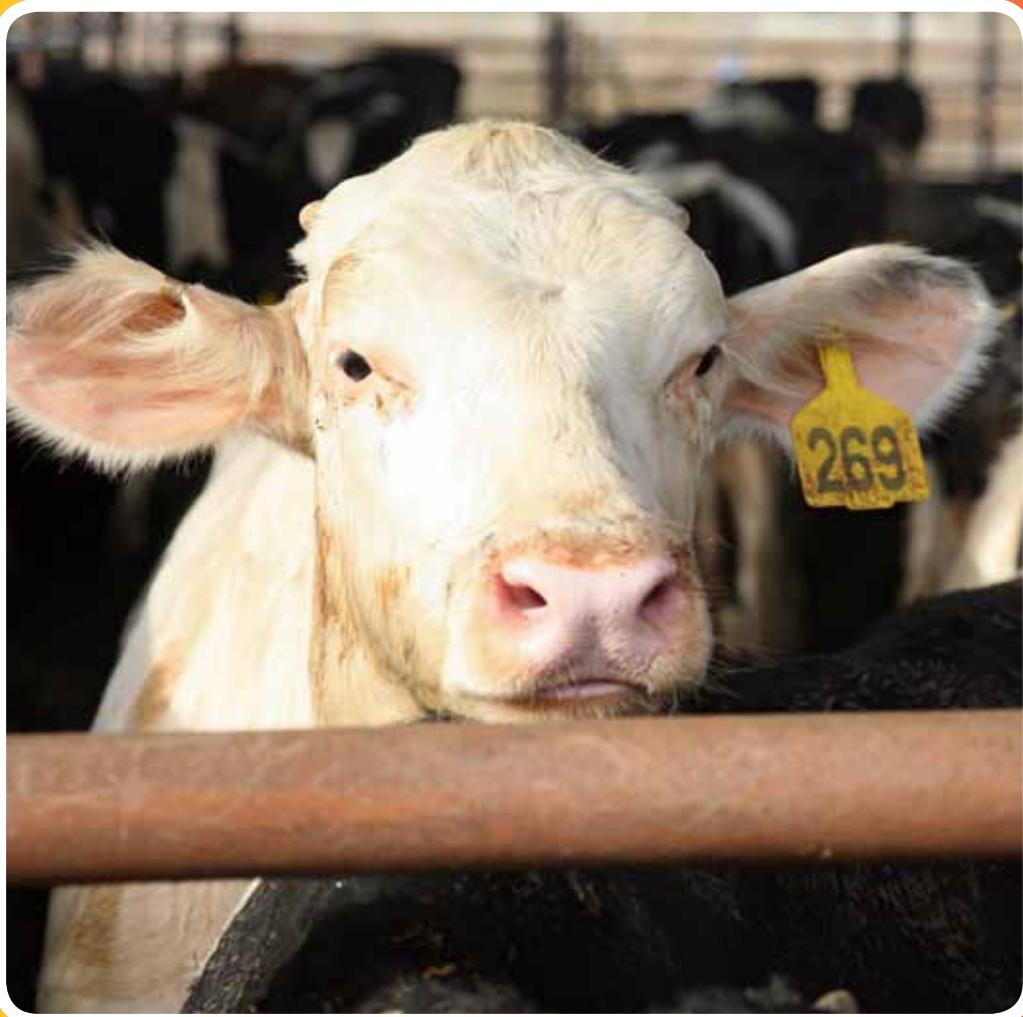


The Jewish Vegetarian

No. 186 September 2013 Elul 5773

Quarterly



©269life

JVS

לא ירעו ולא-ישחטו בכל הר-קדשי...

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

Jewish LIVING EXPO

SUNDAY 3RD NOVEMBER 2013
WEMBLEY STADIUM

It's back... it's better... it's even
BIGGER!



Everything for everyone Jewish!

Education

Travel

Food

Simcha

Community

Fashion

Home



FOR TICKETS VISIT
www.jewishlivingexpo.com



www.jewishlivingexpo.com



Event Organisers
JEWISH NEWS & MEDIA GROUP
www.thejngroup.com



Welcome to the September issue of *The Jewish Vegetarian*

It's a "sustainable special" this issue with top tips for minimising food waste from FoodCycle (page 19), an interview with Leket Israel's Gidi Kroch (page 17), advice on using the UK-grown grain spelt (page 25) and details of a JVS sustainable food workshop planned for October to mark World Food Day (page 45).

We have a "My Life as a Vegetarian" interview with Rabbi Dr. Shmuly Yanklowitz (page 12), delicious Yom Tov recipes from Denise Phillips (page 37), vegan health tips from JVS member Dr David Ryde (page 22) and an article by Pauline Dubkin Yearwood and Richard Schwartz

arguing that animal abuses are a Jewish issue (page 14).

We'll be attending Vegfest London and the Jewish Living Expo this autumn and hope to see you at the JVS stands! Check out pages 44 and 45 for more details.

I hope you enjoy the magazine and would like to wish all readers a happy, healthy and peaceful New Year.

Shirley Labelda
Editor

Contents

Welcome to <i>The Jewish Vegetarian</i>	3	New Vegetarian Research	29
Turning Words into Deeds	4	Consumer Corner	32
Society News	5	Restaurant Review	34
Vegetarian News	9	Poem	36
My Life as a Vegetarian – Rabbi Yanklowitz	12	Cookery Corner	37
Jewish Vegetarian Movement	14	Gardener's Corner	42
Sustainability	17	What's On Diary	44
Health	22	Books	46
		What is the Jewish Vegetarian Society?	51

Donations Received

**We wish to thank all those who send funds to the Jewish Vegetarian Society.
All donations help the JVS promote a kinder society and work towards our
long-standing objective – for a vegetarian world.**

SOCIETY – LONDON HQ

£5 Mr. J.F., London E13
 £5 Mr. R.F., London NW7
 £5 Ms. C.A., Prestwich, Manchester
 £5 Mrs. H.M., Leeds
 £8 Mr. D.L.C., Bournemouth, Dorset
 £8 Mrs. D.C., Ilford, Essex
 £10 Mr. M.H., New Barnet, Hertfordshire
 £10 Mr. J.C.B., Innerleithen, Peeblesshire
 £10 Mr. M.L., Ilford, Essex
 £10 Mrs. B.P., Radstock, Bath
 £10 Miss J.B., Cheadle, Cheshire
 £10 Mr. P.C.B., Dorchester, Dorset
 £10 Ms. D.G., Edgware, Middlesex
 £10 Mrs. Y.F., London N21
 £10 Miss A.J.S., Bradford
 £55 Mrs. N.T., Salford, Manchester
 €475 Mr. K.Y.R., Paraná, Brazil

BUILDING FUND – LONDON HQ

£30 Mr. R.F., London NW7. In memory of Julius and Peter Frank.

THE JERUSALEM CENTRE – GINGER

£10 Ms. D.G., Edgware, Middlesex

Friendship House – Orr Shalom

Friendship House, the JVS “House Parents” home for deprived and homeless children is in the care of “Orr Shalom” and is situated at Ganir Center, 2 Hahar Street, Har Tuv Aleph, Industrial Estate, Beit Shemesh 99067, Israel.

If readers wish to support Orr Shalom, please visit www.orr-shalom.org.il, email info@orr-shalom.co.il or call 00 972 2 9936900.

News from London

RABBI APPLE DISCUSSES THE ETHICS OF EATING

On Thursday 23 May Rabbi Dr Raymond Apple gave a talk at the Society entitled “The Ethics of Eating”. He looked at how the food factor has unique dimensions and plays a vital role in Judaism - sitting in a Sukkah, having a Seder, not to mention enjoying meals each Friday night. Jewish eating can also be quite complicated, with the laws of kashrut guiding us in such a tremendous amount of detail.



Using stories, personal anecdotes and his wealth of knowledge, Rabbi Apple discussed how being Jewish affects what and how we eat (before we eat, when we eat and after we eat). Everyone has the instinct to eat and drink, but Judaism teaches us that there are times when we should have self discipline and say no when something is put in front of us, and how health and compassion also play a part.

At the end of the talk there were many questions, including one about the much-debated passage in the Talmud, “There is no simcha without meat and wine” (Pesachim 109a), which some people see as a requirement to eat meat. Rabbi Apple said that one way to look at it is to remember that “simcha” means “joy”. If a person was held at gunpoint and told to eat meat, they would most likely do so, but there would be no pleasure, no joy. Similarly, someone with strong vegetarian beliefs would feel distressed at eating meat and doing so would ruin the simcha. Vegetarians can therefore celebrate Shabbat and Yom Tovim with meat-free foods through which they personally feel simcha.

Many thanks to Rabbi Apple for a thoroughly fascinating evening.

THE JVS HOLDS A MUSICAL SOIREE

The Jewish Vegetarian Society was pleased to host a night of musical entertainment on Sunday 9 June.

It was a packed house with guests enjoying a wide range of music from Chopin and

Beethoven to modern opera, as well as raising funds for the Society's vegetarian outreach projects.

Royal College of Music graduate Diana Ayres started off the evening in style with a very sensitive piano rendition of Chopin's Prelude No. 4 in E Minor and Beethoven's Moonlight Sonata. She was followed by Royal Albert Hall performer Alexandra Burgess (soprano), who charmingly and passionately sang two Mozart arias, as well as delightfully contrasting two songs from "My Fair Lady". Anastasia Louise Liberos (soprano) gave a truly spiritual rendering of "Amazing Grace"; then, in a complete change of mood, a jazzy yet touching version of Gershwin's "Summer Time". Baritone-tenors Andrew Phipps and James Stephenson showed their capabilities and versatility in their variety of choice from Hans Zimmer to Benjamin Britten and from Mick Jagger to Rodgers and Hart, respectively. James' portrayal of "Sittin' on the Dock of the Bay" conveyed its very real emotions and feelings of momentary hopelessness, while Andy's "Foggy Dew" was a saucy delight!

Many thanks to Diana Ayres, Alexandra Burgess, Anastasia Louise Liberos, Andrew Phipps and James Stephenson for taking part and to Sybil Esmore for the planning and coordination of the event.

THE JVS ATTENDS FOOD WASTE EVENT AT THE NEW NORTH LONDON SYNAGOGUE

On Tuesday 18 June, Tikkun Olam at the New North London Synagogue hosted an event entitled "The Food We Waste". There were refreshments provided by FoodCycle (made from fruit which would otherwise have gone to waste) and the Jewish Vegetarian Society ran a stand with leaflets, cookbooks and magazines.



