

The Jewish Vegetarian

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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

ADVERTISING RATES

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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

THE JERUSALEM CENTRE

£5 Ms C.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.

£20 Dr. W.L. Salzburg, Austria. £15 Mr. T.B. London E7.
£10 Mr. P.C.B. Dorchester, Dorset. £8 Mr. H.G. Lelant St. Ives, Cornwall.
£8 Ms G.M. Bexhill-on-Sea, Sussex. £5 Mr & Mrs B. Pinner, Middlesex.

BUILDING FUND DONATION – LONDON HQ

£20 Dr. H.H. Guildford, Surrey. £12 M.S.M. London NW8.
£10 Dr & Mrs J.C.W. & Family, London SW10.
£5 Ms. C.A. Prestwich, Manchester.



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 Ganir Center, 2.Hahar Street, Har Tuv Aleph, Industrial Estate, Beit Shemesh 99067. Tel (972) 2 9936900. Fax (972) 2 5337074 email: nfo@orr-shalom.co.il, www.orr-shalom.org.il

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:

£18 Mr. P.C-B. Dorchester, Dorset. £10 Mrs. B.P. Radstock, Bath.
£5 Ms C.A. Prestwich, Manchester. £5 Mr & Mrs W.S. Jerusalem, Israel.
\$100 Ms J.R. OR. USA. \$5 Mrs. E.H. IL. USA.

SOCIETY NEWS

Every Monday – 7.00pm-10.0pm

SUPERVISED RUBBER BRIDGE

at The Jewish Vegetarian Society
853 Finchley Road, NW11

£2.50 including refreshments.

**Tel: JVS Office Mon-Fri, 10.00am-4.00pm
or Laurence – 07933 326 182**

*The Jewish Vegetarian Society
would like to extend their
sincere congratulations to
HRH The Duke and Duchess of Cambridge
on the occasion of their recent marriage*

With reference to the article by Hellena Gallant published in the March issue of the JV, we would like to point out that the source of some of the material used was taken from the book 'Judaism and Vegetarianism' by Richard H Schwartz PhD, copies of which are available from JVS price £12.99 plus P&P £3.00.



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.**

SOCIETY NEWS

The following functions were held recently at 'Ginger'-The Vegetarian Community Centre Jerusalem. Unfortunately we only received these after the event.

SUNDAY FEBRUARY 20TH

7:00 pm: Kashrut and Justice

Speaker: Rabbi Yuval Sherlo.

Rabbi Sherlo is the head of the Hesder Yeshiva in Petach-Tikvah, and a prominent leader of religious Zionism. He is known for his liberal, inovative rulings. The meeting is part of the course "Food for Thought": a seven-meeting project on Judaism and food ethics, and organized together with "Jewish Nature" (the society for Jewish ecological responsibility) and "Tav Chevrat" (the project of "Bema'agalei Tzedek" society). **In Hebrew**

Admission: 15 NIS (or 10 NIS per meeting if registering to the rest of the course). Sliding Pay Scale is available – please talk to us.

TUESDAY FEBRUARY 22ND

8:00 pm: Communal Potluck Meal

These vegan potluck dinners are held monthly. Bring a vegan dish (no meat, fish, eggs, milk, or honey) or just yourself and your friends for an evening of eating and socializing **Admission: free**

WEDNESDAY FEBRUARY 23RD

IN BARBUR GALLERY

**7:45 pm: Popcorn and social justice: the film
Charlotte's Web**

Screening of the film **Charlotte's Web** (director: Gary Winick, USA 2006). The film, After E.B. White's classic novel, tells the story of spider Charlotte's efforts to save Wilbur the piglet from slaughter.

A short introduction: Omer Ginzburg, Anonymous for Animal Rights, on animals in factory farms. The film was followed by a discussion.

The screening is part of the course "Popcorn and Social Justice", a joint project of Ginger and the Public Committee Against Torture in Israel. In Hebrew

SOCIETY NEWS

Admission (for covering expenses): 15NIS per meeting or 50 NIS for the whole series. Sliding Pay Scale is available – please talk to us.

Attention: The event will be in Barbur Gallery (6 Shirizli Street, Nahlaot) and not in Ginger.

THURSDAY FEBRUARY 24TH
7:00 pm: Pizza and Sandwiches
Plus a Musical Jam Session

The volunteers of the Mahatma invite you to an evening of vegan pizzas and sandwiches. If you are feeling brave, please feel free to participate in the jam session; if not, then simply enjoy the music. **Admission: free**

MONDAY FEBRUARY 28TH
8:00 pm Modern Kosher Slaughter Practices
Speaker: Rabbi Adam Frank.

Rabbi Adam Frank is rabbi of Congregation Moreshet Yisrael on Agron St. in Jerusalem. He is one of the Conservative Movement's leading experts on animal welfare issues and has sponsored halakhic legislation on kosher slaughter practices. **In English. Admission: free**

WEDNESDAY MARCH 9TH IN
THE BARBUR GALLERY
7:45 pm: Popcorn and Social Justice: McLibel

McLibel is the story of two ordinary people who humiliated McDonald's in the biggest corporate public relations disaster in history.

McDonald's consistently used the UK libel laws to suppress criticism. Major media organizations like the BBC and the Guardian would give in to their demands and apologize for any criticism. When gardener Helen Steel and postman Dave Morris refused to back down, McDonald's sued them.

In the longest trial in English legal history, the "McLibel Two" represented themselves against McDonald's £10 million legal team. Every aspect of the corporation's business was cross-examined: from junk food and McJobs to animal cruelty, environmental damage, and advertising which targeted children.

SOCIETY NEWS

McDonald's tried every trick in the book against the defendants. Legal maneuvers. a visit from Ronald McDonald, top executives flying to London for secret settlement negotiations. even spies.

Seven years later, in February 2005, the marathon legal battle finally concluded at the European Court of Human Rights.

McLibel is not just about hamburgers. It is about the importance of freedom of speech during a time when multinational corporations are more powerful than countries.

Filmed over ten years by no-budget director Franny Armstrong, *McLibel* is the David-and-Goliath story of two people who refused to apologize. And in their refusal, they changed the world.

Producer/ Director: Franny Armstrong. Drama Director: Ken Leach

A short introduction: Hagit Ofran, Peace Now, on SLAPP (strategic lawsuits against public participation). The film was followed by a discussion.

The screening is part of the course "Popcorn and Social Justice," a joint project of Ginger and the Public Committee against Torture in Israel.

The film was in English with Hebrew subtitles. The introduction and discussion in Hebrew. Admission (for covering expenses) 15 NIS. Sliding Pay Scale is available.

TUESDAY APRIL 5TH

8:00 pm: Activism on Trial: Meeting with Austrian Animal Rights Activists

In a remote Austrian town, a trial that has been going for more than a year has been attracting international attention. Thirteen animal liberation activists from two distinct organizations are charged with "establishing a criminal organization." The state did not produce evidence of a concrete offence (like break-in or arson). The charges are based on the criminalization of organizing for social change, using the broad language of the law against criminal organizations.

In this case, the Austrian authorities used extreme means to repress a social-change movement – including intensive surveillance of individuals and

SOCIETY NEWS

groups, infiltration of groups, violent early-morning arrests, confiscation of equipment, prolonged detention, demoralization through a long trial, etc... The case resulted from the pressure by the fur industry.

Activists from both the solidarity group **Antirep2008** and the **Basisgruppe Tierrechte** (BaT) spoke about the past few years and gave an update on the current status of the trial. It is important for them to put the case in an international context and to show parallels to other forms of repression

THURSDAY APRIL 7TH **7:00 Indian evening**

The volunteers of The Mahatma offered vegan meals based on Indian cuisine. 25 NIS recommended donation for the food.

MONDAY APRIL 18TH **Passover Seder**

Ginger held their Passover Seder to celebrate the holiday of liberation without products based on animal enslavement.

The traditional *Hagada* was read with the addition of green-oriented interpretations, songs, and delicious food. The Seder was lead by Amnon Jonas. All ingredients were vegan and Kosher for Passover.

Those depending on public transportation came early and stayed in Ginger until the end of the holiday on Tues evening. On Tuesday there was a walk and picnic in the Valley of the Cross. People who did not participate in the Seder were also invited.

The tentative menu included: Snacks for early comers: *turmus*, chickpea bread, nuts. Salads: *Karpas* salad, vegetable salad, quinoa salad, potato salad, no-egg tofu-and-vegi-mayonnaise salad and red grapefruit, pickled onion, avocado and baby spinach salad. Hot dishes: potato and sweet potato in cashew cream, lasagna, stuffed lettuce with stir-fried sprouts, tamales. Dessert: Chocolate mousse cake on cashew tartlet with sugared almonds and coconut ice cream.

Cost: 60 NIS.

SOCIETY NEWS

THURSDAY APRIL 21ST

7:00 pm: Vegetarianism: Revitalize Judaism and Shift Our Imperiled World to a Sustainable Path

Speaker: Prof. Richard Schwartz.

