day period, and the killing area over a subsequent two days. From the very beginning it was clear that a breach in the law was allowed to go uncorrected and that this had led to significant welfare problems and additional suffering for the cows.

By law, bovine stunning boxes must be fitted with a head restraint. Preferably, this should be a passive head shelf which encourages the animals to place their heads in the position most likely to aid a clean shot from the captive bolt. At Sturminster Newton no such head shelf was fitted and, according to the MHS, this had been the case since the box was installed at the beginning of November last year.

It is clear from the footage obtained that the stun operator had trouble making effective and clean stuns, and a significant proportion of animals (12 per cent of the 114 cows filmed) endured multiple stuns in order to render them unconscious before slaughter. In its response to Animal Aid's evidence, the MHS wrote: 'The need to re-stun those animals that did not become immediately unconscious may have been avoided had the stunning box been fitted with a head restraint reducing the opportunity for the animal to move its head a moment before impact.' And yet, the MHS-appointed vet either did not spot this breach of the law, or chose to turn a blind eye. Animal Aid is pushing for those responsible to be prosecuted.

Another clear breach of the law – leaving cows for up to 65 minutes in the stunning box before they were stunned – was also admitted by the MHS. It has recommended retraining for staff in relation to this issue. Animal Aid has described this decision as 'a wholly inadequate response to a serious

PROSECUTIONS DEMANDED

breach that caused animals unnecessary suffering' and has, instead, asked that those responsible be investigated with a view to prosecution.

The final legal breach – the stun operator beating two cows with a squeegee mop – is being investigated 'with a view to suspending/revoking his licence (if applicable) and to recommending the case for investigation for a possible breach of WASK' [Welfare of Animals (Slaughter or Killing) Regulations].

Says Animal Aid Head of Campaigns, Kate Fowler:

'Animal Aid has once again identified serious breaches of the law at a UK slaughterhouse. Such failings have caused wholly unnecessary additional suffering to animals and those responsible should be held to account.

'In light of the body of evidence that Animal Aid has obtained from six abattoirs, the government and industry can no longer pretend that UK slaughterhouses have high welfare standards and adhere to the law. Abattoirs are terror-filled environments where animals – who are treated as inanimate objects – may be beaten and goaded if they do not walk meekly to their deaths. The apparent absence of compassion at Sturminster Newton, along with the routine breaking of animal welfare laws, affirms what we have concluded from filming at other UK slaughterhouses: there is no such thing as humane slaughter.'



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.



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.

ISRAEL REPORTING



'Stories by Franz Kafka'

It was a daring bet to schedule an event to the evening of the world football cup's final game. The streets of Jerusalem were almost empty. Walking them, one could not ignore the sound of TVs showing the game, which came from so many windows. And yet, 15 people gathered in the Vegetarian Community Center to hear Dr. Naama Harel's lecture on animal representations in stories by Franz Kafka.

Kafka, a son of a butcher, was a vegetarian. His diaries show that his vegetarianism was important to him, and that he tended to identify with animals. Many of us know his saying "Now I can look you at the eyes – I don't eat you anymore". With this biographic background it is not surprising that animals inhibit Kafka's literature, maybe more than any other western writer. And yet, all literary interpretations of Kafka ignore this phenomenon: The "animal stories" are not categorized as such. The role of animals in Kafka's world was never seen as an object for research. The animal characters in each story separately are always interpreted allegorically. They are seen as mere symbols of human themes. Literary scholars seem to think that it is below the honor of a distinguished author to write about animals.

Dr. Naama Harel, whose research considers the presentation of animals in literature, suggested reading Kafka's animal stories in a new way. Why not read them as talking (at least at one level) about animals and about animal-human relations? To demonstrate this, Dr. Harel discussed two of Kafka's stories: *Metamorphosis* and *A Report to the Academy*. Both stories blur the dichotomy between human and animal. In *Metamorphosis*, we do not know the distinct species Gregor Samsa became – his animal-nature is mainly defined not by his nature but by the attitude of humans towards him. Humans in *Metamorphosis* are not portrayed in any attractive way: while the animalized Gregor Samsa is sensitive and considerate, the humans are selfish and cruel. We can find a similar picture in *A Report to the Academy* – a story told by a monkey who was caught by hunters in Africa, brought to Europe by an animal trading company (whose name was known to readers at Kafka's time), and learned to act as human. Again, the distinction between humans

ISRAEL REPORTING

and animals is blurred. The monkey doesn't have any difficulty crossing it, while humans are described in terms that are usually used for animals. The typical characteristics of humans, which the monkey had to learn, are not what we are usually proud of: these are the "brute" characteristics such as smoking and spitting. This story, again, reveals the animal as victim and humans as cruel and vulgar.