From left to right: Diana, Andy, Sybil (vocal coach), James, Anastasia, Alexandra

Next there was a panel debate chaired by Dan Berelowitz, the Chief Executive of the International Centre for Social Franchising. The panel – Mark Suddaby, Director of Groceries at Tesco, David Beadle, the Managing Director of the North London Waste Authority and Kelvin Cheung, the Chief Executive of FoodCycle – discussed how UK society had got to the point where 16 million tonnes of food is wasted each year, and looked at possible solutions. For more information about FoodCycle, see page 19.

LIFE MEMBER ROSALIND BERZON BECOMES A SENIOR ASSOCIATE MEMBER OF THE ROYAL SOCIETY OF MEDICINE

For the past 15 years, Rosalind Berzon has been practising as an Adviser on Nutrition and Health, consulting on a variety of health issues. She tends to take a holistic approach by assessing the whole person and not just their localised problem.

Apart from giving consultations at the Wessex Healthy Living Centre and at the Red Heart Foundation in Bournemouth, she also gives one-to-one consultations and home visits.

Rosalind has a Royal Society of Public Health certificate in Nutrition and Health as well as an ITEC Diploma in Anatomy and Physiology. She has recently been invited to become a Senior Associate Member of The Royal Society of Medicine.

She is now based in North London and is available for group talks on Health and Nutrition topics as well as private consultations. She can be contacted by email, sunrays1@hotmail.com or mobile, 07715 419 193.

STAFF CHANGES AT THE JVS

Suzanne Barnard, who came on board as Jewish Vegetarian Society Director in August 2011, will be leaving at the end of October to focus on her other role as Manager of the McCartney family's Meat Free Monday campaign. Suzanne recently became a JVS life member and looks forward to staying connected with the Society. An announcement about the new director will be made in a forthcoming issue of *The Jewish Vegetarian*.

Ruth Hyman has advised us that she is retiring at the end of October. Over the last 24 years Ruth has been a wonderful help in the office with a huge number of tasks, particularly in the difficult days which occurred some time ago. Thanks to Ruth's assistance, many larger difficulties were avoided. She has quietly and efficiently got on with the routines of the office. We wish Ruth a happy, healthy retirement and we will miss her.

News from The Jerusalem Centre/Ginger

As these lines are written, we have just celebrated New Year for the Animals for the second time, resurrecting and reframing this forgotten “new year” from the times of the *Mishnah*. Elul – the month of repentance and compassion is here. And the High Holidays, time for self-examination and decision-making, are approaching.

Events of the last few months have highlighted that we are not doing enough to promote veganism within religious communities. Rabbi Dov Lipman’s bill to ban the sale of foie gras in Israel got huge support from most political parties. Its opponents, however, easily recruited religious Members of the Knesset to oppose it. The argument – far fetched as it sounds – was that any animal protection reform in Israel may be used to legitimise the banning of kosher slaughter abroad. This argument was backed by a letter from a French Rabbi but then rebutted by Shechita UK which said: “We do not believe that a ban would have any impact whatsoever on the campaign to protect shechita. If anything the reverse is true... The treatment of geese in the production of foie gras is of grave concern to Jews. It is a fundamental principle of kashrut that animals must be unharmed and undamaged prior to slaughter and the production of foie gras is of course no exception to this.”

Nevertheless, more voices from religious circles continue to be raised against the foie gras bill. This, probably, would not have been possible had leaders in the religious community felt strongly about animal protection.

As Professor Richard Schwartz describes in his book *Who Stole my Religion*, fur and meat are prominent in many Jewish homes and communities. Knowledge about how they are produced is non-existent. So are traditional Jewish teachings on animal protection.

We can take some hope from new groups that have been forming in recent years. *Bechemla* or “With Compassion” (Hebrew acronym for “Ultra-Orthodox Recruits for Animals”) is such a group – and they participated in our New Year for the Animals event. The very active “Religious Vegans and Vegetarians” group on Facebook (in Hebrew) is also encouraging. So is the growing presence of religious people in events at Ginger, and elsewhere, and the growing coverage of animal issues in religious papers and websites. Many rabbis respond positively to questions about animal protection but unfortunately they are seldom approached with these. Perhaps one of the commitments we should make over the High Holidays is to put more effort into outreach within religious communities. This certainly will be one of the priorities of the Jewish Vegetarian Society in Jerusalem this year.

269LIFE PLANS GLOBAL EVENT

Activists of the animal rights group “269life” are broadening their campaign with a fourth international event planned for 26 September. Through public tattooing demonstrations, the aim is “to move the animal liberation agenda to the forefront of the public conscience”. They plan to organise groups of willing vegan participants and reputable tattoo artists for open-air public events in Brazil (São Paulo), Cyprus (Nicosia), Hungary (Budapest), Israel (Tel Aviv), Italy (Milan and Grosseto) and The Netherlands (The Hague). There may also be an event organised in London.

Donations to 269life can be made through the donation tab at 269life.com or via the Facebook page 269life.

MPS SAY EAT LESS MEAT TO PREVENT GLOBAL FOOD SHORTAGES

A committee of MPs (The International Development Select Committee) has recommended that people cut down on the amount of meat they eat to help increase food security in Britain and in poorer countries. In its report *Global Food Security*, the committee said that meat should be promoted as an “occasional product rather than an everyday staple”.

VEGETARIANS LIVE LONGER, ACCORDING TO NEW RESEARCH



A large scale study, published in *JAMA Internal Medicine*, a Journal of the American Medical Association, found a link between vegetarian diets and longer life spans.

73,308 men and women participated in the research and, as a whole (adjusting for all-cause mortality), the vegetarians were 12 per cent less likely to have died during a six-year follow-up period than their meat-eating peers.

RED MEAT INCREASES DIABETES RISK

Another study, also published in *JAMA Internal Medicine*, found that even a small increase in red meat consumption can almost double the risk of a person developing type 2 diabetes.

Over a period of four years, researchers at the National University of Singapore studied 150,000 people, and found that those who increased their consumption of red meat by more

than half a serving a day were 48 per cent more likely to develop type 2 diabetes. Lowering red meat consumption by the same amount resulted in a 14 per cent reduction in risk.

AUSTRALIAN GOVERNMENT RECOGNISES VEGAN DIET

Australia's top health body, the National Health and Medical Research Council (NHMRC), has finally recognised that a vegan diet is a viable option for all. Australia's top health experts are now in agreement with those in the USA and Canada that well-planned vegan diets are safe and healthy for people of any age (including babies and pregnant and breast feeding women).

In the recently-released Australian Dietary Guidelines, plant-derived foods are given as alternatives to animal-derived foods, with meal planning advice accommodating vegan eating. The guidelines also state that alternatives to animal foods (such as nuts, seeds, legumes, beans and tofu) can "increase dietary variety and can provide a valuable, affordable source of protein and other nutrients found in meats."

MEATLESS MONDAY TAKES OFF IN ISRAEL



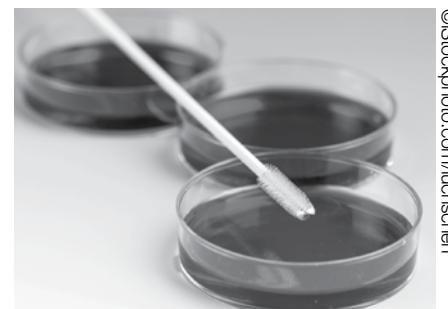
The Meatless Monday campaign in Israel has seen some positive developments in recent months, including "Café Café" becoming the first major restaurant chain to introduce the scheme in its 100+ eateries around the country.

The medical world has also embraced Meatless Monday, with the initiative now in place at hospitals and medical centres, including the Ichalov Medical Centre and Sourasky Medical Centre (Tel Aviv), Hadassah University Medical Centre (Jerusalem) and Assaf Harofeh Medical Centre (Tzrifin).

LAB-GROWN BURGER IS COOKED AND EATEN

The world's first lab-grown beefburger, made up of billions of cells grown in a laboratory, was cooked and eaten in London on 5 August. Producing meat this way commercially could help prevent the enormous amount of suffering animals endure under the current system of livestock farming.

Developed by Professor Mark Post of Maastricht University, the burger project cost \$325,000 and



©Stockphoto.com/lchshchen

was funded by Sergey Brin, co-founder of Google. Like Post, Brin has "concerns about the sustainability of meat production and animal welfare". It will, however, take years for lab-meat to hit the supermarkets.

While Jewish communities began debating the kosher acceptability of this potential food of the future, the JVS argued that we should be more concerned about how consuming animal products *today* violates the concept of *tsa'ar ba'alei chaim*, the obligation not to cause pain to animals. In letters to the Jewish press, the JVS pointed out that veggie alternatives tasting like meat are already on the shelves and can replace animal products. "We don't need to wait for stem cell technology to help create a kinder world - we can do this now by moving to a plant-based diet," said JVS Director Suzanne Barnard.

New JVS Recipe Leaflet Available

Do you want to support the JVS and promote the benefits of vegetarianism? Then ask us for some JVS leaflets to distribute amongst friends, leave on shop counters or pin up at local community centres. Simply email info@jvs.org.uk, ring 020 8455 0692 or write to **JVS, 855 Finchley Road, London NW11 8LX** letting us know roughly how many you'd like.

The leaflet is divided into four sections:

- Why Jewish Vegetarianism?
- Three delicious recipes, perfect for Shabbat
- What We Do
- Join the JVS

Thank you for your support!



Vegetarian Events

Brief details of all events will be included in the "What's On Diary" if they are received in good time.

Details should be received 5 to 6 weeks before publication. The magazine is due out on 1st December, March, June and September. Please write to us.

Rabbi Dr. Shmuly Yanklowitz



Rabbi Dr. Shmuly Yanklowitz is the Executive Director of the Valley Beit Midrash, the Founder and President of Uri L'Tzedek, and the Founder and CEO of The Shamayim V'Aretz Institute. Rav Shmuly completed a Masters at Yeshiva University in Jewish Philosophy, a Masters at Harvard in Moral Psychology, and a Doctorate at Columbia in Epistemology and Moral Development. He is the author of *Jewish Ethics and Social Justice: A Guide for the 21st Century* and his second book was *Epistemic Development in Talmud Study*.

At roughly what age did you become vegetarian?

I became vegetarian when I was 23 years old in grad school at Harvard.

What made you become vegetarian?