Richard H. Schwartz, Ph.D. is Professor Emeritus, College of Staten Island, president of Jewish Vegetarians of North America and author of "Judaism and Vegetarianism," "Judaism and Global Survival," and "Mathematics and Global Survival," and over 130 articles at www.JewishVeg.com/schwartz

In English. Admission: free

TUESDAY APRIL 26TH

8:00 pm: Communal Potluck Meal

These vegan potluck dinners are held monthly, all you need to do is bring a vegan dish (no meat, fish, eggs, milk, or honey) just yourself and your friends for an evening of eating and socializing. **Admission: free**

THURSDAY APRIL 28TH

**7:00 pm: Pizza and Sandwiches
Plus a Musical Jam Session**

The volunteers of the Mahatma arranged an evening of vegan pizzas and sandwiches. Please feel free to participate in the jam session; if not, then simply enjoy the music. **Admission: free.**

FRIDAY MAY 6TH

11:00 am – 2:00 pm: Freecycling market

Get rid of your junk and collect other people's junk... and enjoy vegan food on the way! **Admission: free.**

SOCIETY NEWS

SERVICES, EVENTS, AND COURSES AT GINGER **Nutritional Consultations for Healthy Vegan and** **Vegetarian Diets with Orit Ofir**

These consultations are suitable for:

- People who wish to become vegetarians/vegans;
- Practicing vegetarians/vegans;
- People who were previously vegetarians/vegans and wish to re-adopt such diets under professional guidance;
- Those who wish to reduce their consumption of animal-derived foods.

Orit Ofir, clinical dietitian (B. Sc), graduate of the Hebrew University, specializes in planning balanced plant-based diets from low-meat diets to veganism. She is currently studying naturopathy in the Reidman College. Both personally and professionally, Orit believes in the combination of conventional nutrition and complementary medicine

Fees:*

	regular	Students, pensioners, soldiers
Preliminary meeting (one hour)*	150-230 NIS	100-230 NIS
Subsequent meetings (half hour)**	70-110 NIS	40-110 NIS

* Sliding scale.

**As needed.

Please contact Orit for a special rate for youth (subsidized by Anonymous for Animal Rights): For more details and to arrange a meeting: Contact : Orit Ofir 054-723-8818 or (preferably) oritofir1@gmail.com.

Further information can be obtained direct from
Ginger - the Vegetarian Community Center
8 Balfour Street, Jerusalem;
E-mail veginger@gmail.com or call 052 2598773
www.ginger.org.il

THE CARMEL FOREST



THE CARMEL FOREST AFTER THE FIRE

Approaching the forest from the main highway a whiff of charcoal hangs in the air. This had been a demi-paradise with the mountain clad in luxuriant mature pine and oak trees with here and there olives underplayed with brier roses, broom and myrtle. In the rocky glades were lilies, cyclamen, anemones and wild hyacinths. Lush grasses made good grazing for cattle, wild pigs rooted in the rich red soil and acorns abounded.

All that was to change in December when after many arid months the dry undergrowth had turned to tinder, waiting for the least spark or carelessly discarded cigarette to be formed first into a small local blaze, but as the dry winds swirled the conflagration soon got out of control, with the expression "spreading like wild fire" literally taking hold.

About a tenth of the forest was destroyed, 40,000 acres went up in smoke. Over 40 human lives were lost when their bus was trapped by the flames.



The forest floor was covered with fallen pine needles and the leaves of the Holm Oak. Both species contain volatile oils and the trees exude a resin, both of which are highly inflammable. If only it could have been dowsed in its early stages, but once out of control, the winds, enhanced by the flames drawing in the air and feeding on the oxygen,

made the destruction sweep from valley to valley and jump from this way to that as it caught the tinder into its onslaught.

THE CARMEL FOREST

The fire raged out of control for many days but ultimately the valiant international effort extinguished this disastrous catastrophe.

A couple of months on, what is there to see? Yes there are swathes and whole valleys where every tree and ground cover plant has been destroyed leaving blackened stumps and contorted remains that were once branches. The earth and rocks bear scorch marks of the intense heat and nothing appears to have been left alive.

On closer inspection, new life is evident. Firstly at the margins the wild flowers, refreshed by the spring rains have grown out of their safe holds from beneath the burnt vegetation. Little saffron flowers have appeared, deep purple with bright yellow stamens.



As the fire raged, little pockets here and there escaped and some trees are still green, while others have been singed and will surely recover. In one place jasmine flowers, not many yards away from the area of destruction.

Then one notices the hum of the honeybee and its relation the bumble bee as they take nectar and pollen from the wild hyacinths, a small white spike of a flower, a bit bigger than our grape hyacinths.



Where there was blackened earth, the fresh grasses have emerged. Small creatures, saved in their burrows and crevices in the rocks begin to scurry about again.

The wood ash has enriched the soil into a super growth medium when washed in with the seasonal rains.

There is still beauty to be seen amongst the devastation and the pine kernels and acorns of the oak will germinate to clothe the hills with a green mantle again.



NATIONAL ANTI-VIVISECTION SOCIETY



THE NATIONAL ANTI-VIVISECTION SOCIETY (NAVS) URGES UK GOVERNMENT TO ADOPT PROGRESSIVE APPROACH FOR ANIMAL TESTING

Opportunity for “Cutting Edge, not knife edge” as Government prepares to overhaul lab rules

This year the UK will begin the first major revision of animal experimentation rules in over 25 years as the government brings the new EU Directive on animal testing (2010/63/EU) into UK law. Under the banner “Cutting Edge, Not Knife Edge”, the National Anti-Vivisection Society (NAVS) says this is an opportunity for the government to seriously commit to the implementation of sophisticated placements for animal experiments; advancing science whilst ending animal suffering.

Ten steps the UK Government must take to tackle animal experiments:

- End household product testing
- No weakening of existing UK rules
- Commit to replacing experiments on monkeys in UK laboratories
- End the wild capture of monkeys by laboratory dealers
- Set clear limits on the pain laboratory animals can suffer
- Increase transparency on animal experiments – more public accountability
- Increase compulsory data sharing to prevent unnecessary experiments
- Establish a UK laboratory for the development and validation of non-animal methods
- Regular reviews to identify and replace animal experiments
- Ensure the effective implementation of non-animal methods – if there is an alternative it must be used

The NAVS, together with the Lord Dowding Fund for Humane Research (LDF) and Animal Defenders International (ADI) led a major campaign in Europe during debates over the first revision of lab animal rules for 25 years. Calling for the adoption of advanced techniques to replace animals in scientific research, the NAVS secured many provisions in the Directive, which will now be brought into law in the UK.

NATIONAL ANTI-VIVISECTION SOCIETY

Jan Creamer, the NAVS Chief Executive said: "All of our key objectives are contained within the articles of the new Directive, so the government has a remarkable opportunity to both protect laboratory animals and stimulate advanced scientific techniques, keeping Britain in the forefront of international developments.

"It is really up to the Coalition Government whether they want UK science to be cutting edge or knife edge. Do they want to move the country towards modern, reliable non-animal research techniques – literally the cutting edge of science – or stick with outdated animal research? Alternative methods can provide robust, relevant and accurate results faster and more cost effectively, without animal suffering."

The Home Office will be undertaking a public consultation on the issue in the coming weeks and the NAVS will be launching a nationwide awareness drive to engage the public in this critical process.

The NAVS met with the Home Office to discuss the new regulations. The deadline for transportation is November 2012 and all Member States will have to apply the provisions as of 1st January 2013.



NOTICE

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

HALF PRICE BOOK SALE

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

FIRST DAY AT SCHOOL

FIRST DAY AT SCHOOL

(A Cute Story)

By Derrick Cohen

The little girl was at the threshold of her life. She was now five years old and it was her first day at school. Besides being very excited, she was a little apprehensive. Not only that, the family had just moved to another town so she was sad at not having her playmates with her. She held her mother's hand tightly as they approached the entrance to the school. Over her shoulder was her satchel containing her sandwiches plus her exercise book and crayons. In her other hand she clutched her favourite doll that she had refused to part with, throwing a tantrum proclaiming that "Sasha" had always gone with her to nursery school. On reaching the gates the mother and daughter clung to each other before parting their ways, both holding back the flood of tears that had welled up in their eyes. "Bye bye, Mum" said the little girl, "you won't forget to come for me at 4 o'clock". The mother sighed, saying in a choking voice, "yes darling, Mummy will be there". For her it was going to be a dragging day, for it was the first time she would be separated from her beautiful daughter for so long a time. Around them others were experiencing the same emotions, some more heartrending. It was always the same at the beginning of each school year.

In the classroom there was a roll call and each pupil had to stand up, state their name and address and introduce themselves. There were a few lessons then at 11 o'clock it was playtime. In the playground the little girl was miserable and lonely. She missed her mummy and her friends but she still had "Sasha". Suddenly at the bottom of the playground, from behind a huge wall, there appeared an old lady dressed in a shawl and bonnet with a basket in her hands. She was handing out cakes and sweets to all the children. The little girl ran over to join the others and receive her treat. The old lady smiled to her and noticing her doll said "Hello dearie, some sweets and cookies for you and some for your dolly too". The child was now a lot happier. School was not so bad and she began to mix with the other children.

The afternoon passed quickly. There were more lessons and then suddenly a loud bell was ringing and it was 4 o'clock. School was over for the day. The little girl rushed out with all the other children searching frantically for her Mummy. Would she be there? She had missed her so much. Then she spotted her waving from outside the school gates and ran happily towards her. The mother was also pleased to see her daughter. She had

FIRST DAY AT SCHOOL

suffered an aching day dreading her daughter's tantrums, being parted for so long. They kissed and cuddled each other and made their way home holding hands.