While our literary evening attracted only 15 people, our Indian dinner brought a crowd of over 50 people – breaking the previous record set by a vegan-cheese workshop. Undoubtedly, food beats literature. The dinner was organized by a group of young volunteers, who run the Mahatma – a vegan kitchen that operates at the center on Thursdays and Fridays. Between bites of lemon-rice and chole (chickpeas and potato curry), palak-tomatar (spinach and tomato dish) and pachadi (mango dish), carrot curry and beet and cucumber salads, the diners could read and discuss printed material on vegetarianism and on nonviolence towards animals. And as they got to the dessert (kheer – rice pudding), we hope that they reached the conclusion that vegan diet could be a sweet choice after all... The volunteers of the Mahatma are planning to continue these theme-oriented meals, combining food and content. I think that this is a wonderful idea, that each of us can try in their own community, or even just as a private event, inviting friends who are still skeptical about liberating their diets from animal ingredients. Themes can vary – from ethnic cuisines, to desserts, to eggplant-dishes to food mentioned in the Bible... The sky is the limit. Good luck from Jerusalem!



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

CONSUMER CORNER



'WARBURTONS' ENTIRE RANGE IS NOW VEGETARIAN SOCIETY ACCREDITED

'The Vegetarian Society has given its seal of approval for family baker 'Warburtons' entire range'.

Packs of Britain's favourite baked goods, including Toastie, Seeded Batch, pancakes and Milk Rolls will carry the 'Vegetarian Society Approved' logo on all packs.

Warburtons which has 14 bakeries across Britain, passed the society's strict guidelines in order for its range of 54 baked goods to become approved.

That means that all their products are free from animal products, enzymes, stock and by-products such as gelatine or aspic, use by free-range eggs are free from genetically modified organisms and have not been affected by cross contamination during the baking process.

Vanessa Blackledge from Warburtons said "Using such rigorous practice in not only the selection of our ingredients but the baking process itself means that Warburtons do not use animal by-product or genetically modified organisms in its range. We understand the importance of providing this reassurance to our vegetarian consumers and to those who do not eat certain meat or by-products in line with their religious beliefs. We are extremely proud to be Vegetarian Society approved and cannot wait to explore some exciting joint initiatives".

Vanessa Brown from The Vegetarian Society said "We are absolutely delighted to be teaming up with Warburtons – millions of people have come to rely upon the symbol's unique positioning in the same way that millions of people buy and trust Warburtons."

- ***Warburtons products all approved by The Vegetarian Society***
- ***Britains number one baker passes all Society's strict guide lines***
- ***Warburtons entire product range carry The Vegetarian Society logo***

CONSUMER CORNER



BANISH THE WINTER BLUES

Hari Tea understands that humans react to the altering seasons with changes in mood, behaviour and metabolism. The “winter blues” more severely known as “SAD” can include an increase in eating and sleeping, disliking the dark rainy mornings and the shorter gloomy days.

Hari Tea bring the temple home with some super winter blends, perfect for easing stress, nerves and anxiety whilst aiding sleep and increasing low energy levels. **Hari Tea** is part of a number of natural and holistic remedies which can provide harmony in the body to balance your feelings without the side effects of conventional medicine.



Green Tea: Boosts energy and motivation to exercise

Chamomile, Linden Flowers & Rose:
Reduces stress and soothes the body

Ginger: Perfect for circulation keeping you nice and cosy this winter

Hibiscus: Soothes headaches and relieves tension and stress

Hari Tea is a new range of luxury organic teas based on Yogic and Ayurvedic traditions. Each beautifully wrapped unique blend features a meditative component to support one of four identified states – Mental, Spiritual, Inspirational and Physical – creating a sense of tranquillity from within.

Available: Partridges, Whole Foods. www.yogamatters.com or www.haritea.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.

CONSUMER CORNER

YORKSHIRE CRISPS OFFER A VEGETARIAN OPTION

Deliciously more-ish Yorkshire Crisps are available in ten tempting flavours which include Nowt On; Cheddar & Caramelised Onion Chutney; Chardonnay Wine Vinegar; Lightly Sea Salted; Henderson’s Yorkshire Sauce; Tomato, Basil & Mozzarella; Black Pepper; Sour Cream, Dill & Mustard; Parsnip and new Sweet Chilli & Lime. Every single flavour in the range is suitable for vegetarians and there are also three flavours which are suitable for coeliacs – Lightly Sea Salted, Henderson’s Yorkshire Sauce, and Nowt On.



The crisps are produced in Wales Bar, situated between Sheffield and Rotherham and the nearest field is only 10 minutes away by tractor and so all our crisps are made from locally grown vegetables. Even the drum is manufactured in Bradford so you can’t get more ‘Yorkshire’ than that!

Unlike many mass-produced brands, Yorkshire Crisps do not contain any monosodium glutamate, artificial flavourings, colourings or anything genetically modified – in fact none of that ‘nasty stuff’.

They select perfect potatoes or parsnips and slice them into hot sunflower oil where they are hand-fried for a few minutes then drizzled with totally natural flavours while they are still warm. The whole process from vegetable to packing takes only about 10 minutes.

Yorkshire Crisps come in a unique 100g re-sealable stay-fresh drum and selected flavours are also available in 40g single bags or large 150g sharing bags. Check out our full range of all-natural flavours for a true taste experience!

For further information contact The Yorkshire Crisp Company on 01909 774411 or visit www.yorkshirecrisps.co.uk



VfL VEGETARIAN FUND



Vegetarian Fund Grant allows Mrs W to return home

Mrs W, a vegetarian in her 70s, was able to return from a nursing home, and resume independent living in her Shoreham-on-Sea house, thanks to a grant from the **Vegetarian Fund**.