I heard a lecture by Professor Martha Nussbaum about the neo-Aristotelian capabilities approach, arguing that it is morally wrong to shorten any other being's capability or potential. I realised that the gain that I had from eating meat was far less in quantity and quality than the amount of pain (and loss of life) the animal experienced. I also realised I had been living with blindfolds to the reality of the great suffering in the industry and needed to take responsibility. I finally

gathered the courage to look at that reality and make some really hard life changes. I had been eating meat daily so it wasn't the easiest change at first. My wife was a vegetarian from her early teenage years. On our wedding day, we became full vegans together.

What is your favourite vegetarian meal?

Anything my dear wife Shoshana prepares for us! In particular, I love her Asian tofu dishes, Indian keema, Mexican quesadillas, pizza and special seitan and tempeh dishes. For breakfast, we enjoy amazing pancakes and French toast. Of course, nothing beats fresh vegetables (especially kale). Oh and

Shoshana makes the best cinnamon (water) challah for Shabbos!

Which is the best vegetarian restaurant you have been to?

Our favorites are Fresh Mint (Scottsdale), Thai Bodhi (LA), Sacred Chow (NYC) and Real Food Daily (LA).

Where is the most vegetarian-friendly place?

The Garden of Eden. Religiously, we yearn to return to a world where the eating of sentient creatures is not imaginable.

What has been your worst experience as a vegetarian?

I can handle the abuse of those who

are insecure about their meat eating. I have learned to deal with it. The worst experience for me is the cynical day that ushers in the realisation that we are unlikely to end mass slaughter during my lifetime.

Can you recommend any good vegetarian resources (cookbooks/guides/websites/etc.)?

The Shamayim V'Aretz website (the organisation I lead along with many other passionate folks) has a ton of great Jewish resources (shamayimvaretz.org).

What's your "signature dish" (and can you give us the recipe)?

I can't make anything but we have great recipes on our Shamayim website.

Bequest to The Society

Any gift that you decide to leave, no matter how large or small, will make a big difference to the work that we do in promoting vegetarianism.

- The Society's full legal name is The Jewish Vegetarian and Ecological Society.
- Our registered address is 853 Finchley Road, London NW11 8LX.
- Our registered charity number is 258581 (registered in England and Wales).

If you would like more information about leaving a gift to The Jewish Vegetarian Society in your Will, we would be happy to discuss it with you. Please phone **020 8455 0692** or email info@jvs.org.uk.

BATES method for natural vision improvement and relaxation.

ALEXANDER TECHNIQUE

Details of lessons and courses
Golders Green & Old Street

David Glassman
020 8455 1317

AMIRIM VEGETARIAN VILLAGE IN THE GALILEE ISRAEL. Self-catering guest-rooms, vegetarian restaurants etc. Open-air swimming-pool in the summer months. For further information please contact Phillip Campbell Tel: 00 972 4 698 9045
Email: alitamirim@hotmail.com

Animal Abuses are a Jewish Issue

By Richard H. Schwartz and Pauline Dubkin Yearwood

"Slaughtering by its very nature causes the animals great suffering." Who said this? A vegan activist or someone from an animal rights group? That's what you'd think, but prepare to be shocked: This statement was made by a major Israeli dairy and meat producer, Tnuva.

The company is currently the defendant in two independent class-action suits related to the mistreatment of animals at its Beit She'an slaughterhouse, where it produces meat under the name Adom Adom.

The claims are based on an undercover video documenting animal abuse at the slaughterhouse that was shown in December 2012 on Israel Channel



They claimed that Tnuva's deceptions enabled the company to make illegal profits because many consumers would not have bought meats from them if they had been aware of the abuses at the slaughterhouse.

Both plaintiffs say they will donate any

2 television's Kolbotek. Among the appalling images were calves and lambs beaten and electrically shocked, dragged on the floor by a forklift, walked on, ridden on and thrown into the air.

Two separate class-action suits filed by two Orthodox women, Ruth Kolian and Perach Amzeleg, were heard in Jerusalem District Court on May 20. The women and their lawyers argued that many consumers of Tnuva meats suffered great anguish when they saw the undercover video and realized that they had been deceived by Tnuva ads, which created the false impression of humane treatment of animals based on strict regulations.

funds gained from their suit to an animal welfare organization.

To the surprise of many, Tnuva did not argue at the court hearing that its treatment of animals is humane. Its representatives admitted that the meat production process involves cruelty that would shock any viewer and does not conform to people's standards of animal welfare.

"There is no reason to assume the claimed damage of 'profound shock, anger, repugnance and sadness' would not have been caused to consumers even if what had been documented and broadcast had been the usual, violent procedure in accordance with the regulations concerning the animals at the time of their slaughter, the legality of which is not in dispute," they claimed. They argued that people who eat meat are aware of the cruelties involved in meat production and don't want to be reminded of them.

Kolian had obtained friend-of-the-court notes in the form of rabbinic rulings from Sephardi Rabbi Shlomo Yosef Mahfoud, head of the Badatz kashrut system, and from the Ashkenazi Eda Haredit



©stockphoto.com/tepic

slaughter board that meat produced with unnecessary cruelty should not be given kosher certification.

This is very significant because even if *shechita*, which is designed to minimize animal pain, is carried out perfectly – which does not always happen under current mass production slaughter conditions – the terrible abuses of animals on factory farms should be considered, in terms of possible violations of *tsa'ar ba'alei chaim*, the prohibition against causing unnecessary "sorrow to animals."

Some examples are: egg-laying hens are kept in spaces so small that they can't easily lift even one wing; to avoid hens harming each other by pecking other hens in frustration under the very unnatural conditions, the tips of hens' beaks are painfully seared off; male chicks at egg-laying hatcheries are killed right after birth

because they can't lay eggs and have not been bred to grow fat quickly as broilers are; dairy cows are artificially impregnated annually so that they can continually be milked; their calves are taken away almost immediately, the males generally to be raised for veal, under very cruel conditions.

Many more examples can be given.

Making the situation even more shameful, the widespread mistreatment of animals on factory farms creates products that contribute significantly to heart disease, several types of cancer, and other chronic, degenerative diseases, and their production worsens climate change and other environmental threats to humanity. A 2009 report, "Livestock and Climate Change," by two environmentalists associated with the World Bank indicated that the livestock sector is responsible for at least 51 percent of all human-induced

greenhouse gases. This is largely because the huge amount of methane emitted by cows, goats, and other ruminants is 72 to 105 times as potent in warming the planet as CO₂ in the 20- year periods during which most methane that enters the atmosphere disappears.

In view of the above and more, we believe that the Jewish community should address the many moral issues related to animal-based diets and seriously consider if Jews should shift to vegetarian (and preferably vegan) diets. Such a shift would help revitalize Judaism by showing the relevance of Judaism's eternal teachings about preserving human health, treating animals with compassion, protecting the environment, conserving natural resources, and helping hungry people, and would also help shift our imperiled planet onto a sustainable path.

Richard H. Schwartz is professor emeritus at the College of Staten Island, author of *Judaism and Vegetarianism*, *Judaism and Global Survival*, *Mathematics and Global Survival*, and *Who Stole My Religion*, and 200 articles at JewishVeg.com/schwartz.

Pauline Dubkin Yearwood is the managing editor of *The Chicago Jewish News*.

This article originally appeared in *The Jerusalem Post* on 10 June, 2013.

www.jpost.com/Opinion/Op-Ed-Contributors/Animal-abuses-are-a-Jewish-issue-316074

Reproduced by kind permission of Richard H. Schwartz, Pauline Dubkin Yearwood and *The Jerusalem Post*.

Gleaning Fruit and Vegetables with Leket Israel



One project which Leket seeks volunteers for, is its fruit and vegetable gleaning initiative. Groups are booked for a two-hour picking session, Sunday – Thursday between 8 am and 4 pm, at fields in Rehovot and Moshav Nahalal (Emek Yizrael); a wonderful activity for groups of all ages and sizes.

The JVS spoke to Gidi Kroch, Chief Executive Officer of Leket Israel ...

Gidi joined Leket Israel as CEO in July of 2007, bringing with him a wealth of administrative and hands-on experience after nearly two decades in the hi-tech sector in Israel and in the US. He holds an MBA from the University of Derby and is a Lieutenant Commander (res.) in the Israeli Navy. Gidi classes himself as a meat reducer trying to eat more healthily and make better choices, and his favourite meat-free meal is cheeseless whole wheat pizza.



Gidi Kroch

What made you decide to get involved with Leket Israel?

I was looking for a change, to get out of the "for profit" world and be a part of something more fulfilling where I could make a difference.

How many staff work at Leket and how many volunteers are there?

We have close to 50,000 annual volunteers throughout our food rescue programmes. The bulk of our volunteers participate in Project Leket, picking fruits and vegetables for distribution to the needy all across Israel. In addition, Leket Israel has 80 employees.

Is the food that Leket saves from being wasted all vegetarian?

The majority of our work is in the recovery of fresh produce that would otherwise be left to rot in the field or destroyed for economic reasons. We are in touch with over 2,000 farmers around the country and our Leket project has been experiencing amazing results over the past six months. We are gleaning an average of 209 metric tonnes of fruits and vegetables weekly. In the last year, we rescued more than 60 types of produce.



Picking fruits and vegetables for distribution to Israel's needy

Does Leket deal with both kosher and non-kosher food?

We won't not rescue food if it's non kosher but we do keep the kosher and non kosher food separate and make sure that the non kosher food is distributed to non-Jewish recipients.

What are your thoughts on vegetarian diets in relation to food wastage/feeding the world?

Fruits and vegetables are such a crucial part of one's diet. At Leket Israel , providing Israel's needy with nutritious food is our mission. We have made strategic decisions to focus our resources on the gleaning initiative because it is of paramount importance to us. There is enough food to feed the hungry all over the world but the

issue is how to get it to the right people in an efficient and logically sound way.

Do you have any practical tips for people who personally want to waste less food?

When people put food away in their refrigerator, more often than not, they just end up throwing it out a few days later but, with some planning, there are many ways one can turn leftover food into a new meal. In addition, people should make better use of their freezers and, when they prepare a large portion, they should immediately freeze it to take out at a later date.

How could JVS members support Leket?

When JVS members visit Israel, we would be delighted to incorporate them into our volunteer opportunities. They should visit the Leket Israel website to learn more or send an email to info@leket.org. If one is not planning a trip to Israel in the near future, they can support our food rescue programmes by visiting our website to make a donation to benefit Israel's poor.

To volunteer or donate to Leket Israel, please visit www.leket.org.

Follow them on Twitter @Leket_Israel or on Facebook – Leket Israel.