At home the child was telling her mother all about her first day at school. "And Mummy, she said, "there was a little old lady in a big bonnet and shawl who lives in this house behind a wall at the bottom of the playground, and guess what, she was handing our cookies and sweets to all the children. She spotted Sasha and gave me some for her too. But Sasha was naughty and wouldn't eat her share, and because Sasha had been so bad I won't ever take her to school again".

The mother smiled knowing that her daughter was no longer a baby. She had grown up in one day. But the tears still streamed down her cheeks! Ah!

Mothers – Boobas: Remember Your Child's First Day At School.



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.

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.

COOKERY CORNER



CHICK PEA, FETA AND OLIVE SALAD

I like to make a new dairy salad for Shavuot and this combination of feta, chick peas and olives is extremely delicious. It is delightful mix of Mediterranean flavours. I have poured a homemade harissa dressing over the top which gives it both colour and a little spicy kick. The dressing is straightforward to make but if time is of the essence, the bought variety will make a good alternative.

Feta cheese is one of the most famous of all Greek products, and certainly the best known of all Greek cheeses, and as such it is protected by European Commission Law, through Protected Designation of Origin (PDO) legislation. This means that the European Commission has decided that only feta cheese made in Greece can now be sold as feta.

Preparation Time: 25 minutes Cooking Time: 5 minutes Serves: 6 people

Ingredients

- 1 400g tin chick peas – drained and rinsed
- 200g feta cheese – cut in cubes
- 250g cherry tomatoes – cut in half
- 55g pitted black olives
- 4 tablespoons flat leaf parsley – chopped
- Green salad to serve

Harissa Dressing

- 1-2 fresh red chillies
- 1 tablespoon coriander seeds
- 2 teaspoons cumin seeds
- 2 cloves garlic- peeled
- ½ teaspoon salt
- 6 tablespoons olive oil
- 1 tablespoon lemon juice



COOKERY CORNER

Method

- 1) Crush the coriander seeds and cumin with a pestle and mortar. Transfer to a frying pan. Heat with no oil for 1-2 minutes or until the seeds smell aromatic.
- 2) Remove the seeds and vein from the chillies. Place in the food processor together with the coriander and cumin seeds, garlic and lemon juice. Gradually add the olive oil and whiz together like a mayonnaise.
- 3) Taste and add salt and freshly ground black pepper.
- 4) Mix the chickpeas with the cherry tomatoes, feta cheese and black olives. Stir in the parsley.

To serve the stylish way: Arrange the salad leaves on individual plates. Add the chick pea salad and drizzle over some harrissa dressing.

ORANGE ISRAELI COUS COUS

This is a delicious accompaniment to enjoy with various dishes. It has few ingredients, which makes it suitable as a side dish for main courses with many flavours.

Jaffe, Valencia and Seville oranges all produce great juice and are available in your local supermarkets at this time.

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Serves: 6 people

Ingredients

- 225g uncooked Israeli cous cous
- 150ml orange juice
- 200ml vegetable stock
- 4 sticks celery chopped
- 2 tablespoons olive oil
- 1 onion – peeled and roughly chopped
- 2 tablespoons fresh parsley – coarsely chopped
- Zest of ½ orange
- Salt and pepper – to taste

Garnish: 1 orange – sliced



COOKERY CORNER

Method

- 1) Heat the olive oil in a large frying pan.
- 2) Add the celery, onion and sauté until slightly golden.
- 3) Stir in the parsley and vegetable stock, orange juice and zest. Bring to the boil.
- 4) Add the cous cous and reduce to a low flame, cover and simmer until the cous cous is tender and the liquids are absorbed. This will take approximately 20 minutes.
- 5) Taste and adjust seasoning. Fluff up just before serving.

To serve the stylish way: Garnish with slices of oranges

BLUEBERRY WHITE CHOCOLATE PIE

Blueberries and white chocolate have a great affinity blending both in flavours and the striking colours that they both enjoy; black and white! The pie is made with a vanilla short crust pastry and indulgently filled with a white chocolate cream and blueberries (or if you prefer blackberries.)

White chocolate is mixture of sugar, cocoa butter, and milk solids. Unlike dark chocolate, white chocolate contains other flavouring ingredients such as vanilla in order to create its creamy confection. Also white chocolate does not contain any caffeine as this is found in the cocoa solids and not the cocoa butter.

Preparation Time: 25 minutes plus 4 hours to chill

Cooking Time: 30 minutes **Serves:** 8 people

Ingredients

Pastry

- 220g plain flour
- 180g unsalted butter
- 1 egg
- 1 teaspoon vanilla essence
- 30g icing sugar
- 1 teaspoon vanilla sugar
- Pinch salt

Filling

- 100g white chocolate
- 75ml double cream
- 200g blueberries – washed



COOKERY CORNER

Method

- 1) Combine all the pastry ingredients in a food processor until well combined.
- 2) Remove and wrap in cling film. Flatten and refrigerate for 1 hour.
- 3) Lightly flour the work surface and roll out the pastry so that it fits a 22cm/9 inch loose based pie tin.
- 4) Cover with foil; insert baking beans and blind bake for 20 minutes.
- 5) Remove baking beans and foil from the pastry case.
- 6) To make the filling, melt the chocolate in a *bain marie* (a bowl over a saucepan of boiling water). Add 2 tablespoons of double cream.
- 7) When the chocolate is smooth remove from the heat to cool slightly. Stir in the remaining cream.
- 8) Spoon the mixture into the prepared tart.
- 9) Refrigerate for at least 4 hours or overnight.
- 10) Top with blueberries.

To serve the stylish way: Dust with a little icing sugar just before serving.



LEARN TO COOK – THE STYLISH WAY



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COMPREHENSIVE “HANDS-ON” CLASSES, PRESENTED IN MY
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Wednesday 22nd June

Thursday 23rd June

Sunday 26th June

Salads for All Occasions

Summer Dinner Party Cooking

Salads for All Occasions

Venue: 2 The Broadwalk, Northwood, Middlesex HA6 2XD

Time: 10.00am – 1.30pm: Weekday/Sunday 5.00pm – 8.30pm

Cost: £65 per class. All materials provided

**Booking: Call Denise Phillips on 01923 836 456
denise@jewishcookery.com**

ISRAEL REPORTING



Message from Jerusalem

JERUSALEM LIGHT FESTIVAL

AN INTERNATIONAL LIGHT FESTIVAL IN THE OLD CITY

Following the success of last year's Jerusalem Festival of Light, Jerusalem's Old City will once again form the magnificent backdrop for lighting installations, exhibits and tours in the Light in Jerusalem 2011 festival, 15th – 22th June 2011 between the hours of 20:00-24:00. This celebration of light in an urban setting, is the initiative of the Jerusalem Development Authority together with the Prime Ministers' Office, Ministry of Tourism and the Jerusalem Municipality and produced by the Ariel Company, is once again expected to attract over 250,000 visitors to the Old City over the week-long festival.

Special attractions (free admission) include artistic light exhibits designed by leading local and international light artists on display in the Old City;



street events and performances; tourist attractions; a lighting fair in the Davidson Centre Archeological Garden and four different trails around the Old City following the illuminated sites and installations. This year, the Light Festival will explore the connection between light and sound and the senses of sight and hearing, as well as the special

relation that is created when a visual experience enhances an auditory experience and vice versa.

Featured artists exhibiting at the festival come from, among others, France, Portugal, the USA, Denmark, Belgium and Italy. At the Jaffa Gate, the French TILT group, participating in the festival for the second time, will create a futuristic garden of light in an exhibit that encircles the audience and creates an innovative urban environment using advanced technology. At Zedekiah's Cave, Bwindi Light Masks by Italian artist Richi Fererro will feature African masks which come to life using light and a soundtrack that combines guttural Mongolic

ISRAEL REPORTING

music with the singing of Bulgarian peasants.

The celebratory lighting installed on the Former Municipality Building in honour of the 1937 coronation of King George VI will be reconstructed; a video mapping work on Rothschild House will take visitors on a journey by train from city to nature to sky and another installation will create a dialogue with the Jerusalem stone using illuminated objects to create illusions. El Wad Street will be transformed into a festively lit, lively marketplace, from Damascus Gate to the entrance to the Western Wall.



Tickets (55NIS) for the Butterfly Effect, a modern light circus fairytale performed nightly by ten acrobats at Gan Ha'bonim, can be purchased online (www.bimot.co.il) or by telephone (02 00).

**www.lightinjerusalem.org.il melissa@igto.co.uk
The Israel Government Tourist Office**

CHILEAN MINERS VISIT JERUSALEM'S HOLY SITES

Jerusalem, Thursday 24th February, 2011- Twenty-five of the thirty-three Chilean miners, and their spouses, began their first full day of their visit to the Holy Land with a tour of Jerusalem's Old City; including the Holy Sites along the Via Dolorosa, the Church of the Holy Sepulchre and the Western Wall. The miners, accompanied by their social worker, were on an eight day tour of the Holy Land as guests of the Israel Ministry of Tourism.

They were greeted in the Old City by Church leaders and met with Western Wall Chief Rabbi Shmuel Rabinovitch who welcomed them at a special ceremony on the Western Wall Plaza and invited the miners to place a note of prayer between the stones of the Western Wall. During a highly emotional and significant tour inside the Church of the Holy Sepulchre, many of the pilgrims spoke of the emotion and relief they felt to be able to worship and give thanks in the Holy Land after their miraculous rescue.