The grant covered the full cost of having a stair lift installed to enable Mrs W to use her bedroom and bathroom. "It has opened the house back up to her and allowed a safe return home" says her social worker, Keely, "and means a much improved quality of life." Mrs W and Keely were thrilled with the speed with which the grant was administered and the lift installed.

Vegetarian for Life (VfL), the advocacy charity, administers the **Vegetarian Fund** and the similar **Vegan Fund**, on behalf of the Vegetarian Housing Association (VHA). The funds have been established recently to award charitable grants to older vegetarians or vegans to encourage independent living.

"We were delighted to be able to help Mrs W," says Peter Lakey, Chair of VfL and VHA "and we look forward to helping others in the years to come. We encourage enquiries from older vegetarians or vegans, their families and friends, or social workers."

Full details of the funds and eligibility can be found on the VfL website www.vegetarianforlife.org.uk or call Tina Fox, the VfL Secretary on 0151 608 1595 and she will be happy to send out printed guidelines and application forms.



HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman
– First Edition –
£2.50 including P&P

FIRST OUT OF THE TRAP

“First Out Of the Trap”

by Derrick Cohen

(The story of a little boy’s Yom Kippur frolics and how the East End was returned to its former glory.)

Young Chaim Yankel was happy as he made his way to shul on Kol Nidre Night for it would be the first time that he would be fasting the whole day. He had rushed out, ahead of the family, as if he couldn’t get there quick enough. The journey through the town was more than one hours walk and along the way they would be meeting others going in the same direction. ‘The Olde Shul’ was going to be packed on ‘Yom Kippur’ although on ‘Rosh Hashana’ there had been a few empty spaces. It used to be so different in the days gone by. The shul was always full on Shabbat and the weekday services attracted an adequate ‘Minyon’ plus many simchas taking place.

Now times had changed, for most of the Jewish people had moved away from the East End seeking pastures anew. Even the Jewish shopkeeper had disappeared making way for a different culture. Nowadays the building was half empty during the year and there was no Minister. But on the High Holy Days it all came back to life, Ministers were hired, choirs imported and an aura of spirituality would slowly descend.

In his general store Pandit Patel watched the throngs of worshippers flock past, he had also known better times. He remembered ‘The Good Old Days’ when he had first taken over the corner shop. The neighbourhood would be buzzing with the activity of thriving Jewish businesses and a bonding community that lived its life around the synagogue. He used to get on well with the Jewish folk setting up a packed kosher section at their request and some became his best customers and friends. Many a time he would be acting as ‘The Shabbos Goy’ whenever the caretaker was away.

Today the East End had deteriorated and his customers were a more rowdy lot. He had to be strongly vigilant at times. But Chaim Yankel wasn’t so brave and heroic as he made out for secretly he was a little unsure if he could last out the distance, especially with that long trek home, so he had an idea. During that morning he had cycled over to a spot near to Pandit Patel’s shop and had buried a £2.00 coin in the bushes. Then after the fast he would rush out from shul first, dig up the ‘gelt’, pop into Pandit’s shop to buy his nosh, scoffing it quickly, then be waiting at home as if nothing had happened, proudly boasting that he had not eaten a thing!

FIRST OUT OF THE TRAP

On the way to shul the following morning it was the hidden money that gave him the courage to get through that long drawn out day, and the thought of all that nosh helped to sustain him whenever he wilted and almost gave up. But he was a big boy now and had to appear grown up! At last the resounding sounds of the final Shofar blasts echoed through the air and Chaim Yankel was first out of the box, rushing to the hidden money, bursting into Pandit's shop, buying his nosh and stuffing himself to his hearts content. He reached home a trifle sick but proud as a peacock. He had done it!

For the next year, Chaim Yankel dreamt of the following Yom Kippur, and going through the same procedure once again. Pandit Patel was also looking forward to the Jewish New Year, he loved seeing some of his old customers and would regularly be getting 'The Jewish Chronicle', checking out the dates of the festivals and High Holy Days and even enjoyed the news and gossip. The year soon passed and it wasn't long before Chaim was on his way to bury his money.

The fast was a lot easier but he was still relieved when the Shofar blasts sounded and he was once again "Out of the Trap First." But he was in for a shock. The money had gone! With tears in his eyes he rushed into the shop. "Remember me Mr. Patel, last year I bought some nosh after the fast, now my money has vanished. Please can you give me some snacks, I am starving hungry". Pandit looked kindly on the boy. He knew the family and remembered 'The Alter Zaida' who would pop in for a chat, both having difficulty with the English Language, one with a mixture of Peruvian Yiddish cum broken English and the other in a strange Hindu-Bangladeshi jargon with hand signs! How they ever understood each other 'Heaven Only Knew'!

"Here you are Chaim" he said "Pay me whenever you can and when you cycle over next year instead of burying your money just nip in and deposit your £2.00 and I will have your parcel ready for you".