FoodCycle is a UK charity that combines volunteers, surplus food and spare kitchen spaces to create nutritious meat-free meals for people at risk from food poverty and social isolation. They run 15 volunteer-powered community projects across the UK, reclaiming food that would otherwise be wasted (from retailers such as Sainsbury's and Planet Organic), and use this food to cook healthy and delicious meals for those in need.

FoodCycle volunteers collect the ingredients just a few hours before serving a three-course meal for around 30-50 people, so it's always a challenge – they have to make the most of whatever surplus they get from retailers that week. There are some ingredients they almost always get (bananas, salad leaves, bread), but most ingredients will be totally



Surplus Food for Meat-Free Feasts!

unpredictable: from a sack of potatoes and glut of mushrooms one week to a box of aubergines and crate of lemons the next! Because of this, their volunteers need to be creative and resourceful in the kitchen – it's a bit like Ready, Steady, Cook but on a much bigger scale! Of course, FoodCycle does encourage volunteers to buy some additional ingredients, e.g. pasta, rice, lentils, to make sure the meals they are serving are as tasty, balanced and nutritious as possible.

Who eats these meals?

FoodCycle meals are served to people at risk from food poverty and social isolation, which in practice means that the charity builds a partnership with a local community group which works with vulnerable individuals. For example, the Islington Hub works with the local MIND centre, serving meals to people affected by mental health issues. The Leeds Hub

works with refugees and asylum seekers at a local community centre.

“Volunteers are always willing. They will always give you 10 minutes to get something off your chest.”

Paul
Durham Hub service user



As well as the immediate benefit of a healthy meal, many FoodCycle service users really value the social side of things. For people who live alone this might be the only time in the week that they get the opportunity to sit down and eat with others.

Since starting cooking in May 2009, FoodCycle has served over 63,000 meals at 15 locations across the UK. Evaluation has shown that 67% of FoodCycle beneficiaries eat more fruit and veg after coming to a FoodCycle Hub, 71% have made new friends, and 67% said it made them feel more like they were a part of a community.

Why meat-free?

FoodCycle only serves vegetarian food for two reasons. Firstly, the practical and legal hurdles involved in obtaining and serving meat and fish are substantial, and they could not access it in the way they can fruit and veg. But more importantly, they want their meals to be as healthy and nutritious as possible and hope to promote healthy eating by showing people that meat-free food can be just as (if not more!) delicious than meals with meat and fish. They have had some great success stories along the way: converting the odd die-hard carnivore into a vegetable fanatic!

"I heard about FoodCycle and came with my late husband. Since he has died I don't like to cook just for myself, so this is perfect and I am grateful... no matter who you are you are always made to feel welcome."

Virginia

87-year old service user
at FoodCycle Cambridge.

To volunteer or donate
to FoodCycle, please visit
www.foodcycle.co.uk.

Follow them on Twitter @foodcycle
or on Facebook – FoodCycle.

Over the years, FoodCycle have also picked up some top tips for minimising waste.

FoodCycle Top 5 Anti-Waste Tips

1 Peeling

The skins of potatoes and carrots are bursting full of nutrition and can add a nice texture too. While peeling is necessary for some dishes, not everything requires this so think twice before peeling that carrot!

2 Herbs

The stalks of herbs like parsley and coriander are delicious. So stick them in that risotto or curry! Herbs can also be frozen, either in sealed bags or chopped up and packed into ice cube trays, and in most cases you won't need to defrost them before use.

3 Bread

There are so many uses for stale bread; it's a true FoodCycle classic. Roughly chop and bake or pan-fry into croutons (try adding garlic too) or blitz it up for breadcrumbs. Both croutons and breadcrumbs can also be frozen if you want to save them for another time.

4 Fruit

Leftover fruit that has already been chopped up? Try boiling it down with some sugar and lemon juice for a tasty fruit compote that will last for at least a week, or whizz it up into a wholesome smoothie.

5 Doggie bags

It should be acceptable to take your leftovers home at any restaurant, regardless of how upmarket it is. Don't be afraid to ask! As well as reducing waste, you'll be getting a brilliant (and free!) lunch the next day.



We have a number of Badges
and Rubber Stamps with the "V" sign,
available at £3 for the pair,
which includes postage.

Call 020 8455 0692 or email info@jvs.org.uk
for payment details.

Milk after Weaning

By Dr David Ryde

Having gained entry to the local grammar school I pondered awhile on what I had seen when I was evacuated in 1939 as an eleven year old. Whilst walking back to my billet after school with a local lad, a lorry had stopped about 50 yards ahead of us. Two men came out holding long rods, they dropped the lorry's tailboard and a herd of pigs rushed out. The men drove the pigs along a short tree lined path, kicking and beating them until they were driven into a large shed. My friend explained that the pigs would now be killed and turned into meat.

I decided to give up meat. My parents were shocked at my decision and said that I would soon waste away. They tried, unsuccessfully, to make me eat meat, yet at the grammar school I eventually became captain of athletics and swimming, setting up records in both of these sports, and vice-captain of rugby.

As a medical student in the late 40's, nutrition was not part of the curriculum, but we did study the biochemistry of proteins, fats and carbohydrates. Then I became a vegetarian. I became aware in the early 1970's, when lecturing to a like-minded audience, that vegans especially, and also vegetarians, were in general slimmer than meat eaters.

As a family doctor, I spent much time over many years advising patients on this diet

and building up an extensive and positive clinical experience of it in relation to both health and disease.

In the early 80's, I began to suspect that dairy foods might be unhealthy in some respects, for nature did not design mammals (including humans) to consume milk and its products after weaning. Yet, humans are the only mammal out of 4,300 species to continue milk consumption after weaning and doing so with the milk of another species.

Babies triple their weight in their first year of life, while calves increase their weight 15 times. The natural growth hormone – insulin-like growth factor 1 (IGF-1) – present in cow's milk is identical to that in mother's milk. This fits in with the fact that most East Asians (i.e. Chinese and Japanese people) used to consume little if any milk and were shorter than their Western brothers, but when migrating to the West and consuming the Western diet, their children were the same height as Western children. So I reasoned that the so called "better" growth of children consuming milk than those who did not, might turn out to be excessive growth and there could possibly be a correlation between long term milk consumption and some cancers, possibly breast and prostate, since these cancers are commoner in the West. I began to suggest a near or total vegan diet for such

conditions as obesity, diabetes, coronary artery disease, high blood pressure, among other conditions, with remarkable results: Patients with angina or type 2 diabetes could revert to normal, patients could lose weight (one person lost 140lbs in a year) and patients could have falls in blood pressure of 70 points or more while coming off medication. I was heartened to discover that in current relevant American medical literature some similar results had been reported. I still recall the names of some of the authors, such as Professor Dean Ornish (cardiologist), Dr. Michael Klapper (family doctor) and Dr. Neil Barnard (physician and nutritionist). Later I met the latter two doctors.

In 1983 I read the book of an American Physician from the New York Presbyterian Hospital, Dr. Raymond Satillaro, who had been riddled with secondary deposits from prostatic cancer. He adopted a macrobiotic diet (vegan except for a modest fish intake). He had been told he had only months to live yet all signs of disease disappeared and many years later he remained disease free and without medication. In 1993 my brother-in-law was likewise afflicted with multiple cancer deposits from prostate cancer. He went vegan at my suggestion and within a few months all signs of the disease had

gone. His surgeon thought he had made a wrong diagnosis yet his Prostate-Specific Antigen (PSA) Test was 111 and this gradually dropped down to less than 1. He died 15 years later aged 87 without any evidence of cancer. Presumably the growth hormone in milk was no longer there triggering off the cancer cells which are naturally present in one's body.

I began to suspect that dairy foods might be unhealthy in some respects, for nature did not design mammals (including humans) to consume milk and its products after weaning.

A new patient of mine, a retired Headmaster aged 48, had had three heart attacks and quadruple by-pass surgery. He was largely confined to a wheelchair. In 1993, and within six months of going vegan, he was backpacking and in 1998 he ran his first marathon. This cholesterol-free diet had enabled his heart arteries to re-open. He was then able to devote his life to charitable work since he was already receiving his pension. A short plump female lost three stone in weight and her blood pressure fell from 230 over 110 to 120 over 75 on a sensible vegan diet, which included only two grams of salt a day. In societies with such a low salt intake, high blood pressure is virtually unknown.

The factors which differentiate between carnivores' and herbivores' digestive systems place humans firmly in the plant-based system. Animal fats are largely

saturated and rich in cholesterol and play a major role in heart disease, whereas plant fats are largely unsaturated, free of cholesterol, and play a significant part in human nutrition.

Inevitably I was asked when lecturing to doctors, "how do people get their calcium if they avoid milk"? My reply was simple – "what do cows eat to put calcium into milk?" We do not eat grass but we do eat plenty of other green leafy vegetables. I then explained that osteoporosis is not due to a dietary lack of calcium but to a loss of calcium. Our daily calcium intake is over 1,000 mg. Whereas the Chinese, whose calcium intake is 500 mg a day, have one fifth of our incidence of osteoporosis, and sub-Saharan Africans and Bantus consume just 350 mg of calcium daily yet only one in 200 gets osteoporosis. Animal and dairy protein contains five times more sulphur than plant protein and this creates an acidic effect, and the body eliminates this sulphur by combining it with calcium, hence the formation of calcium sulphate stones in the kidneys of meat eaters. Another objection raised at my lectures is that we need meat for its protein. My simple answer is "what does a bull eat to create a beef steak"?

Furthermore, a plant and milk-free diet is rich in fibre and is devoid of cholesterol. My patients who adopted a vegan diet commented on an elevation of mood. And an American study showed that long-term vegans increased their life span by seven years and, over the age of 65,

they needed only 20% of the hospital bed occupancy rate of meat eaters.

Vegan nutrition consists of fruit, vegetables, whole grains, legumes, nuts and seeds, and this is a complete nutrition, except for perhaps vitamin B12, though I have yet to meet a vegan suffering from vitamin B12 deficiency. Actually B12 producing bacteria live on the underside of green leaves, but washing and cooking unfortunately removes most of this vitamin.

I am now 84 years of age and have been vegetarian for much of my life and vegan for 30 years. Daily I walk briskly for several miles with an occasional jog, do light weight training and follow this with a workout on a rowing machine.

In reviewing the situation I see two opposing aspects in adopting a vegan lifestyle. The advantages would be an improvement in the nation's health; up to a third of rural England would be available for re-forestation and a growth in National Parks etc. And animal exploitation and massacre would largely cease. The opposing view would be that the national economy would be damaged and the farming industry would be largely reduced. The meat, fish and dairy and allied industries would be annihilated, restaurants would have to change their menus and much unemployment would follow.