ISRAEL REPORTING

At a press conference following their arrival, one of the miners, Jose Henriquez who acted as the 'pastor' of the group during their ordeal said "We are here in awe, it is honour to be here. And we hope we can comprehend fully what every place means and that we take this experience home with us." He added "It's a blessing to be here, in the place of the origin of God, to whom we prayed so much while being inside the mine."

Minister of Tourism Stas Misezhnikov welcomed the group at the airport and accompanied them to Jerusalem, and at the Holy Sites: "For you this may be in part an opportunity to express a kind of thanksgiving. For us it is a unique opportunity for a close encounter with a truly unique group of people with a spirit of endurance. The Holy Land with all its sacred sites provides visitors with a moving, spiritual and religious experience, for believers of all faiths."

The miners visited the Garden Tomb, where they participated in a ceremony of breaking bread and taking wine. They also visited Nazareth, Tiberius, the holy sites around the Sea of Galilee, the Dead Sea and Masada, as well as Bethlehem, to visit the Church of the Nativity. They also participated in a baptism ceremony at the River Jordan.

JERUSALEM MARATHON



**MORE THAN 10,000 RUNNERS CROWD
JERUSALEM STREETS FOR CITY'S FIRST EVER
INTERNATIONAL MARATHON.**

JERUSALEM MARATHON

Runners from over 40 nations participated in Jerusalem's inaugural international marathon on Friday, March 25th, 2011. The Jerusalem Marathon 2011 welcomed over 10,000 participants, including over 1000 from overseas, for a variety of courses ranging from a full marathon, to half-marathon, 10K and a 4.2 K "fun-run" options.

Despite forecasts for rain, the weather remained perfect throughout the race, with cooler than normal temperatures and partly-cloudy skies offering the ideal conditions for runners of all levels.

While the unique geography of Jerusalem presented challenges for some participants, the runners welcomed the chance to compete in a setting of unparalleled natural and cultural beauty unlike any other international marathon course. The course allowed runners to enjoy spectacular views and see the city's best known sites including, among others, the Knesset, the Old City, Sultan's Pool, Mount Zion, the German Colony, the Jerusalem Promenade and the Mount of Olives.

The winners of the race reflected the international flavor of the completion with the top field being represented by competitors from Kenya, Ethiopia and Poland. Winning the race was Raymond Kipkoechh, 34, of Kenya with a time of 2:26:44. Second place was taken by Mutai Kopkorir, 24 of Kenya with a time of 2:26:55 and in third was Kiman Njorage, 33 also of Kenya with a time of 2:27:19. The winning female runner was Oda Worknesh, 26 from Ethiopia with a time of 2:50:05. Second was Rosaline David, 35 from Kenya with a time of 2:50:06 and third, Wioletta Kryza, 42, from Poland at 2:51:21.



Ms Kryza of Poland conceded that this mark was a bit off her best time but said, "In Jerusalem it wasn't all about establishing records but about the experience of running in one of the world's most beloved cities."

Jerusalem Mayor Nir Barkat, who ran the half-marathon and was one of the event's principle organizers, said that it was a historic day for the city. "The fact that over 10,000 people came together in a spirit of athletics and sportsmanship and were able to experience the greatness of Jerusalem is a source of great pride for our city and our country."

JERUSALEM MARATHON

Through an initiative of the Jerusalem Municipality, the Jerusalem Development Authority and Israel's Ministry of Tourism, runners from abroad received special deals at restaurants, museums and other local attractions. More than 4,000 overnight hotel stays were recorded for the week of the marathon and some 45 foreign sports journalists, including Eurosport, came to cover the event. As the official sponsoring airline of the Jerusalem Marathon, EL AL Israel Airways was responsible for coordinating flight arrangements for hundreds of the runners who arrived in Israel from all corners of the world. Numerous local and international charities used the race as an occasion to raise funds and organizers say that several hundred thousand dollars were raised as a result of the marathon.

The marathon was preceded by a three-day Health and Fitness expo at the International Convention Center, which set the tone for the marathon event, offering thousands of sports enthusiasts from Israel and overseas information on health and sports nutrition, lectures, stalls selling sports gear and much more. Thousands of runners took advantage of the free pasta dinner on the evening before the run.

Preparations are already underway for the 2012 Jerusalem Marathon which will take place on March 16, 2012. "We firmly believe that this event will be another factor in making Jerusalem a choice destination for millions of tourists around the world," Mayor Barkat noted. "We know that our city is defined by culture, history and spirituality and we are proud that through events like these we can add athletics to the list of reasons why people can come and experience the magic of Jerusalem."

The Jerusalem International Marathon 2011 was sponsored by, among others, the Israel Ministry of Tourism, The Tourism Authority, the Ministry of Culture and Sport, the Jerusalem Development Authority, El Al and Adidas. www.jerusalem-marathon.com



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**

GOING ONLINE



FANTASTIC NEW VEGGIE RECIPE WEBSITE LAUNCHED

ANIMAL GROUP VIVA! AND VEGGIE FOOD EXPERTS THE VEGETARIAN & VEGAN FOUNDATION (VVF) HAVE TEAMED UP TO PRODUCE A FANTASTIC NEW DEDICATED RECIPE WEBSITE.

The Vegetarian Recipe Club, which started life as a subscribed publication, is now FREE for everyone to access online. All recipes are suitable for vegans and those with dairy intolerances.

www.vegetarianrecipeclub.org.uk

It features lots of fabulous features to help and inspire all, from veggie virgins to veggie and vegan veterans!

Handy search facilities – you can search by recipe, ingredient, food type and dietary requirement to name a few

Weekly Newsletter – just sign up and we will send you new recipes

Blog – read what we're up to in our kitchens. It's where we share new ingredients, recipes and other foodie ideas with you

Send in your own recipes – vegan, of course!

Save your own recipes to create a handy personal resource

Basics – from how and what to buy to stocking a new kitchen with ingredients and basic equipment

Health – because vegan diets are superb for promoting and maintaining optimum health!

Join our Facebook page to get daily updates of new recipes and blogs

Check out our Shop for lovely animal and planet-friendly merchandise.

Viva! and VVF Food and cookery manager, Helen Rossiter says: "**The Vegetarian Recipe Club** is the best online resource to find whatever veggie recipe you need. From family favourites such as chilli and bolognese, to more exotic dishes using tofu and spices, it has it all. Whatever type of veggie meal you want to cook or whatever ingredient you have to hand, we can help you create a delicious meal."

LOST GARDENS OF HELIGAN

THE LOST GARDENS OF HELIGAN

The Greatest Detective Story of Our Time ...

The Lost Gardens of Heligan were re-discovered, to much acclaim, 21 years ago and quickly became the Nation's favourite gardens. Renowned for being the finest productive gardens in the UK – cropping amazing heritage pineapples, delicious fruit and vegetables of virtually perfect form – the construction of the walled gardens themselves hid a mystery.



Heligan MD, Peter Stafford says it has been an ongoing feat of detective work to uncover much of the Gardens' secrets, "All formal productive gardens were laid out in rectangular form as it was the most practical for growing rows of crops. So it was a surprise when quite early in the restoration project we realised that several parts of the Productive Gardens were far from rectangular and quite asymmetrical."

"The Vegetable Garden had been drawn as a trapezoid shape pointing up into the north-east corner. In the Flower Garden, the Peach House on the eastern wall faced south-west with the whole walled garden built as another trapezoid shape with its apex in the south-eastern corner. And the curved wall to the north of the Melon Yard did not face north-south as would be expected, but in a south-westerly direction."

Stafford points out that the walls themselves while mostly made of stone had upper sections of brick on the southerly sections, leading the restorers to reason that this had been a cost effective way of building; brick being more expensive than stone but able to retain the sun's heat more effectively, so only used in areas where such benefits would be felt.

But the question of the trapezoid shapes continued to puzzle – was it perhaps just stylistic eccentricity perhaps – until it was finally determined that the shape had been built to follow the angle of the sun, lengthening the amount of time the gardens benefited from the warmth. By facing the north-east corner of the Productive Garden, the curved wall of the Melon Yard and then the

LOST GARDENS OF HELIGAN

eastern wall of the Flower Garden all effectively had a small micro-climate created, enhancing the temperature and having a positive impact on the plants grown there.

Stafford continues, "This explains the bricks on the southern part of the Melon Yard. They'll capture the sun's warmth more effectively than by simply facing due south, indeed the whole curvature of the wall is twisted to the south-west. Interestingly, the earlier structures such as the Melon House, Pineapple Pit, cloches, and Paxton Greenhouse all face due south, so maybe the idea for the twisting of the eastern bits of the garden boundaries slightly to the south-west was a later idea."

The work of the garden detective continues, but after much research amidst experts and organisations around the world nobody has found a similar example of such an ingenious productive garden design and Heligan is keen to discover whether it truly is one of a kind.

"The reason for the design is one mystery we have solved," continues Stafford, "but there are other mysteries within the gardens that remain, such as the seven arches within the wall of the Reserve Garden. With cobbled floors and drainage gulleys, what these were used for still has to be explained, so far suggestions range from emu or monkey houses, or possibly even a home for ornamental birds. And of course there is still a mystery around who designed the trapezoid shape of the productive gardens, did this evolve or was it perhaps to do with Heligan's proximity to the coast and designed by someone with a knowledge of the compass and the earth's rotation. We'd be very interested in hearing from anyone that knows of other Gardens with similarly unusual construction designs and to unlock a few more mysteries in this our 21st anniversary year."