Well over the years this became a regular practice and not only that, there were many other children participating in this charade, for news of Chaim's adventures soon spread and after Yom Kippur dozens of kids would be rushing out from shul (even before) the Shofar blasts ended. Pandit Patel was elated and looked forward to remaining open a little later on Yom Kippur night. Then one day he read in 'The Jewish Chronicle' that 'The Olde Shul' was to close due to lack of funds and support. But further down in the article it said that the building had been purchased by a very orthodox sect and that all were welcome. Not only that an entire community would be moving

FIRST OUT OF THE TRAP

into the district opening Jewish shops and businesses. THE JEWS WERE RETURNING! He looked at the date in The J.C., it was Chanucah – another miracle had occurred.

So that was how it turned out to be. The East End was returned to its former glory and Pandit Patel’s business increased tremendously, but now all his stock was ‘Glatt Kosher’ and he employed a Shomer to supervise, He also sported a Muslim styled Yamalka instead of a turban and was closed on Shabbat and Yomtov, but still acted as ‘The Shabbos Goy’ whenever he was needed!

And Chaim Yankel – well he continued to be ‘The Pied Piper of Yom Kippur’ until well after his Barmitzvah “*Out Of the Trap First With Those Hordes Of Kids In His Wake!*”

Wishing all readers A Happy and Peaceful New Year and well over the Fast (Don’t Forget Your Hidden Nosh!)

**Signed Dooved Leib Ben Shlomo Zalman Ha Cohan
(Derrick Cohen)**



REDWOOD

HEATHER MILLS’ ETHICAL FIRM ‘REDWOOD’ AWARDED ‘KASHRUT’ CERTIFICATION

The Redwood Wholefood Company, the multi-award winning ethical vegan food firm owned by charity and animal rights campaigner Heather Mills, has been awarded kashrut certification for its range of 100% natural plant-based products.

Heather Mills said she was absolutely delighted that members of the Jewish community and her many orthodox Jewish friends would now be able to enjoy Redwood’s animal-free foods. “We sought certification because we wanted our vegan foods to be available to everyone, whatever their faith,” she said.

REDWOOD

Redwood, which was recently named the UK's most ethical vegetarian foods supplier for the fifth year running, secured the certification from the Manchester Beth Din.

It is believed to be one of the first times that a UK manufacturer of vegetarian and vegan products has undergone the kashrut certification process, which took nearly a year to complete.

Among the many animal-free foods produced by Redwood are alternatives to meats in 'turkey', 'chicken' and 'beef' styles, fishless 'fish' and dairy-free 'cheeses'. All are sold through supermarkets and health food shops in the UK under the Cheatin', Vegideli and Cheezly brand names. In the US, they are sold under the VBites name.

Everything in the range is made from 100% natural plant-based ingredients so free from animal ingredients and derivatives as well as cholesterol, artificial colours/preservatives, lactose, hydrogenated fats and GMOs.

"At Redwood, we produce what we believe is some of the best natural food in the world," said Heather Mills. "Achieving kashrut certification is an endorsement of the care and attention we give to the sourcing of ingredients and to the manufacturing of our products."

However, it is not just religious belief that is driving demand for kosher foods. An increasing number of people are buying kosher products because they are perceived as high quality. According to an article in the New York Times, 'kosher equals pure' for some people.

"These days, people are far more conscious of what they eat," says Heather Mills. "They're concerned about food safety and contamination, allergies and where the ingredients have come from. Many people have lost faith in food manufacturers. But the Redwood brand is all about trust – people know that when they buy our foods, they can have confidence that all the ingredients have been carefully sourced and inspected."

For more information on Redwood, visit www.redwoodfoods.co.uk

NEWS FROM NEAR AND FAR

NEWS FROM NEAR AND FAR

The following articles were taken from the Australia Natural Health and Vegetarian Life Magazine Winter 2010 originating from various sources.

San Francisco First U.S. City to Declare Mondays as 'Veg' Day

The San Francisco Board of Supervisors unanimously adopted a resolution declaring Mondays as 'Vegetarian Day' to urge all San Francisco restaurants, grocery stores and schools to offer a variety of plant-based options to improve the health of San Francisco residents.

Dixie Mahy, President of the San Francisco Vegetarian Society, and Hope Bohanec Campaigns Director from In Defense of Animals, worked on the resolution with Supervisor Sophie Maxwell, a vegetarian of 35 years. The San Francisco Vegetarian Society will be offering recipes, menu suggestions and even special classes on vegan cooking. (VegSource.com April 2010)

Fears for Crops as US Faces Bee Catastrophe

The world may be on the brink of biological disaster after one-third of US bee colonies did not survive the fierce winter for the fourth year in a row, according to an annual survey by the Apiary Inspectors of America and the US government's Agricultural Research Service.

The decline in the country's estimated 2.4 million beehives began in 2006, when a phenomenon dubbed 'colony collapse disorder' (CCD) led to the disappearance of hundreds of thousands of colonies. Since then, billions of honeybees in the US and worldwide have died, and scientists are no nearer to knowing what is causing this catastrophic fall in numbers.