My hope is that if the country very slowly adopts a more natural and animal-free diet, the national economy would gradually adapt to the changing situation.



Sample Some Spelt!

Jessica Andersson

Jessica Andersson is a fully qualified nutritional therapist and experienced cook who specialises in meal planning for individuals and families through her business Jessica's Recipe Bag (jessicasrecipebag.co.uk) as well as health coaching and nutrition education. Jessica kindly shared her knowledge about spelt with the JVS...

a good choice for vegetarians.

Spelt means energy! It is an excellent source of complex carbohydrate and fibre which, along with its high protein content, makes it an excellent low glycaemic index food. This helps to control blood sugar levels by ensuring a slow release of glucose into the bloodstream. This in turn helps to maintain energy levels.

As wheat is less resistant to disease, it requires greater levels of pesticide and fungicides and therefore this grain and its products can be high in pesticide residues. Spelt with its strong husk is naturally protected from insects, pollutants and disease.

Spelt has a better nutritional profile than wheat. It has around double the amount of protein and contains all essential amino acids, making it a complete protein. It is also a very good source of a number of B vitamins including riboflavin (vitamin B2) and niacin (vitamin B3), which are required for energy. It is also a rich source of iron and zinc, making it

ideal for those with wheat intolerance as, whilst still containing gluten, it has a different molecular makeup to wheat. Some people who are gluten intolerant are able to eat spelt, but should try a small amount first.

Spelt comes in many different forms... flour, pasta, flakes and pearl spelt....

Cooking Tips

Flour

The gluten in spelt is very fragile and therefore if using spelt flour to make bread, only knead it very lightly. Too much handling of the dough will break the gluten down and the bread will not rise so well.

Flakes

Spelt flakes are an excellent alternative to porridge oats.

Pearl Spelt

Pearl spelt is a deliciously versatile grain which has a lovely nutty flavour and is easy to cook. It can be used as an alternative to risotto rice or in a salad and makes a lovely addition to a vegetable casserole or soup. To cook pearl spelt, boil in double the quantity of salted water or vegetable stock for 20 minutes until the grains are just soft. For one serving, use 50 g of spelt.

Spelt Recipes

Porridge

For a delicious spelt porridge, mix 1 cup of spelt flakes with 1 cup of water, 1 cup of milk (or soya milk), a pinch of salt and 1 teaspoon of cinnamon. Bring to the boil and simmer for 10 minutes. Serve with 2 tablespoons of freshly grated apple and a teaspoon of honey (or agave nectar). Top with some pumpkin seeds. I recommend the Sharpham Park spelt flakes.

Salad

Spelt salad makes a very nutritious lunch and is perfect for a picnic.

Ingredients

- ☛ 100 g of cooked pearl spelt
- ☛ 3 tablespoons chopped parsley
- ☛ 2 whole tomatoes, diced
- ☛ 1 avocado
- ☛ 4 spring onions, sliced into 1 cm lengths

- ☛ 100 g chopped mango
- ☛ 2 tablespoons of lemon juice
- ☛ 4 tablespoons olive oil
- ☛ 1 red chilli, finely chopped
- ☛ salt and pepper

Method

1. In a bowl mix together the pearl spelt with the spring onions, tomatoes, mangos and chopped parsley.
2. Cut the avocado into small pieces and add these.
3. In a small bowl mix together the olive oil, chopped chilli and lemon juice, add ½ teaspoon of salt and a good pinch of pepper
4. Add to the spelt salad and mix well.
5. Serve together with some mixed salad leaves.

Crumble

For a delicious fruit crumble use spelt flour mixed with spelt porridge.

Serves Cooking time

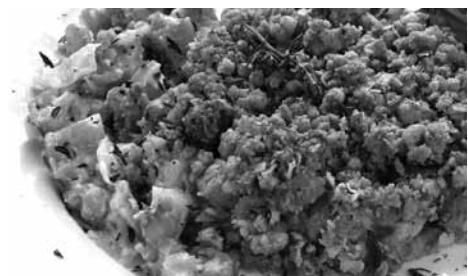
- 4 30 minutes

Ingredients

- ☛ 150 g spelt flour
- ☛ 150 g spelt flakes
- ☛ 175 g brown sugar
- ☛ 200 g butter (or a vegan alternative)
- ☛ 8 apples (or pears)
- ☛ cinnamon and sugar for topping

Method

1. Place the flour and sugar in a bowl and mix together well.
2. Cut the butter into cubes and rub into the flour mix until it resembles



crumble.

3. Peel and slice the apples, place in an oven dish and sprinkle with cinnamon and sugar.
4. Top with the crumble and bake in the oven for 30 minutes or until the crumble is brown and crunchy on top.
5. You can also use other fruits like pears mixed with raspberries.

Wholemeal Scones

Scones made with wholemeal spelt flour have a lovely flavour.

Cooking time

15-18 minutes

Ingredients

- ☛ 200 g wholemeal spelt flour
- ☛ 2 teaspoons baking powder
- ☛ 1 tablespoon brown sugar
- ☛ 50 g butter (or a vegan alternative)
- ☛ 150 ml milk (or soya milk)

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Mix the flour, baking powder and sugar in a large bowl.
3. Mix the butter into the flour until the mixture looks like breadcrumbs.
4. Add the milk and bring together into a ball of soft dough.
5. Turn dough onto a floured surface and roll or press gently until 3 cm/1 inch thick.
6. Press round pastry cutters or an upturned coffee cup onto the dough to make dough circles. Place the circles on a floured baking tray.
7. Bake in a pre-heated oven for 15-18 minutes.



Plant-Based Nutrition for Health

For good health, we need a balanced, nutrient-dense diet supporting an active lifestyle. All healthy diets include plenty of whole plant foods. Guidelines from expert Registered Dietitians working with The Vegan Society suggest the following:

Veg and Fruit: Eat plenty of brightly-coloured vegetables and fruit, including dark green leafy vegetables, every day.

Wholefoods: Eat plenty of lightly-processed, whole plant foods (wholemeal bread, wholegrain rice, etc.).

Vitamin B12: Everyone over the age of 50 (no matter your diet), as well as all vegans, should get at least three micrograms of vitamin B12 from fortified foods or 10 micrograms from a supplement each day, or one 2000 microgram supplement each week.

Vitamin D: Everyone (no matter your diet) needs to check they are getting enough vitamin D. Unless you are getting enough healthy sun exposure (at least 15 mins on your arms and face when your shadow is shorter than you), get 10 to 20 micrograms of vitamin D each day from fortified food or a supplement. Note: vitamin D2 is plant-based, and there is a vegan-friendly vitamin D3 supplement from lichen. Otherwise, D3 is from sheep's lanolin which may be unsuitable for vegetarians, and is not suitable for vegans.

Iodine: Get about 100 to 300 micrograms of iodine per day. Be careful, as both too much and too little can harm you. A daily supplement is the most reliable source, or you can consider tiny daily quantities of reliably-labelled iodine-rich seaweeds.

Calcium: Get 500 mg per day of calcium from calcium-rich foods or supplements. For healthy bones, calcium is a team-player: vitamin D, vitamin K, moderate protein and potassium, plus healthy weight-bearing exercise, play an important part. Limit your sodium (salt) intake, and avoid caffeine (tea, coffee, colas) at meal times.

Good Fats: Avoid hydrogenated fats. Use rapeseed oil as your standard kitchen oil, or have a tablespoonful of ground flaxseed or a teaspoonful of (uncooked) flaxseed oil daily, to get plenty of omega 3 fats. Other omega 3-rich plant foods include hemp and walnut and their oils.

For more information, visit www.vegansociety.com/lifestyle/nutrition.

PhD in Progress: Pupil plans to put Passion on Paper



Denise LeRette

Denise LeRette is an Adjunct Assistant Professor of Communication Studies at Los Angeles Valley College. She has worked in broadcast and print media and in the future hopes to teach gender studies and sociology. Denise enjoys cycling, Latin dancing, and fitness classes. She and her husband, Dr. Burt Stillar, are proud parents of "fur" children: dogs and cats.

Denise is currently working on a PHD dissertation about vegetarianism. Her aim is to explore the kind of comments that vegetarians and vegans hear from non-vegetarians about their choice to not eat animals. In order to establish a rapport with participants and make them feel comfortable answering her questions, Denise is conducting face-to-face interviews as opposed to a survey questionnaire. She plans to use thematic analysis to break down the data and discover differences and/or commonalities which participants share.

On 1 July, JVS life member Janine Bronson (JLB) spoke to Denise (DL) about her research, vegetarianism and the possibility of a meat-free future...

JLB: What inspired you (besides being vegetarian yourself) to take upon this mammoth project and how has your background prepared you for this process?

DL: Well, I like to challenge my brain. In turn, this helps me learn more about myself, as well as other people. As far as education, I have a Bachelor of Arts degree in Journalism and two Master

of Arts degrees: one in Communication Studies and the other in Human Development. The knowledge gained from getting these degrees merges together to assist me in getting the next one! Furthermore, I wanted to pick a topic for my dissertation that would sustain my interest throughout my doctoral studies. Although I chose an unusual topic, it connects to a passion of mine, which is the commitment to

not eat animals. Therefore, being a vegetarian for about 35 years definitely motivates me to do my study.

JLB: How hard was it to write your introduction or reasons for conducting this survey?

DL: It was easy to know my reasons for wanting to do this study. However, the challenge always is to be able to structure an argument so others will feel inspired to read about your findings! There is a lot of research involved, and once you have found credible sources to support, as well as counter, your argument, you integrate these into your writing. When you have a passion to put into words, you have to step back and remember that writing is a process. Through patience and determination, you revise your words, until you create a strong position that will motivate others to read your material.

JLB: What motivated you to become a vegetarian, and do you think that you might become a lifetime vegetarian?

DL: I grew up in the state of Iowa in the United States. Although I was not raised on a farm, there were many on the outskirts where I lived. Even as a young child, I remember having unsettling feelings, watching trucks pass by with loads of cows crammed inside the trailer, en route to the slaughterhouse. I thought to myself, how would I feel if I were in the same dreadful situation, together with humans, who were being taken to an

unknown place? Also, when my family would take car rides in the country, I would see farm animals: cows, chickens, and pigs. I thought they were beautiful creatures. Around the age of 16 years, I started to think about not eating meat. By the time I was 18, I was ready to stop. I don't think I ever heard of a vegetarian before, but my consciousness started to recognise that I was uncomfortable eating animals. I had pets, and I think the love I felt for them was showing me the love for all animals. Also, I was never told as a child where meat came from, so I had no way of knowing what I was really eating. I have absolutely no doubt in my mind that I will never go back to eating animals. I couldn't! Also, I have not eaten eggs for about 15 years and I have been working on eliminating all dairy from my diet as well. I have the goal of becoming vegan!