VEGETARIAN FOR LIFE



VEGETARIAN FOR LIFE MOVE NORTH OF THE BORDER!

Vegetarian for Life moved north of the border to Moffat in December 2010 and is the only vegetarian charity to have its headquarters in Scotland.

Moffat was chosen both because the Company Secretary, Tina Fox, has always wanted to live and work in Scotland and because it has very good accessibility being just one mile from the M74 with excellent links to Edinburgh, Glasgow and the motorway network in general. Part of the reason for the move was also because the charity had outgrown its headquarters in Wirral and the new location provides a better office and working environment and much more storage capacity for the organisation widening print range.

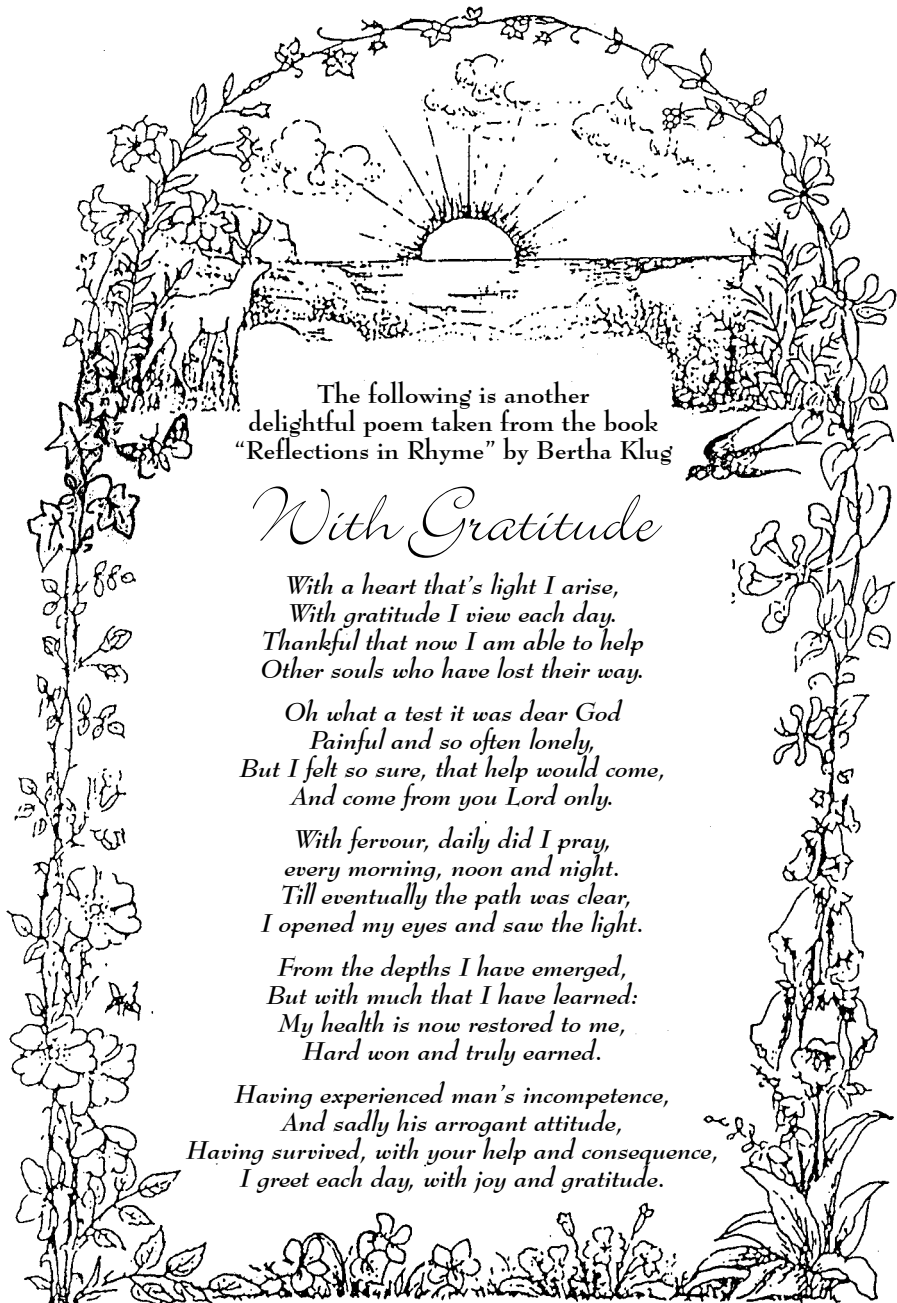
Coinciding with the move VfL has been more active in Scotland and now has 70 care homes or sheltered schemes listed in Scotland with more to follow and has recently given the first grant in Scotland for a bath aid.

Tina Fox says "It is great to work here as we have been welcomed with open arms by Dumfries and Galloway and already have had local press and a feature to follow in Dumfries and Galloway Life. We will obviously still continue with our work in England, Northern Ireland and Wales but now we also have the opportunity to have more influence in Scotland where systems and organisations often operate in a very different way and to different rules."

VfL is currently very busy with catering courses for MHA with four scheduled for this year so far and more to follow and it is hopeful that the first Scottish course may take place later in the year. The organisation is also working on a new nutrition booklet for older vegetarians and vegans which will be available soon.

For further information on Vegetarian for Life or a copy of the nutrition booklet contact Tina on 01683 220888 or via email tina@vegetarianforlife.org.uk

POEM



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

With Gratitude

*With a heart that's light I arise,
With gratitude I view each day.
Thankful that now I am able to help
Other souls who have lost their way.*

*Oh what a test it was dear God
Painful and so often lonely,
But I felt so sure, that help would come,
And come from you Lord only.*

*With fervour, daily did I pray,
every morning, noon and night.
Till eventually the path was clear,
I opened my eyes and saw the light.*

*From the depths I have emerged,
But with much that I have learned:
My health is now restored to me,
Hard won and truly earned.*

*Having experienced man's incompetence,
And sadly his arrogant attitude,
Having survived, with your help and consequence,
I greet each day, with joy and gratitude.*

NOT SO EAGLE EYED

NOT SO EAGLE EYED: NEW STUDY REVEALS WHY BIRDS COLLIDE WITH MAN-MADE OBJECTS

From office block windows to power lines and wind turbines, many species of bird are prone to colliding with large man-made objects, many of which appear difficult not to notice to human eyes. A new study published in *IBIS* outlines a new approach to understanding how birds see the world and why they find pylons and turbines so hard to avoid.

The problem of bird collisions is a serious concern for conservationists. Research suggests that bird mortality caused by collisions with human artifacts is the largest unintended human cause of avian fatalities worldwide.

Collisions with large and prominent obstacles may even threaten the survival of endangered species. In Europe over a 16-year period it was estimated that approximately 25% of juvenile and 6% of adult white storks *Ciconia ciconia* died annually from power line collisions and electrocutions.

“From a human perspective it appears very odd that birds so often collide with large objects as if they don’t see them. It is widely held that flight in birds is primarily controlled by vision, an idea captured by the phrase ‘a bird is a wing guided by an eye’, said Professor Graham Martin from Birmingham University. “However birds live in a different visual world to humans.”

To get a clearer understanding of how birds view the world Professor Martin turned to sensory ecology, a field of study which investigates how sensory information underlies an animal’s behaviour and its interactions with the environment.

“Previously most proposed solutions to bird collisions only consider a human perspective of the problem,” said Martin. “Put simply, it has been a matter of finding a solution to bird collision problems based upon making the perceived hazard more conspicuous to human observers, not birds.”

The research reveals that a subtle set of interrelationships exists between a bird’s visual capacities, the interpretation of sensory information and the behaviour of birds when flying in open airspace.

“When in flight, birds may turn their heads to look down, either with the binocular field or with the lateral part of an eye’s visual field,” said Martin.

NOT SO EAGLE EYED

"Such behaviour results in certain species being at least temporarily blind in the direction of travel."

Dr Martin also explores how avian frontal vision is tuned for the detection of movement, rather than spatial detail. When a bird is hunting this detection may be more important than simply looking ahead into open airspace.

Birds also have a restricted range of flight speeds, for many birds it is simply impossible for them to fly slowly, making it difficult to adjust the rate of information they gain if visibility is reduced by rain, mist or low level lights.

"Armed with this understanding of bird perception we can better consider solutions to the problem of collisions," said Martin. "While solutions may have to be considered on a species by species basis, where collision incidents are high it may be more effective to divert or distract birds from their flight path rather than attempt to make the hazard more conspicuous."

It may also be best to assume that birds are more likely to be looking down and laterally rather than forwards, meaning a signal placed on an obstacle may also be missed. Instead alerting sounds or signals placed a suitable distance from the hazard may be more efficient.

"The human viewpoint provides just one way of appreciating and understanding the world. Yet such is the difference between human and birds' eye views that a human perspective on the problem of bird collisions is quite misleading," concluded Martin. "The evidence outlined in this study explains why some species are more vulnerable to collisions with obstacles than others, and helps to inform the development of guidelines for reducing collisions."