The collapse in the global honeybee population is a major threat to crops because flowering plants require insects for pollination, the most effective being the honeybee, which pollinates 90 kinds of commercial crops worldwide. It is estimated that one third of everything we eat depends on honeybee pollination, which means that bees contribute around \$43 billion to the global economy.

Potential causes of the bee deaths range from parasites to viral and bacterial infections, pesticides and poor nutrition stemming from intensive farming methods. US scientists have found 121 different pesticides in samples of

NEWS FROM NEAR AND FAR

bees, wax and pollen, lending credence to the notion that pesticides are the key problem. (*The U.K. May 2010*).

Lack of Sleep Linked to Early Death

People who have less than six hours sleep per nights have an increased risk of dying prematurely according to a new study. Those who slumbered for less than six hours were 12% more likely to die early. "If you sleep too little, you can develop diabetes, obesity and hypertensions" says Francesca Cappuccio, who led the research at Britain's University of Warwick.

The study conducted in collaboration with the Federico 11 University in Naples, Italy, aggregated decade-long studies from around the world involving more than 1.3 million people. It found "Unequivocal evidence of the direct link between lack of sleep and premature death. "We think that the relation between little sleep and illness is due to a series of hormonal and metabolic mechanisms, Cappuccio said.

The research found no adverse effects for those sleeping between six and eight hours per day.

The findings of the study were published in the journal, *Sleep* (Vol. 33 Issue 5) *Sydney Morning Herald*. May 2010)

How many US Youth are Vegetarian?

In order to find an estimate of the number of younger 'true' vegetarians in the United States, Vegetarian Resource Group (VRG) commissioned Harris Interactive to contact on online survey of eight to eighteen year olds. According to the poll, an estimated 1.4 million youth in the U.S. eat vegetarian, while about three million never eat meat. The survey results indicated that 7% of 8-18 year-olds never eat meat, while 12% of males aged 10-12 stated that they don't eat meat.

In a 2009 VRG Harris poll, a similar 8% of adults said they never eat meat. Note that other surveys which don't use the word "never" are likely to find even more people don't eat meat. In the poll 3% of U.S youth indicated they never eat meat, poultry or fish. They were classified as 'vegetarian'. About one third of the vegetarians (1% of the U.S. youth population) also never eat dairy, eggs or honey and were classified as 'vegan' An additional one third of the vegetarians (1% of the U.S. youth population) were vegan, except for consuming honey. Thus, about two-thirds of vegetarians (2% of the U.S. youth population) are either vegan or vegan except for honey. (*Vegetarian Resource Group April 2010*)

HEALTH

TENDERSTEM® IS 'KING OF BROCCOLI'



Brand new research highlights the superior tenderness and nutritional attributes of Tenderstem® broccoli. The study, from Warwick University's HRI, reveals that Tenderstem® broccoli is so tender that it requires almost no cooking – great news for health conscious consumers

who are looking for a broccoli that quickly and easily delivers excellent taste with a perfect texture.

In particular, Tenderstem® broccoli was highlighted as having excellent nutritional credentials in four key areas – glucosinolates, vitamin C, carotenoids and folic acid – and was proven to be the tenderest form of broccoli requiring the least preparation and cooking, therefore being the best option for retaining a higher proportion of nutrients when consumed.



Research and results

The research compared a variety of vegetable brassicas, including different varieties of broccoli, cauliflower and cabbage, all of which were analysed by Warwick University HRI scientists and scored for nutrient content, in particular the antioxidant components. In addition, the scientists specifically tested the broccoli varieties for their 'tenderness' properties.

The results show that broccoli varieties overall scored as the most nutrient rich of the brassicas and are a powerhouse of disease fighting nutrients, such as glucosinolates, which have been linked to cancer prevention. Researchers also highlighted the importance of how vegetables are stored, prepared and cooked to retain nutrients. In order to optimize and retain as many nutrients as possible it is important to minimize the cooking process and store the vegetables in a cool environment.

Tenderstem® broccoli was proven to be the tenderest variety of broccoli available on the market today, outshining both purple sprouting and traditional varieties. The most significant results show that Tenderstem® broccoli is between 25-30% tenderer than purple sprouting broccoli.

Health implications

Dr Carrie Ruxton, independent nutritionist, comments, "I welcome this research as it highlights the benefits of broccoli. Tenderstem® broccoli was

HEALTH

proved to be nutritionally rich and the tenderest form of broccoli, meaning that cooking and preparation can be minimal, and nutrients can be preserved. Tenderstem® broccoli can be quickly cooked in a stir fry or lightly steamed to accompany a meal. It's an easy and effective way for people to eat healthily and achieve the national 5-a-day fruit and vegetable target."

Nutritional details

Tenderstem® broccoli was shown to contain the highest levels of 'beneficial glucosinolates' compared to the other broccoli or brassica and in particular very high levels of 'glucoraphinin' which has been highlighted to have a specific action for reducing the risk of cancer.

The graph below summarizes the research findings for a specific group of 'beneficial' glucosinolates in varieties of brassica tested in identically controlled conditions, including 'Inspiration – the seed variety for Tenderstem® broccoli'. Values are given in micromoles/100g fresh weight.

Containing twice the vitamin C content of the equivalent fresh weight of oranges, Tenderstem® broccoli has a higher concentration of vitamin C than both cauliflower and cabbage.