JLB: What do you think of raw veganism?

DL: I admire raw vegans for embracing this lifestyle. It makes sense to me that eating a vegan raw plant-based diet is a more pure and healthy way to live as compared to eating vegan food that has been cooked, processed, or modified in some way. I have learned that when people take steps to alter their eating habits, it is because of learning something they were unaware of, that causes harm either to themselves, or someone else. By sharing information with one another about the reasons to not eat animals, one may begin to consider changing their diet. These include

health, compassion, ecological, and economic reasons. A raw vegan should be commended for their sacrifice and commitment to this eating preference.

JLB: Do you believe that people who were brought up vegetarian, perhaps even having several generations of vegetarian family members, have stronger convictions to continue staying that way, because they "came-up" vegetarian, and it's only natural for them to follow this lifestyle?

DL: For the most part, I believe this to be true. Traditions are passed down. Our norms are established at a very young age. This does not mean everyone sticks to these values, but in general most do. This is true for carnivores/omnivores, as well. Most who are raised to eat meat continue to do so, otherwise there would be many more vegetarians and vegans. However, some of us do deviate from what we believe to be the "norm", and that is why we change our eating preferences.

JLB: Do you feel that there is some antagonism by vegetarians against non-vegetarians and a desire to "convert" others to vegetarianism?

DL: I think vegetarians and vegans would love it if everyone chose this type of lifestyle. However, we cannot expect everyone to understand our reasons for not eating animals. As I said before, we can share information with one another, but it is up to the individual to decide if it

is important to change their diet. As with any topic someone has a passion about, there are some who tend to "push" the issue of vegetarianism or veganism. Yet, there are also those who prefer to not "advertise" their choice to not eat meat. So I do not believe that all vegetarians and vegans antagonise non-vegetarians or non-vegans; instead, there may be some who do.

JLB: Finally, Denise, do you think that we are creatures of habit and, therefore, might find it difficult to break the cycle of violence, or is there hope for the human race?

DL: Well, as we know, habits are hard to break. But it is important to give ourselves credit for sharing credible information with others about what we have discovered to put us on our paths in nurturing the world instead of destroying it. I think we have to remember as we communicate our philosophies to others that we don't have the ability to change people. People have to really want to commit to change. The good news is even if we do share our views with many, and we only "reach" a few, then that is still progress. This gives us hope!

Readers can look forward to a subsequent issue of the *The Jewish Vegetarian*, in which Denise's findings will be made public!

Denise can be contacted at classiclas@aol.com

New Vegetarian Marshmallows

Sweet, light, fluffy and completely gelatine free, Freedom Mallows are brand new vanilla flavoured marshmallows that are perfect for a delicious treat.

They have been created using a new binding agent made from natural extracts, which means that, unlike virtually all other confectionery products, they contain no animal products.

As well as being certified kosher, Freedom Mallows are fat and dairy free, so are perfect for vegans and consumers with intolerances. Watch out for new flavours coming soon!

"Vegetarian marshmallows are a much sought after product and it's great that Freedom Mallows have become Vegetarian Society Approved", said Vanessa Brown, Head of Corporate Relations at the Vegetarian Society. "Displaying the Vegetarian Society Approved symbol means consumers can be sure that a product meets the gold standard of vegetarian suitability through the Vegetarian Society's strict criteria."

The mallows are available in a number of retailers and foodservice outlets throughout the UK and are also available online at freedommallows.com, costing around £2.50 per 75 g bag.



Fruit Frusions Rock!

Reach for a glass of Frusions – the new range of organic fruit and vegetable blends from Rocks - and you'll be ensuring your body has one of its five-a-day.

These refreshing drinks from the Devon-based producer are a delicious way to give your health a boost and come in four sophisticated flavour combinations. Using organically-grown fruit and vegetables the range consists of Apple & Ginger, Beetroot & Blackcurrant, Tomato & Cherry and Carrot & Orange.

Presented in 735 ml elegant Bordeaux-style bottles, made from 80% recycled glass, Rocks Frusions make the perfect gift for dinner hosts who don't drink alcohol. Free from added sugar, artificial sweeteners, colours and preservatives, Rocks Frusions are also suitable for vegetarians and vegans.

Each 245 ml serving of Rocks Frusions represents one portion of the recommended five-a-day and they are just as perfect to pour in the morning to energise the body, as they are to pack in a picnic hamper or enjoy while dining *al fresco*.

Available nationwide, new organic Frusion drinks (RSP £3.49) can be found in independent health food stores across the country and can be purchased online. Visit rocksorganic.com for a list of stockists.

Cooks&Co Creates The "Cheat's Guide" To Easy Entertaining

Fine food specialist COOKS&CO is offering food lovers a "Cheat's Guide" on how to wow family and friends, with a range of delicious yet simple-to-prepare dishes available in the "Our Professional Tips" section of the new look COOKS&CO website.

Recipes include Smoked Paprika Chick Peas, Hearts of Palm "Cerviche", Stuffed Vine Leaves with Yogurt Sauce, Forest Mushroom Duxelles and Affogato Classic Italian Dessert.

Smoked Paprika Chick Peas – Take a can of COOKS&CO Ready to Eat Chick Peas (RSP: 69p, 400 g, available from Ocado), drain and pat dry the chick peas and then toss them in a little oil, sea salt and smoked paprika before baking in a hot oven for 30-40 minutes. This is a simple yet celebrated dish in Spain where chick peas are sold cooked and salted as tapas or a fiesta time snack.



Forest Mushroom Duxelles – Fry COOKS&CO Dried Mixed Forest Mushrooms (RSP: £2.09, 40 g, available from Ocado) in olive oil with a finely chopped shallot and a handful of finely chopped tarragon until the moisture from the mushrooms has evaporated. Generously spoon onto slices of toasted brioche, or serve in savoury pancakes.

Affogato Classic Italian Dessert – Crumble Amaretti or shortbread biscuits into the bottom of a glass, add a spoonful of COOKS&CO Pitted Black Cherries in Light Syrup (RSP: £2.50, 850 g tin, available from Ocado), top with a scoop of vanilla ice cream and pour over a shot of hot espresso coffee. Finish with some finely grated dark chocolate.

More tips and easy-to-follow recipes can be found at cooksandco.co.uk.

las IGUANAS



**Festival Terrace, Southbank Centre,
Belvedere Road, London SE1 8XX**



Bringing a Latin American flavour to 30 restaurants in 23 UK towns and cities, Las Iguanas serves a tasty mix of Mexican Fajitas, Enchiladas, Tacos, Burritos, Brazilian Moquecas and more...

They recently contacted the JVS, highlighting their special "Veggie & Vegan" menu. We were impressed – it's not often you find a chain restaurant making such an effort with its meat-free catering.

My friend and I visited the Royal Festival Hall branch in London and were guided to a table by a friendly waitress. The restaurant is large and inviting and, on this summer evening, there was music playing, fans spinning and cocktails flowing.

While all options are included on the main menu, Las Iguanas also provides a separate vegetarian and vegan menu. This eliminates the customary "veggie skimming" from the ordering process –

great to see options clearly marked and all in one place.

We started with some "Holy Guacamole" served with corn chips, then – after a bit of a wait (they were busy) – went on to tasty mains of "Gringas" (grilled layered tortillas stuffed with refried black beans, salad, roasted butternut squash, sprinkles of coconut and pink pickled onions) and "Three Mushroom Fajita" (mushrooms cooked with coriander, lime, paprika, cumin, onions and peppers, dished up sizzling with soft wheat tortillas). Las Iguanas kindly gave us the Gringas recipe which you can find at jvs.org.uk/roasted-coconut-squash-gringas. Our shared side of "Crispy Black Bean Fritters" was spicy and flavourful and came with a scattering of salad.

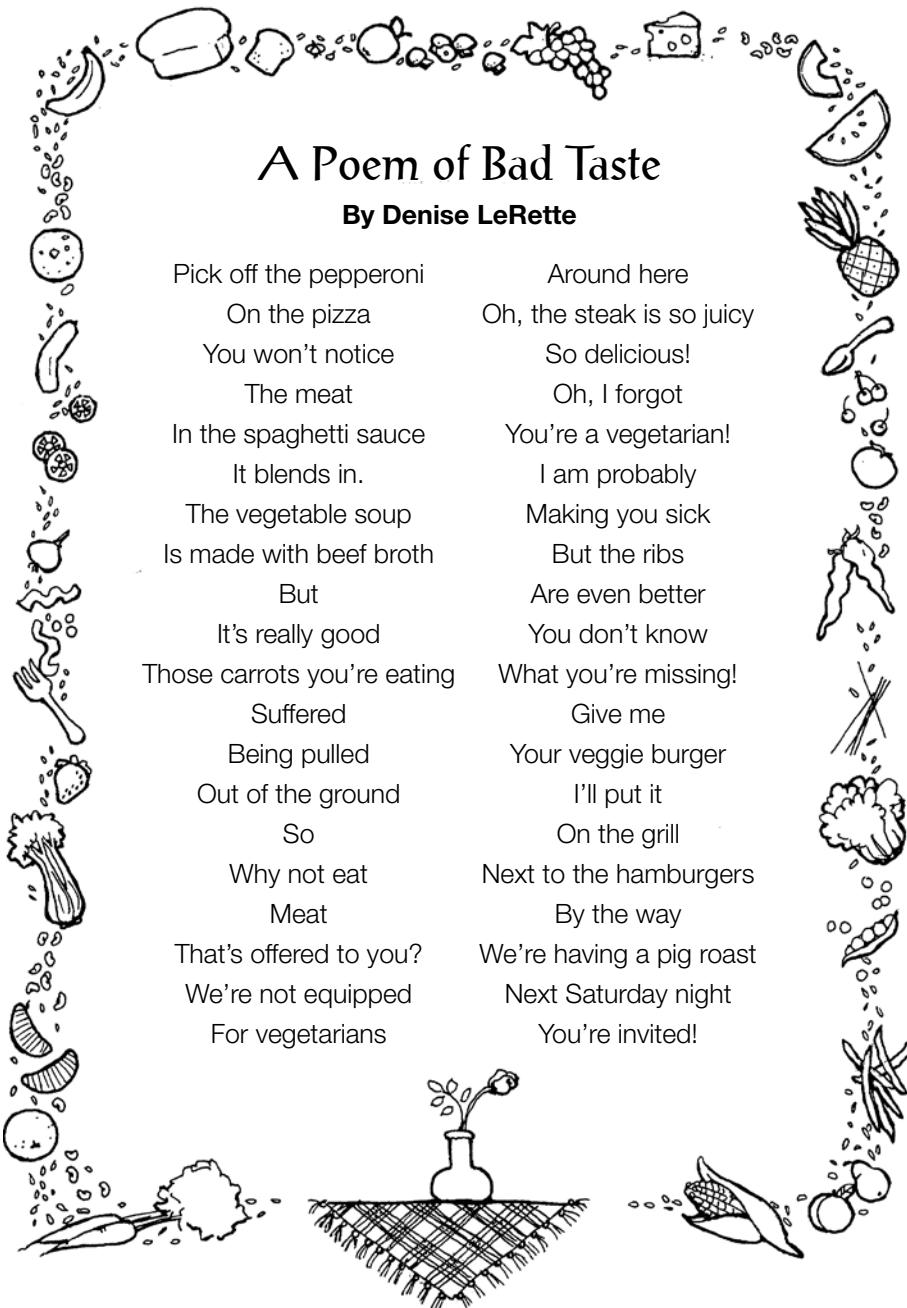
There was just one vegan dessert on offer – a trio of "Zesty Lemon", "Real Raspberry" and "Alphonso Mango" sorbet scoops. These were light and fruity, a nice way to end the meal.