IBIS is the international journal of avian science and is published on behalf of the of the British Ornithologists' Union. IBIS publishes original papers, reviews and short communications reflecting the forefront of research activity in ornithological science, but with special emphasis on the conservation, ecology, ethology and systematics of birds.



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.

TOP CHEFS SUPPORT ESSENTIAL HEALTHY EATING



TOP CHEFS SUPPORT ESSENTIAL HEALTHY EATING

EIGHT TOP CHEFS HAVE GIVEN ONE OF THEIR FAVOURITE RECIPES TO ENCOURAGE PEOPLE TO COOKING HEALTHY FOOD AT HOME.

Rose Elliot, Rachel Green, Annabel Karmel, Nick Nairn, Jo Pratt, Simon Rimmer, Antony Worrall Thompson and Aldo Zilli have each given a healthy eating vegetarian recipe to appear in the *Essential Healthy Eating Booklet*, published by Essential, the leading independent organic, whole food, vegetarian producer.

Tempting Recipe Ideas

The Essential Healthy Eating Booklet includes a range of tempting dishes. Aldo Zilli, and Nick Nairn have lighter meals with their *Lentil, Feta & Roast Pepper Salad* and *Asparagus with Boiled Eggs & Parmesan*. Rose Elliot's *Lentil Croquettes with Tomato Sauce* and Annabel Karmel's *Vegetarian Lasagne* are traditional family favourites while Jo Pratt's *Tenderstem Broccoli Biryani* and Rachel Green's *Pea Hummus Wraps* make for colourful dishes. To finish off, Antony Worrall Thompson's *Herby Fruit Salad* and Simon Rimmer's *Almond Granola Bars* will satisfy your sweet tooth while still keeping things pretty healthy at home.

"If you want to eat healthily, home cooking is a good place to start because you know exactly what ingredients are being used and there are no hidden 'food demons' such as extra salt sugar, preservatives, fillers or over-processed, nutritionally poor ingredients." Says leading nutritionist Fiona Hunter.; It is terrific that these renowned chefs have given up some of their favourite healthy recipes so people can try some new dishes at home," says Fiona.

Making a few simple food swaps in everyday cooking can also help produce a healthy meal: here are **Fiona Hunter's Top Ten Swaps**:

- ☆ Swap butter for **olive** or **rapeseed oil** when cooking
- ☆ Swap salt for **fresh herbs, garlic** or **lemon zest** for seasoning

TOP CHEFS SUPPORT ESSENTIAL HEALTHY EATING

- ☆ Swap canned fruit in syrup for **fruit in water or fruit juice**
- ☆ Swap canned beans and lentils in salted water for **pulses in water**
- ☆ Swap mince beef for **turkey** or **Quorn mince**
- ☆ Swap white bread, pasta and rice for **whole grain varieties**
- ☆ Swap fizzy drinks for **fresh fruit juice topped up with fizzy water**
- ☆ Swap cream for **Greek yogurt**
- ☆ Swap sweet biscuits for **oatcakes topped with mashed banana**
- ☆ Swap sugar for **light agave syrup** or **honey** in recipes

The Essential Healthy Eating Recipe Booklet can be downloaded at www.ethicallyessential.coop. Hard copies can be requested or picked up at Essential stockists (listed at www.essential-trading.coop)



VeggieVision TV



After years of waiting for technology to catch up, PR, presenter, mum and **VeggieVision TV** founder Karin Ridgers is ecstatic to **launch the new web TV** station and technology in partnership with Life on Show TV.

When Karin's vegetarian lifestyle programme was rejected several years ago Karin decided to go it alone giving up a good banking career and launch an internet TV station promoting her passion of healthy, positive living. Frustratingly there was no technology at this time to support her dream.

Despite humble beginnings VeggieVision TV has already attracted viewers and contributors from all over the world.

VeggieVision TV

There have been challenges and tears along the way and highlights too such as when **Karin met Dragons Den James Cann** at an event. After James asked the audience how many were vegetarian he said that VeggieVision could be a success.

“There are no programmes that cater especially for the estimated **3 to 4 million vegetarians and vegans in the UK** and VeggieVision TV would like to be the answer to this – and more.” Karin says.

With such a large niche of the population not being catered for programme wise VeggieVision TV aims to cater for those who are interested in vegetarian cookery and healthy living.

According to the Office of National Statistics **18.3 million households in the UK (70 per cent) had Internet access in 2009**. With around 5% of the population vegetarian and an increasing trend of meat reducers VeggieVision TV aims to cater for these people in particular.

The Internet Advertising Bureau reports the UK online ad spend has risen 10% to nearly £2 billion in first half of 2010 and video advertising now appears on more than half of media plans, and is worth 3 per cent of the UK TV ad market.

“We have a fantastic American comedian to share with the viewers as well as cookery clips and celebrity interviews. The Vegetarian Society in Japan have been in touch and would like to film for us too. We have a Hollywood actor who is based in Thailand who has made a super clip for our viewers and we can’t wait to show even more content too.”

VeggieVision TV channels currently include Cookery, Information, Entertainment World Vision and You TV. Karin is speaking to several schools that are interested in working with VeggieVision and is also keen to develop a music channel too.

Now working with **Life on Show TV** Karin is working flat out to make VeggieVision a sustainable business success and a portal that people will enjoy watching no matter what their dietary habits.

Please check out our internet TV station here – www.veggievision.tv

For more information please email Karin on info@veggievision.tv or call 01277 653603.

CONSUMER CORNER



SUSTAINABLE SOYA

A background briefing from Alpro soya

Soya could soon be in the news again with WWF mounting a campaign to protect the Cerrado, Brazil's central Savannah area, from clearance for agriculture and, in particular, the farming of soya for animal feed.

The Alpro Way

Always learning, always improving, Alpro has led the way in soya by demonstrating that non GM soya can be sustainably farmed, with proper respect for the planet and as a force for social good.

We have garnered some endorsements along the way. "It's great to see a company like Alpro taking the lead and showing their commitment to 100% sustainability, making the connection between farmers and consumers," commented Mark Driscoll, WWF head of sustainable food policy, last year.

Alpro subscribed wholeheartedly to the 2004 Basel Criteria for Responsible Soy Production which we think is the best and most rigorous declaration of true sustainability in soya production, forbidding cultivation of and cleared or deforested since 1994.

The main focus of the new WWF campaign is on soya grown for animal feed (over 90% of the world's production) Alpro has decided not to become a member of this roundtable partly because of its focus on animal feed; partly because we see it as a group for soya producers who are only in transition towards sustainable practices, and also because the roundtable accepts continued production of genetically modified soya.

Consumers can buy Alpro products with complete confidence that they are non-GM and sustainably produced.

Alpro in Brazil

About 5% of Alpro's soya beans come from Brazil, mostly used in the production of tofu. All of our Brazilian soya is organic, which means no pesticides are used and meets the Basel Criteria. In other words it is grown on non-deforested land (actually, thousands of miles away from the Amazon) and stubble is ploughed back into the land rather than burned so water courses are protected. Although the destruction of the Amazon (and now the threat to the Cerrado) is frequently linked with Brazilian soya we are proud of our

CONSUMER CORNER

long standing relationships with ethical and sustainable Brazilian farmers.

Alpro in the rest of the world

95% of our soya is grown sustainably in other parts of the world, principally Canada, China and France. In the face of some industry scepticism we have demonstrated over many years that it is possible to run a soya business without buying beans on the commodity market, ensuring that we have close relationships with our suppliers and knowledge of their farming practices.

Soya as part of the solution

At Alpro we don't see our soya as part of an environmental problem, but as one of the solutions to some big ecological questions. In fact, if more soya was used in the human diet and less for animal feed to produce meat, we think the world would be a better place. All Alpro products are plant-based and have a lower environmental impact in key areas than comparable animal-based products. Soya performs better in terms of greenhouse gas emissions, land and water use.

Not all soya is the same: sustainable soya has a bright future. For more information: www.alprosoya.co.uk or www.naturalsoya.co.uk

TEA CAKES ARE TOAST, HERE COMES THE FRUIT LOAF!

Vogel's is proud to welcome the latest member to its already delicious family, a sumptuous fruit loaf packed with juicy currants, raisins and spices. Baked to perfection in the age old Vogel's tradition, this is the perfect addition to your meal times.

Vogel's was originally developed in 1954 by Alfred Vogel, a pioneering Swiss nutritionist who believed that mouth-watering taste and exceptional nutrition come from the very best ingredients nature provides. To this day every loaf in the Vogel's range is founded on Alfred Vogel's original award-winning recipe ensuring our bread is full of nutritious flavour, and free from all the bad bits like additives, artificial preservatives, emulsifiers and raising agents. The team at Vogel's are still as dedicated to producing bread to the same quality, whilst creating exciting new additions to their already successful ranges.

Vogel's fruit loaf is the perfect accompaniment to breakfasts and high tea alike. The perfect foundation for any topping, this sweet twist on the usual Vogel's loaf is ideal for toasting and cooking alike. Melt cheese on to toasted

CONSUMER CORNER

slices for a contemporary twist or use it make divine bread and butter pudding, guaranteed to whet the appetite of any guests.

Vogel's fruit loaf is available at Tesco and all good food stores.

THE INCREDIBLY GOOD ITALIAN ORGANIC CHOCOLATE NEW TO HOLLAND & BARRETT



What is GO*DO?