Finally, Tenderstem® broccoli was found to contain one of the highest levels of folic acid, vital for expectant mothers to reduce the risk of spina bifida in babies.

The table below summarises the research findings for nutrients in 'Inspiration – the seed variety for Tenderstem® broccoli':

<i>Nutrient</i>	<i>Quantity per 100g fresh weight of Tenderstem® broccoli</i>
Vitamin C	99 milligrams
Folic Acid	35.4 micrograms
Carotenoids	12.83 micrograms

Guy Barker, the research leader, at Warwick University's HRI concluded that "The most significant factor in this research is that Tenderstem® broccoli is extremely nutrient rich and so tender that it needs very little preparation and can be eaten raw or very lightly cooked, so requiring less cooking than any other form of broccoli and therefore preserving the most essential health providing nutrients."

Overview of Tenderstem® broccoli

The UK season for Tenderstem® broccoli starts in early June and runs through

HEALTH

the autumn until late November, although it is available 52 weeks a year through imported sources. Tenderstem® broccoli has a mild, distinctive flavour and a texture more akin to asparagus than traditional broccoli and is deliciously succulent. As the name suggests, Tenderstem® broccoli is tender from floret to stem. The whole vegetable can be eaten, unlike ordinary broccoli, which tends to have a thicker more fibrous stem.

The vegetable can only be sold 'officially' to the consumer as 'Tenderstem® broccoli' once it achieved a quality control ensuring that is of a high minimum specification.

'OF MOOSE AND MEN'

50 Year Study into Moose Arthritis Reveals Link with Early Malnutrition

It's seen as a sign of getting old, but scientists have discovered that arthritis is not just a human problem as a study lasting 50 years reveals how moose suffer from an identical form of the condition. The research, published in ***Ecology Letters***, also casts new light on how malnutrition early in life can lead to the disorder in both moose and humans.

The study, which began in 1958, was carried out on Isle Royale, a wilderness island National Park in Lake Superior, with only one large predator, the wolf and one large prey species, the moose. The research has involved three generations of scientists who have studied the skeletal remains of over 4000 moose, mostly killed by wolves or harsh winters.

"As the study entered its second decade there was increasing evidence of Osteoarthritis (OA) in the moose population," said lead author Rolf Peterson from Michigan Technological University. "OA is a crippling disease and is identical to that found in humans. It is commonly believed to be caused by 'wear and tear,' but the complex causes have remained poorly understood."

Over the course of the study the team discovered a rise in OA as the moose population increased, and a decrease when the population fell, leading to the idea that OA is linked to moose malnutrition when food is scarcer. The team found moose that were malnourished when young would develop OA in older age.

"We have shown how malnutrition early in life increased the risk of OA later in life, but this also applies to humans as much as to a herd of moose in the

wild," said Peterson.

"These findings cast new light on how early humans first developed OA," said co-author Dr Clark Spencer Larsen, an anthropology expert from Ohio University. "The study of human remains from archaeological contexts reveals OA increased where societies changed from foraging plants and animals to an increased dependency on farming."

Such changes were documented in a mid-continental population of Native Americans 1000 years ago. In this group arthritis increased by 65% as society turned from foraging and hunting to agriculture and the cultivation of maize.

"Initially the increase in OA was put down to increased joint stress due to the labour of agriculture. However research now shows that, like the moose in Isle Royale, nutritional deficiencies early in life may have been the main cause. Early malnutrition was certainly a part of existence for many pre-historic human societies, and remains a fact of life for millions of people across the world, so this study is also relevant for modern human society."

"This remarkable study offers us a unique insight into the complex causes of OA," concluded Peterson. "The link between early nutrition and arthritis, in both people and moose, reveal that OA is more complex than commonly assumed and involves connections between physiology, life histories, populations and communities, while highlighting the importance of the disorder for past and present humans."



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 for a complete ban on these barbaric devices. Help us do this by telling us you support the ban on www.league.org.uk, email info@league.org.uk or call 01483 524 250. Thank you.

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

GARDENER'S CORNER

VISIT TO FRANCE

Gardeners' Corner **AUTUMN 2010**

In June, we visited the Villa Ephrussi de Rothschild villa and gardens which are on the peninsula of Cap Ferrat near Nice.

The site was bought by the fabulously wealthy Baroness in 1905. To her money was no object and she had always led the "high life" with only the finest of possessions and environs.



Bidding against the King of Belgium, she acquired 17 acres and spent the next 5 years building the villa and fashioning the garden around it. At first the land was levelled so that it could resemble the deck of a luxury liner. This was no mean feat in the days when picks and shovels were the only tools in use.



The site itself has amazing views over the deep blue Mediterranean which surrounds the peninsula and the luxury yachts and cruise ships float in the glistening sea as if out of a fairy tale.

The garden on the flat part is a strip of water leading to a stepped cascade and a temple to Venus. Here lilies bloom and terrapins languidly bask on the verges as if mime artists. Blue and Red Dragonflies swoop and skim the surface in their quest for prey. The bees buzz all around the bedding plants in the surrounding parterre with its tidy hedges, paths, lawns and flower beds all interspersed with ornaments and figurines.