Dinner for two (starters, a side, mains, desserts, wine) comes to £60 or so, though allow more if you plan on having cocktails (£6.00 – £9.80 per glass, two-for-one during Happy Hour).

Fun, friendly and offering an extensive range of meat-free choices, Las Iguanas is definitely worth a visit. Something as simple as not having to explain "vegan" can make a refreshing change!

Reviewer:
Suzanne Barnard





Recipes courtesy of Denise Phillips, Jewish chef and food writer.

Cold Borsht

Borsht is a great Ashkenazi favourite soup – every family has its own version. Use fresh beetroots for the sweetest results, however vacuum-packed non-vinegar pre-packed beetroots will also do. It is perfect for a Yom Tov or Shabbat lunch meal, as it needs to be prepared in advance and served cold.

Beetroot is considered a “super food” as it contains betaine, a substance that relaxes the mind and tryptophan (also found in chocolate) and contributes to a sense of well being. Enjoy the special qualities of this burgundy-coloured cold soup topped with some sour cream.

Serves 6 **Prep time** 30 minutes **Cooking time** 50 minutes



Ingredients

- ☛ 500 g raw beetroot – peeled
- ☛ 200 g red cabbage – finely shredded
- ☛ 2 tablespoons olive oil
- ☛ 2 potatoes – peeled and roughly chopped
- ☛ 1 red onion – peeled and roughly chopped
- ☛ 2 cloves garlic – peeled and finely chopped
- ☛ 3 carrots – peeled and roughly chopped
- ☛ 6 salad tomatoes – peeled and de-seeded
- ☛ 1 litre vegetable stock
- ☛ Juice of 1 lemon
- ☛ 2 tablespoons brown sugar
- ☛ Salt and freshly ground black pepper – to taste

For the garnish

- ☛ 250 ml sour cream or soya cream
- ☛ Sprigs of fresh dill

Method

1. Grate the beetroot in a food processor. Be careful as the juices do stain!
2. Heat a large pan with olive oil and sauté the beetroot, cabbage, onions, and garlic for about 10 minutes to soften.
3. Add the potatoes, carrots, tomatoes, stock and lemon juice. Bring to the boil and simmer for 40 minutes or until the vegetables are all soft.
4. Purée in a liquidiser so that is nice and smooth.
5. Add the brown sugar and check seasoning.
6. Leave to cool for a minimum of 4 hours or refrigerate over night.

To serve the stylish way

Ladle the soup into deep bowls and garnish with a generous dollop of sour cream or soya cream and a sprinkling of fresh dill.

Roasted Cauliflower Salad

Ever since I tried roasting cauliflower, it has made quite a regular appearance on my menu. The caramelised florets become sweet and crunchy and transform a dull white vegetable into something more exciting. I have experimented with different herbs and spices but my favourite simple combination is the one below.

This can be enjoyed hot, cold or warm is so perfect for making in advance for a Shabbat or Yom Tov. Colourful and long lasting are the secrets to the clever combination of these tasty ingredients.

Cauliflower can be enjoyed raw, cooked or pickled and, on a nutritional note, it is a good source of vitamin C and fibre.

Serves Prep time Cooking time
6 10 minutes 35 minutes

**Ingredients**

- ☛ 1 large cauliflower – broken into small florets
- ☛ 3 onions – peeled and sliced
- ☛ 2 tablespoons olive oil
- ☛ 2 cloves garlic – peeled and finely chopped
- ☛ Salt and freshly ground black pepper
- ☛ 100 g cherry tomatoes – sliced in half

For the garnish

- ☛ 3 tablespoons fresh dill – roughly chopped

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Cook the cauliflower covered in boiling water for about 5 minutes or until just tender. Drain and transfer to an oven tray lined with baking parchment paper.
3. Add the sliced onions, garlic and oil and season well.

4. Roast for 20 minutes or until just golden.
5. Add the tomatoes for the last 5 minutes of cooking.

To serve the stylish way

Transfer to a serving plate and garnish with chopped fresh dill and a dusting of black pepper.

Roasted Butternut Squash and Corn Chowder

Soups of any description are ideal over Sukkot; they provide warmth and are easy to serve regardless the number of guests!

A traditional chowder contains fish, potato and corn. My vegetarian variation keeps the corn and potato – albeit sweet potato – and is served with crusty bread as a meal in a bowl.

To make life easier, roast the butternut squash the day before and refrigerate, then combine the other ingredients when you are ready to cook them.



Serves Prep time Cooking time
6 15 minutes 35 minutes

Ingredients

- ☛ 6 spring onions – trimmed and roughly chopped
- ☛ 1.5 litres vegetable stock
- ☛ 1 red chilli – de-seeded and very finely chopped
- ☛ 1 sweet potato (approx. 250 g) – peeled and cubed
- ☛ 500 g frozen sweetcorn

- Sea salt and freshly ground black pepper – to taste

For the garnish

- Sprigs of fresh parsley

Method

- Pre-heat the oven to 200°C/400°F/gas mark 6.
- Place the cubed butternut squash and garlic on a tray lined with baking parchment paper.
- Drizzle over 2 tablespoons olive oil and salt and pepper. Roast for 20 minutes.

- Heat the remaining olive oil in a deep saucepan. Sauté both onions and chilli for about 2 minutes.
- Add the stock, sweet potato, sweetcorn and bring to the boil.
- Stir in the roasted butternut squash, continue to simmer for 5 minutes.
- Season to taste.

To serve the stylish way

Ladle the soup into warmed bowls and garnish with sprigs of parsley.

Mustard Seed Roast Potatoes

Roast potatoes of all any kind are great favourite in my household and no excuse is required for me to make them regularly. This recipe adds a little spice and colour to the potatoes and is ideal with most main courses or as part of a buffet table menu.

New potatoes have thin, wispy skins and a crisp, waxy texture. They are young potatoes and, unlike their fully-grown counterparts, they keep their shape once cooked and cut. They are also sweeter because their sugar has not yet converted into starch, and are therefore particularly suited to salads. To prepare them, you don't need to peel new potatoes; just rinse to remove any dirt and cook whole.

Dress new potatoes as soon as they are cooked to help them absorb the



flavour of the butter or oil (this way you will also use less). To store new potatoes, leave in a cool, dark, well-ventilated place; they should be used within a few days of purchase.

Enjoy hot, cold or warm!

Serves	Prep time	Cooking time
6	10 minutes	50 minutes

Ingredients

- 750 g new potatoes – halved
- 2 tablespoons rapeseed oil or vegetable oil
- 2 cloves garlic – peeled and crushed
- 1 teaspoon turmeric
- 1 teaspoon mustard seeds
- 1 tablespoon whole grain mustard
- Salt and freshly ground black pepper

Method

- Place the potatoes in a pan of salted



boiling water and cook for about 8 – 10 minutes or until just soft. Drain and transfer to an oven tray lined with baking parchment paper.

- Preheat the oven to 200°C/400°F/gas mark 6.
- Mix the oil, garlic, turmeric, mustard seeds, whole grain mustard and seasoning together.
- Toss this mixture over the potatoes so that they are evenly coated.
- Bake for 30 – 35 minutes until crisp and golden.



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!

Sun 22 Sept Age: 28–40	Sukkot Special
Sun 13 Oct Age: 35–50	A Taste of Italy
Sun 20 Oct Age: 45–60	Classy Caribbean
Sun 27 Oct Age: 30–40	Exciting Israeli
Sun 3 Nov Age: 40–55	Gourmet Greek
Sun 17 Nov Age: 30–45	Chinese Feast
Sun 24 Nov Age: 50–60	Lebanese Banquet
Sun 1 Dec Age: 28–38	Chanukah Special
Sun 15 Dec Age: 45–55	Gourmet Winter

Wed 16 October	Jewish Baking
Thurs 17 October	Moroccan Favourites
Sun 10 November	Chanukah Special
Wed 20 November	Lebanese
Thurs 21 November	Winter Entertaining
Wed 4 December	Family Vegetarian
Thurs 5 December	Parev Starters
Sun 8 December	Classy Canapés

**Venue : Northwood. Times : Weekdays 10am –1.30pm. Sunday : 6pm-10pm
Cost : £65 including three course meal and all ingredients
More info : www.jewishcookery.com or denise@jewishcookery.com
Or phone Denise on 01923 836 456**

Please Note – If you wish to attend any of the above classes, please let Denise know in advance and she will be happy to supply vegetarian ingredients.

Autumn 2013



From left to right: fan trained plum trees, butterfly on rudbeckia, parsley pot

The wet, cold spring gave way eventually to a really hot and semi-Mediterranean type summer.

The month of July proved to be one of the hottest on record. Fortunately the rains of 2012 had raised the water table and left the rivers and reservoirs in a healthy state.

It seemed unimaginable in July with the thermometer in the 90s that only six or so weeks before the garden was under snow and it seemed the winter would never end.

Perhaps the freezing weather did a lot of good in killing off many of the garden pests. These would have built up in early spring to make a nuisance to growing crops and flowers.

It was hard on the birds who struggled to survive and many of our garden friends delayed nesting by quite a few weeks to be sure of feeding the chicks.