A new organic chocolate brand now available at Holland & Barrett stores nationwide. Already GO*DO has proven very popular in Italy and Japan. Now the UK gives in to GO*DO!

What does GO*DO mean?

In Italian the word GO*DO means to enjoy sensual pleasure, so that the great taste of the chocolate becomes an integral part of enjoying life.

GO*DO chocolate bars are made by a fifth-generation Italian family in their state-of-the-art factory near the Italian Lakes. The providers have total control **“from bean to bar”** – farming the cocoa, harvesting the beans, making the chocolate and forming the bars.

Where does the cocoa used in GO*DO come from?

GO*DO's cocoa beans are grown organically in Ecuador, the Dominican Republic and Peru – all areas known for high quality cocoa. The result is superb bean quality and a truly sustainable brand.

What is the initial GO*DO range?

Dark Chocolate, Dark Chocolate with Espresso Coffee, Dark Chocolate with Sicilian Almonds, Milk Chocolate, Milk Chocolate with Chopped Hazelnuts, Vanilla.

Available from over 600 Holland & Barrett stores nationwide. 35g Bars priced at 99p per bar.

CUBANS AND VEGETARIANISM

The following article which appeared in the Jerusalem Post was sent to us by our good friend Mr. W. Sulzbacher, Israel.

VEGETARIANS PUSH SOY, BUT CUBANS STILL PREFER TO EAT MEAT

By Jenny Barchfield

HAVANA – Juicy hamburgers and sandwiches stuffed thick with sausage are not your typical vegetarian fare – but that is what is on the menu at El Carmelo, a state-run restaurant that promoted healthy, meat-free eating.

Meat-free is not a phrase that goes over well in Cuba, an island where long-standing privations have forged a strong, emotional bond with food—especially cuisine that once oinked, mooed and clucked.

Facing the harsh reality of its tough customers, El Carmelo eventually replaced such vegetarian items as soy picadillo with greasy pork chops.

That has been the fate of the island's half-dozen or so other vegetarian restaurants as well. Opened in the 2000s under the Communist government's go-vegetarian initiative, they have all either closed down completely or replaced soy and vegetables with meat.

It's a Cuban dilemma: How can the government promote healthy eating when the country is full of die-hard carnivores, and when vegetarian meals remind people of an acute food shortage in the early 1990s that made meat an almost unattainable luxury?

Elsewhere in the world vegetarianism is gaining proponents who cite evidence that eating less meat is good for your heart and reduces the risk of certain types of cancer. In Cuba the island's handful of vegetarians, face an uphill battle. Meat is such a central pillar of the Cuban diet, or at least the idea of the Cuban diet, that the rare decision to embrace vegetarianism is widely seen as bordering on insanity.

"When I tell people that I am a vegetarian, everyone says – you're crazy, you can't survive on just grass" said Yusmini Rodriguez, a 34 year-old translator who stopped eating meat 13 years ago out of ethical concerns. "It's been a constant battle" she said, detailing obstacles that ran the gamut from her family's incomprehension and dead-set opposition to the scarcity and sometimes prohibitively high prices of fresh produce, to the near-total absence

CUBANS AND VEGETARIANISM

of meatless options from restaurant and cafeteria menus.

“My family still doesn’t get it, but after all these years at least they finally respect my decision so eating vegetarian at home is OK, even if it is a headache,” said Rodriguez, a slip of a woman whose tiny frame belies her iron will. “But the moment I step outside, it’s practically impossible. Here, if it doesn’t have meat in it, it’s not considered food.”

Rodriguez and some of the other dozen members of the island’s vegetarian community say the Cubans’ love affair with meat is linked to the country’s “Special Period” an era of extreme hardship and acute food shortages in the early 1990s that followed the fall of the Soviet Union, Cuba’s main benefactor at the time.

The country’s rations system ensured no one starved to death by providing every citizen with a small monthly supply of basic goods. But Cuban’s experienced true hunger during those dark years, missing many meals, making do with very small and unappetizing ones, and going months without meat. The average food intake dropped from 2,865 calories per day before the ‘Special Period’ to 1,863 in 1993, according to French journalist Olivier Languepin’s book *Cuba, the Failure of a Utopia*.

“It was a time of forced vegetarianism that left a really bad taste in people’s mouths” said Nora Garcia Perez, a militant vegetarian who heads a Havana-based animal-protection group. “The ‘Special Period’ really hurt the cause of vegetarianism in this country. Meat became an obsession for people who lived through that time.”

Ironically for a fertile tropical country, its fresh produce remains the most difficult to purchase. Even during the height of the winter growing season, the selection at state-run vegetable markets is largely limited to lettuce, cabbage, tomatoes, carrots, bell peppers and a variety of tubers.

Restaurateur Tito Nunez converted to vegetarianism in the early 1990s because it eased his chronic intestinal problems. In 2003 he founded El Romero billed as an eco-restaurant and one of the island’s two surviving vegetarian eateries. Located in the Las Terrazas natural reserve of rolling hills about 80 kilometers east of Havana. El Romero goes beyond garden variety vegetables, spinning forgotten and little-known plants into delectable dishes.

On its extensive menu, ceviche made from the stems of lily pads that grow wild on a nearby pond, yucca and sweet potato ‘meatballs’ pumpkin flower-

CUBANS AND VEGETARIANISM

paste crepes, sautéed prickly pear cactus with aromatic herbs, and for dessert, mousse made from chocolate lemon and pumpkin, wrapped in a palm leaf.

“Cubans tend to think, ‘If is not rice and beans or meat, I’m not eating it,’ so when people see all these plants they have never even heard of on the menu, they tend to be really reluctant at first,” said Nunez “Then they try the foiod and see that it is not just ‘grass’ we’re serving, and that in addition to being healthy and animal-friendly, it is also really delicious.”

Nunez has worked to make El Romero accessible to locals by offering neighbourhood youth apprenticeships with the cooks and at the restaurant’s organic farm, where most of the ingredients are sourced. And to make the restaurant affordable for islanders, who earn an average of \$20 a month, El Romero charges its Cuban clients just a fraction of the menu’s list price. Still, despite its success, 90 percent of El Romero’s clients remain foreigners, mostly tourists from Britain, Germany and the Netherlands.

“When you are dealing with something as ingrained as eating habits it is just about the hardest thing to change,” Nunez said, “I know that I am not going to turn people into vegetarians by just talking about it. The only way to convince people is by sitting them down at the table and showing them there is so much out there besides meat.”



‘FLOOD FESTIVAL’

The following article appeared in the Jerusalem Post in October last and was sent to us by our good friend Rita Bloomberg who thought it would be of interest to our readers.

‘FLOOD FESTIVAL’ REIGNS AT GLOBAL GREEN WEEKEND

By Ehud Zion Waldoks

Two green events – one Jewish, one global coincided as environmental community projects took place in almost every country worldwide.

In October last on Shabbat Parshat Noah, we read the story of the flood.

'FLOOD FESTIVAL'

Modern-day Jewish environmentalists have latched on to the story because of its parallels with the world's current situation. According to their reading, all people are threatened by the action of humankind once again through climate change and global warming.

In keeping with this, Teva Ivri, a Jewish environmental NGO, organized events in several Israeli cities.

The main event was the "Flood Festival" on Jerusalem's Rehov Emek Refaim which features a parade, a fair, children's activities, lectures and discussions circles. Teva Ivri also offered a study and activism guide – available on its website, www.tevaivri.org.il with sources and advice on how to green one's community and synagogue.

Meanwhile the '350' campaign spearheaded by US activist Bill McKibben, organized 6,631 events in 188 countries around the globe which took place on Sunday 10th October 2010.

The number 350 refers to the ideal parts per million of carbon dioxide in the atmosphere according to scientific analysis. Currently, there are about 390 ppm. in the atmosphere heading toward 450-500 if nothing is done. Such an increase will have drastic effects on the planet's climate, many scientists believe.

The campaign aims to show global leaders that people are concerned about global warming and its effects. Under the banner "The Global Work Party," locals will embark on a community project to combat global warming. Even US President Barack Obama is getting into the swing of things by putting solar panels back on the White House. Former president Jimmy Carter had installed some during his tenure in the late 1970s.

Events didn't have to be a massive undertaking, the campaign suggested something as simple as going for a bike ride or planting a tree, working in a community garden or on an organic farm. Replacing light bulbs with more efficient CFL or LED ones is also a good project, according to the campaign's website, www.350.org.

Israel, too, is set to mark the Global Work Party, Friends of the Earth Middle East, the Israel Bike Association, and Tel Aviv Rollers are teaming up to raise awareness through biking as part of the 350 campaign. In previous years, the 350 campaign has organized marches in the US and last year it arranged global events to spell out the number 350.

GARDENER'S CORNER

Gardener's Corner **SUMMER 2011**

Container gardening can be a great way to have all the joys of the garden with or without land. Many houses today have only a small area without the opportunity to plant and sow

into the ground. Even if you have plenty of land, containers can add a further dimension using spaces on a terrace, path or just around the front door.

What can be used as a container? Well, almost any three dimensional object. The classic could be an old sink. This is perfect as it has depth and that essential drainage. A porcelain sink can be made to look more natural by applying a coat of roughcast cement with an application of sand or small stones.