Every 20 minutes there is a delightful water ballet as dozens of fountains come to life and perform to their musical accompaniment.



GARDENER'S CORNER

Once you can tear yourself away from this, further treats await.

The Spanish Garden is an evocative courtyard with bougainvilleas on the walls and papyrus growing in the pool, leading to a pillared grotto. Here one can enjoy the reflections in the pool or find a quiet moment for personal reflection.



A Stone Garden features architectural gems married into their natural backdrop with a line up of humorous figurines.

The Japanese Garden is on a slope with oriental features and Shinto temple carved stones. Here water runs through bamboo pipes into the Koi Carp pools, the whole conveying spiritual tranquility.

I have always had a fascination with cacti since my parents gave me a little planted ceramic pot when I was a boy – this came from Nice, so it was great to see the wonderful and mature cactus collection as an important section here. Exotic and delicate flowers entranced the bees as they seemed intoxicated with their pollen and nectar.

The Rose Garden is on a slope with the backdrop of the bay and with the Mediterranean light the colours are intensified and the air is awash with perfume.



There are about 17 separate gardens integrated on this magical spot and each is a jewel on its own. The villa compliments the magnificence of the garden with a treasure house of art, furniture, ceramics and the objet d'art of a former opulence of a bygone age.

BOOK REVIEWS



VIVA VEGAN!

By Terry Hope Romero

**200 Authentic and Fabulous Recipes
for Latin Food Lovers**

As co-author of the phenomenally successful **Veganomicon and Vegan Cupcakes Take Over the World**, Terry Hope Romero has long been one of America's most popular vegan chefs. Now in her first solo cookbook, Romero opens the world of fresh Latin flavours to vegans and non-vegans alike.

Viva Vegan! covers every aspect of Latin cooking, refreshing bebidas (drinks) salsas, vibrant ensaladas, hearty empanadas, hand-held meals, nourishing stews and soups, one-dish wonder meals bursting with beans and grains. Tamales galore and postres (desserts).

Learn the basics of Latin cooking, like how to make beans from scratch, the perfect tamale, essential appetisers like Tostones with Palm Heart & Avocado Ceviche and salsa both piquant or mellow to complement any dish, plus special treats like Cafe con Leche Flan, Fresh Mango and Guava Bread Pudding, Churros con Hot Chocolate and much more.

Viva Vegan! is the ultimate guide for anyone looking for a new way to add fresh, seasonal ingredients and authentic Latino spice to their meals without relying on animal products;

Published by The Perseus Books Group, London. Paperback. Price £10.99 Plus P&P £3.00. Available from JVS.



PERSONAL HEALTH GUIDES

ARTHRITIS – ANXIETY

**Two more small books
tackling two big topics**

By Wendy Green

Arthritis. This book explains how genetics, age, infections, diet, excess weight previous injuries and stress contribute to arthritis and offers practical advice and a holistic approach to help you deal with these symptoms. Find

BOOK REVIEWS

out 50 things you can do including:

- Choose beneficial foods and supplements
- Manage stress and relax to prevent and ease pain
- Discover practical tips to make everyday living easier
- Identify ways to help young arthritis sufferers
- Find helpful organisations and products

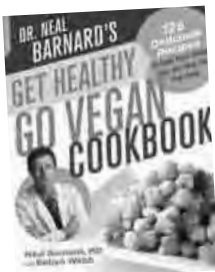
Whilst there is no 'cure' for arthritis, it is possible to manage the condition and lead a full and happy life – it is a case of discovering what works best for you.

Anxiety. In this easy-to follow book, Wendy explains how psychological genetic and dietary factors can contribute to anxiety and offers practical advice and a holistic approach to help you deal with the symptoms including simple dietary and lifestyle changes and DIY complementary therapies. Find out 50 things you can do today including:

- Replace negative thoughts and behaviours with positive ones
- Manage stress and relax to reduce symptoms
- Choose beneficial foods and supplements
- Find helpful organisations and products.

When we are feeling pressure it is natural to feel anxious and worry about what might happen rather than what is happening.

The Personal Health Guides are published by Summersdale Publishers Ltd. Paperback and available through all good bookshops or direct from JVS. ARTHRITIS – Price £6.99. ANXIETY – Price £5.99. Plus P&P £1.50.



THE GET HEALTHY, GO VEGAN COOKBOOK

**By Neal Barnard, MD
and Robyn Webb**

Studies have found that following a vegan diet can dramatically improve your health. In **Get Healthy, Go Vegan Cookbook** leading physician Dr. Neal Barnard and chef Robyn Webb show you how simple it is to kick-start a healthy diet, with 125 delicious, easy-to prepare vegan recipes.

BOOK REVIEWS

Complete with convenient menus, nutritional information, and inspiring stories from real people who have turned their health around, there is no better cookbook to help you eat well and feel great.