How to get started? Drainage is most important so the bottom third of the space needs to be filled with broken crock (old broken pots) if these are available. If not other material will suffice, even the polystyrene which is used in packing of many household articles. The remaining two-thirds should be filled to within an inch of the top with garden compost. This can be purchased in bags from garden centres, if needed.



What to plant? This can be seasonal for a progression of flowering. In the winter, autumn planted pansies, violas, bellis daisies, primroses and dwarf wall flowers are excellent subjects.

In the summer these can be replaced by any of the summer bedding plants including:- busy lizzies, begonias, geraniums, alyssum and lobelia, especially the trailing varieties. These will give pleasure throughout the year. The care required is important for good continuous results. Carefully remove dead flower heads or foliage. From time to time, feed with an organic plant food. One based on seaweed would be perfect.

GARDENER'S CORNER

The container should ideally be raised off the ground to help with the drainage – bricks or pebbles can be used for this. Containers dry out very quickly so need regular watering, even after light showers, as a little rain often does not really get into the soil but falls away off the foliage. It is important that the root systems do not dry out. If they do they will rarely revive.



leeks work in well as do small shrubs like box and daphnes.

There are many miniature such plants in the alpine section in any good nursery.

Another way of planting is with spring flowering bulbs. These need to be planted about their own depth a few months before spring. Tet-a-tet narcissus, grape hyacinths and scillas all do well – even snowdrops and aconites could be used.



Containers range from small pots to really sizeable stone troughs. These latter were used for animals to drink in the age before the motor car and were once very common. At one time many were broken up when the car superseded the horse, but are now very valuable and make truly wonderful containers being completely natural and possibly quite capacious. We have planted one with culinary herbs including rosemary, thyme, tarragon, camomile, mint and marjoram. Ours is just outside the kitchen and looks good and spices up our food.

Containers can be used if you want a change from time to time. Some such as these with bedding like the sun, while many alpines will do well in partial shade. They provide height and can be tended without stooping too much.

GARDENER'S CORNER

If you like a plant that has not been mentioned here, please give it a try as most will do well in a suitable container.



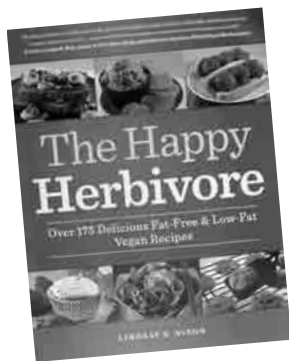
A parsley pot



Something for the birds



BOOK REVIEWS



THE HAPPY HERBIVORE

By Lindsay S. Nixon

Over 175 Delicious Fat-Free & Low-Fat Vegan Recipes.

With easy-to-follow instructions, nutritional analysis, suggested variations and stunning photos throughout, even the novice cook will find healthy cooking easy and delicious!

Lindsay has collected some of her favourite recipes inspired by flavours from around the world, ranging from quick and simple to decadent and advanced. With helpful hints and cooking tips throughout, enjoy making delicious snacks (Fruity Cereal Bars, Chilli-Lime Corn Chips, Mini-Cheese Pizzas), breakfast and brunch (Breakfast Sandwiches, Cinnamon Buns, Apple Crisp Muffins, mains (Portobello Steaks, Chilli Enchilades, Spaghetti and Meatless Balls) and desserts (Carrot Cake, Cupcakes, Pumpkin Cheesecake, Oatmeal Cookies) to name just a few of each.

Published by The Perseus Books Group. Paperback Price £12.99. Plus P&P £3.00. Available from JVS

BOOK REVIEWS

THE HAPPY PASSION

A Personal View of Jacob Bronowski (1908-1974)

By Anthony James

Jacob Bronowski's classic *The Ascent of Man* was republished recently by BBC Books with a new foreword about the man and his work by Richard Dawkins.



Anthony James author of *The Happy Passion* comments: "Dawkins quite rightly stresses Bronowski's vast knowledge, his beautiful use of the English language and his great personal charm. Sadly, this foreword leaves out something of great importance. Dr Bronowski stated at the very beginning of *The Ascent of Man*: "There cannot be a philosophy, there cannot even be a decent science, without humanity. I hope that sense of affirmation is manifest in this book. For me, the understanding of nature has as its goal the understanding of human nature, and of the human condition within nature."

Jacob Bronowski lived through what he described as 'the two great catastrophes of the twentieth century: The rise of Hitler in 1933 and the dropping of the atomic bombs in 1945', and yet the keynote of his astonishingly rich and varied life and work was an enduring optimism. Bronowski was a professional scientist, scientific administrator poet, philosopher, dramatist and television and radio personality, possessing an energy and versatility that make him a rare figure in our cultural history. His final achievement was the television series *The Ascent of Man* which was first shown in 1973 and influenced and inspired millions of ordinary people by bringing an awareness of human evolution and the adventure of science into their homes.

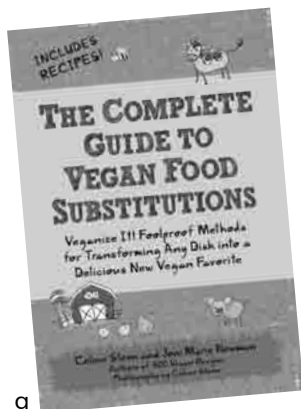
One of the most moving passages in *The Ascent of Man* describes Bronowski's visit to the Nazi extermination camp at Auschwitz, and from this we can see his acute awareness of the consequences of living by warped and twisted values or by no values at all. He was also 'infinitely saddened to find myself suddenly surrounded in the west by a sense of terrible loss of nerve'.

"Science is a very human form of knowledge. We are always at the brink of the known, we always feel forward for what is to be hoped. Every judgement in science stands on the edge of error, and is personal. Science is a tribute to

BOOK REVIEWS

what we can know although we are fallible”, an adventure in his own words a “happy passion”. Jacob Bronowski.

Published by Societas Imprint Academic. Exeter. Paperback Price £8. 95 plus P&P £3.00. Available from JVS



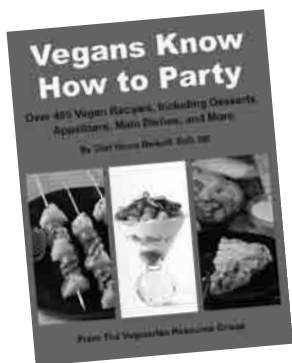
THE COMPLETE GUIDE TO VEGAN FOOD SUBSTITUTIONS

By Celine Steen and Joni Marie Newman

With more and more people taking up vegan or vegetarian diets, **The Complete Guide to Vegan Food Substitution** shows you how to turn any dish into a vegan one. With guidelines for dairy, egg, cheese, meat, fish, honey, gelatine and other animal by-products, as well as alternatives for gluten, sugar and fat, this book is set to become must-have for all vegans.

Unlike any previous vegan recipe book, it empowers vegans, or those cooking for them, to confidently transform all their old favourite meals into a vegan taste sensation. With over 200 substitutions and mouth-watering recipes showing them in action, you will be making your own vegan cheese, mayonnaise, ice cream, waffles and much more in no time.

Published by Fair Winds Press Paperback Price £14.99 Plus P&P £3.50 Available from JVS.



VEGANS KNOW HOW TO PARTY!

Over 465 Vegan Recipes, Including Desserts, Appetizers, Main Dishes and More

By Chef Nancy Berkoff. RD

In this 384 page book with colour photographs Nancy Berkoff shows you how to put on a party for vegans and those who enjoy great food. Vegan

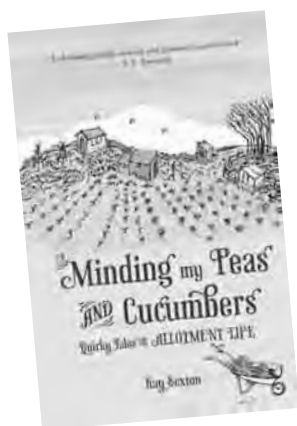
BOOK REVIEWS

Desserts include pies, tarts, cakes, cupcakes, quick breads, muffins, sauces, frostings, cookies, and lots more.

Nancy gives us lessons on preparing and using Vegan Ingredients, Basic Party Planning, Egg Substitutes, Napkin Folding and Party Planning for People with Diabetes.

Vegans Know How to Party has great recipes, and is certainly a reference book you will want to have around to answer all of those vegan cooking questions. Your purchase will liven your parties as well as give you ideas for your own personal weekend treats.

Published by The Vegetarian Resource Group Paperback. Price £21.00 incl. P&P. Available from JVS



MINDING MY PEAS AND CUCUMBERS

Quirky Tales of Allotment Life

By Kay Sexton

Allotments are hot news in recession hit Britain! When Kay Sexton became the proud holder of an allotment, she hoped it will be her first foray towards self-sufficiency for her family. Instead, she found herself in a strange and hostile world of arcane rules and regulations, and hose-pipe standoffs.

After a rocky start, she found her mud-caked Wellingtoned feet and successfully navigated her way through allotment-keeping, battling pest invasions, learning the dark arts of the competitive vegetable grower, such as strawberry dyeing and onion buffing, and learning what to do with an over-achieving courgette patch.

Witty, well-observed and with mouth-watering recipes, this is the perfect book for anyone who dreams of a 'slice of the good life'.

Published by Summersdale Publishers Ltd. Hardback. Price £9.99. Plus P&P £3.00. Available from JVS and through all good bookshops and internet booksellers.

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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.