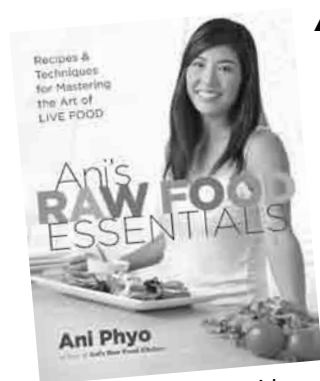
Just a few of the mouth watering recipes include – Arugula (rocket) and Cherry Tomato Pizza, Three-Layer Tortilla Casserole, Noodles with Shitake and Button Mushrooms, Spicy Spinach Frittata, Vegetable Paella, Fire-Roasted Tomato-Black Bean Chilli, Tempeh Burgers with Pineapple Salsa, Blueberry Pancakes and Chocolate Cherry Nirvana.

Published by The Perseus Books Group. Paperback. Price £10. 99. Plus P&P. £3.00. Available from JVS.

ANI'S RAW FOOD ESSENTIALS

By Ani Phyo

From the author of Ani's Raw Food Kitchen and Ani's Raw Food Desserts.



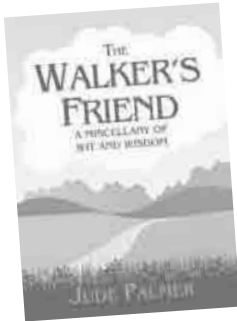
Want to go raw, but not sure how to start? Ani Phyo's latest book will appeal to new and seasoned raw foodists alike with its easy and delicious recipes which do not require any of the expensive equipment sometimes associated with raw foods.

Ani offers everything from classic comfort foods like nachos to meat-free burgers along with the more gourmet dishes such as Risotto Angel Hair Pasta, Broccoli and 'Cheeze' Quiche, Pesto Pizza, Asparagus-Mushroom Quiche, Taco Nut Meat., Sesame Noodles, Strawberry 'Kream' Pie and Basic Flourless Cake.

With 16 pages of full-colour photos and gorgeous design, Ani's Raw Food Essentials once again proves that you do not have to sacrifice taste to reap the benefits of raw foods while living a greener and animal friendly lifestyle.

Published by The Perseus Books Group. Hardback. Price: £16 99. Plus P&P.£5.00. Available from JVS.

BOOK REVIEWS



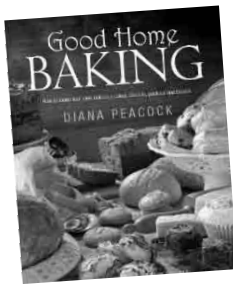
THE WALKER'S FRIEND **A miscellany of wit and wisdom** **By Jude Palmer**

As Henry David Thoreau said, 'an early morning walk is a blessing for the whole day' – a time to breathe fresh air and feel the grass under your feet, replenish the spirits and calm the mind and let the thoughts flow while enjoying nature's bounteous pleasures.

Hikers, rambles, dog walkers and casual strollers will savour this beautifully designed collection of quotations and excerpts from classic and contemporary writing, both humorous and evocative, interspersed with practical tips on everything from walking boots to where to spot wildlife.

Those of us who are, or have been in the past, walkers/hikers will enjoy this delightful little book

Published by Summersdale Publishers. Hardback. Price £9.99. Plus P&P £2.00. Available from JVS



GOOD HOME BAKING **How to make your own delicious cakes,** **biscuits pastries and breads** **By Diana Peacock**

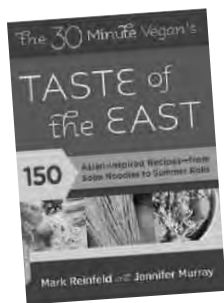
From pastries to cakes, bread to biscuits, this book shows you how easy it is to do your own baking. In a world filled with preservatives and additives, home baking provides you with the healthiest, tastiest and cheapest ways of giving you and your family a treat.

The mouth watering recipes cover the basics – such as wholesome bread, delicious cakes and tray bakes (some with as little as three ingredients) as well as a range of special treats for celebrations.

As well as a vast recipe sections, Diana includes in-depth techniques for perfectly risen cakes, the softest loaves and the crispest shortbread (as well as many more) that will ensure your tins are packed with goodies all year round.

BOOK REVIEWS

Published by Grantham Book Services. Price £12. 99. Plus P&P £2.50 Available from JVS.



THE 30-MINUTE VEGAN'S TASTE OF THE EAST

By Mark Reinfeld and Jennifer Murray

The 30-Minute Vegan's Taste of the East offers irresistible dishes from all over Asia – from Thailand India and China to Indonesia, Nepal, Korea and Japan, virtually all designed to be ready in only 30 minutes or less. Discover how to make delicious vegan meals

including Tofu Tikka Masala, Tempura Vegetables, Sweet Soybean Sauce with Noodles, Hoisin Eggplant Cutlets and Sesame Tofu with Wasabi Cream Sauce.

Complete with at-a-glance cooking charts, key Asian ingredients, all-new preparation techniques and unique cooking tips, **Taste of the East** is a must-have addition to your cookbook shelf. Cooking delicious vegan Asian cuisine has never been easier, quicker or more exciting.

Published by The Perseus Book Group Price £10.99. Plus P&P £3.00. Available from JVS

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Life Members are the pillars of the Society. Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

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£175

Israel Life Membership

\$275

American Life Membership

\$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.