Patience was repaid. Our garden has never looked better by the summer and our vegetables have been superb.

By using the glass we have to the full, we were able to grow all our annual plants from seed in the greenhouse and move the boxes into the cold frames to harden them off before planting out. This too was a month later than usual, but the results were spectacular.

The apple, pear and plums all had a very bad time in 2012 but this year the boughs are laden with the trees benefitting from the rest in fruiting.

Our new plum trees, grown as fans trained on wires, are bearing their first crop.

Plum trees are susceptible to a nasty disease called "silver leaf" and it used to be reportable to the Ministry of Agriculture. The important thing to know is that plum trees should only be pruned in late June to mid-July so that the wounds can heal while the growth is in full rigour.

We have continued exploring the use of grafted vegetables with tomatoes, cucumbers, aubergines, capsicums and melons. All have grown very well in the

greenhouse so it is proving worthwhile. In particular the aubergine crop is notable with fruit coming faster and developing at a pace.

Last year the white fly were a great problem in the greenhouse where they really took hold. This year, we have tackled this by organic means, introducing a minute wasp called encarsia formosa, which lays its eggs on the immature stages of the white fly and consumes them from within. It takes some time for the predator to establish its cycle of egg laying, so sticky yellow strips were hung above the growing plants to help reduce pest numbers.

Another problem in 2012 was the prevalence of potato and tomato blight. This horrible fungal infection causes healthy plants to go brown and reaches down into the tubers, making them soft and squidgey. This is what caused the great famines in Ireland in the 1800s. Well this year it has not been a problem as the atmosphere has been that much drier, reducing the fungal spores ideal conditions which abounded last year.

Keeping pests at bay naturally is what we must all aim at. It means we are working with nature.

Carrot fly is sometimes a great problem. Sowing carrots in between rows of onions confuses this fly, which is said to be able to locate the source of a carrot from some miles away with its very sensitive antennae. It also helps not to pull carrots up without first loosening them with a fork so as not to snap the foliage from the roots as the scent of this is a giveaway. Planting like this also helps to confuse the onion fly, so a double benefit is obtained.

Last year our sweet corn was hardly perceptible as it lacked sunshine. This year our crop stands seven feet tall and is bearing promising cobs.

The garden can be a veritable cornucopia giving us great satisfaction and really flavoursome food to eat.

Our flowers refresh our souls with their beauty. A garden always repays effort many fold.



From left to right: cherries, aubergine plants, aubergine ready for cooking

Sukkot Fruit Harvesting

**Tuesday 17 September
6.30 pm**

Location TBC (North West London)

Join the Jewish Vegetarian Society and Kensal to Kilburn Fruit Harvesters in picking apples before Sukkot! As well as making use of fruit that might otherwise be wasted, this will be a great opportunity to explore the links between Sukkot and vegetarianism with like-minded people!

Please email info@jvs.org.uk as soon as possible if a) you have a tree in your garden which is likely to have surplus fruit and which could be used or, b) if you would like to help with the harvesting.

Fruit will be distributed amongst the group or to local charities and schools.
It may also be used in a sukkah.

For more information about Kensal to Kilburn Fruit Harvesters,
visit abundancenetwork.org.uk.

Vegfest London

**Saturday 5 October and Sunday 6 October,
11.00 am – 7.00 pm**

**Admission each day: £10 adults, £6 concessions,
£2 kids under 16**

**Kensington Olympia West Halls, Hammersmith Road,
Kensington, London W14 8UX**

Vegfest London is a celebration of all things vegan with up to 180 stalls across two floors. The festival will feature cookery classes with special guest Chad Sarno, talks and presentations (nutrition, lifestyle, campaigns), a living raw preparation zone, a performance stage featuring special guest Macka B (Sunday), two cinemas, comedy hours with Dave Spikey & Andrew O'Neill, 12 global caterers, snack bars, food bars plus loads of special offers and free tasters!

Come and find the JVS at stand R8 (Upper West Hall).
We'll be there for one day on Sunday 6 October!

More details can be found at london.vegfest.co.uk.

World Food Day

**Wednesday 16 October
7.00 pm – 9.00 pm**

**Suggested Donation: Waged £6, Unwaged/JVS members £4
Limited places, booking required
JVS, Bet Teva, 853 Finchley Road, London NW11 8LX**

Enjoy world food with fewer food-miles!

In honour of World Food Day, the JVS invites you to an evening of sustainable food, joining people across the globe taking actions to end hunger. Our workshop will focus on how we can have a positive impact by eating local, seasonal, plant-based food and making use of the invisible abundance around us.

Join us in discussing what it means to eat sustainably and respectfully, using UK-grown produce and meeting like-minded people and enjoying food together.

Email info@jvs.org.uk to book a place.

Jewish Living Expo

Sunday 3 November

10.30 am – 6.30 pm (doors open at 10.00 am)

Admission:

Adult: Advanced £10/Door £15

Children: Advanced £5/Door £10

Children under three: Free

**Family Pack (2 Adults + 2 Children): £25 (additional children £3)
Students & Seniors: Advanced £7/Door £12**

Club Wembley, Wembley Stadium, Wembley, London HA9 0WS

Hosted by LBC's Nick Ferrari and organised by the Jewish News, the Jewish Living Expo will feature more than 150 exhibitors across seven zones (Home, Simcha, Lifestyle, Travel and more) as well as an array of entertainment on the main stage and a series of debates and talks by high-profile figures including the Chief Rabbi, Israeli ambassador and former Sun editor Kelvin McKenzie.

Come and find the JVS in the Food zone, at stand B379!

Visit jewishlivingexpo.co.uk for more information.



The Adventurous Vegetarian: Around the World in 30 Meals

By Jane Hughes

**New Internationalist Publications, hardback,
£20 (Special introductory offer – £14.99
from newint.org/books)**

Working with vegetarian groups from around the globe, including the Jewish Vegetarian Society, author Jane

Hughes has brought together favourite meals and fascinating stories from thirty different countries as far apart as Australia and the United States, Malaysia and Mexico.

Each country is introduced by a section about that country's traditional vegetarian meals, with the chapter on Israel written by JVS Director Suzanne Barnard.

The thirty menus come from Australia, Belgium, Botswana, Brazil, Canada, Chile, China, Cuba, Denmark, England, Egypt, Ethiopia, France, Ghana, Grenada, Ireland, Israel, India, Lebanon, Malaysia, Mexico, New Zealand, Palestine, Russia, Singapore, Tanzania, Thailand, Togo, USA, Vietnam.

Jane Hughes, a vegetarian of 25 years, is the editor of *The Vegetarian* and current Secretary of The Guild of Food Writers.

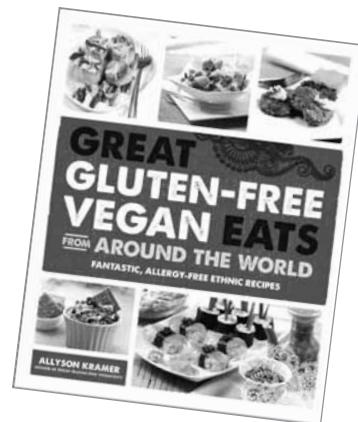
The Adventurous Vegetarian: Around the World in 30 Meals will be published this October.

Great Gluten-Free Vegan Eats From Around The World

By Allyson Kramer

**Published by Fair Winds Press,
paperback, £14.99**

This new cookbook is for the home chef who likes to



explore a world of cuisines regardless of allergies or dietary restrictions. Step inside and travel the globe while still adhering to a plant-based gluten-free diet!

Author Allyson Kramer, founder of the popular gluten-free vegan blog Manifest Vegan (manifestvegan.com) will walk you through each recipe, showing you exactly how to create gourmet meals that are impressive enough for even the most seasoned foodie. From tempting appetisers to hearty mains and luscious desserts, you will find more than 100 globally-inspired recipes which prove that eating vegan and gluten free does not have to be a sacrifice.

Recipes include Coconut Tom Yum Soup; Jamaican Jerk Tofu; Falafel Cucumber Salad with Baba Ghanoush; Pumpkin Fritters; and Mango Rum Ice Cream.

Beautifully illustrated throughout, *Great Gluten-Free Vegan Eats From Around The World* makes a great gift.

Vegan Secret Supper

By Mérida Anderson

Published by Turnaround, paperback, £19.99

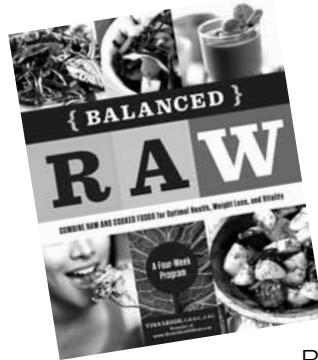
Since 2008, self-taught chef Mérida Anderson has been hosting vegan secret suppers in Vancouver, Montreal and New York. With a focus on menu planning and simple, seasonal ingredients, *Vegan Secret Supper* offers readers all the tools to create healthy, sumptuous meals.

The growing popularity of dinner clubs and themed potlucks attests to a desire for get-togethers at home that are out of the ordinary. This new book takes on the "super-club" phenomenon from a vegan perspective, based on one run by the author herself.

The book's recipes include Split Pea Bisque with Minted Cream; Smoke-Blanched Cauliflower on Red Quinoa Tabouli; Walnut and Roasted Yam Croquettes with Ancho Balsamic Beet Reduction; and Dark Chocolate Cake with Avocado Mint Ice Cream.

Vegan Secret Supper contains 150 delicious recipes illustrated with full-colour photos throughout.





Balanced Raw: Combine Raw and Cooked Foods for Optimal Health, Weight Loss and Vitality: A Four-Week Program

By Tina Leigh

Published by Fair Winds Press, paperback, £14.99

Raw foods have long been held in high regard as a good way to maintain health – with many celebrities and nutrition experts espousing a 100% raw diet. In addition to limiting food choices and proving difficult to maintain in the long term, recent research has shown that a diet consisting entirely of raw foods may not be the healthiest choice. Is there a way to reap the benefits of raw food while also ensuring that all nutritional needs are met?

This new guidebook eschews the all-or-nothing approach of other books and contains a four-phase 30-day plan for making the balanced raw food lifestyle liveable for life. Start your balanced raw lifestyle today with recipes such as Hot Hot Pepper and Tomato Soup; Parsnip Rice Sushi with Sweet Tamarind Dipping Sauce; Holiday Apple Pie Smoothie; Balanced Raw Burger; Hidden Greens Chocolate Shake; and Thai Buckwheat Noodle Soup.

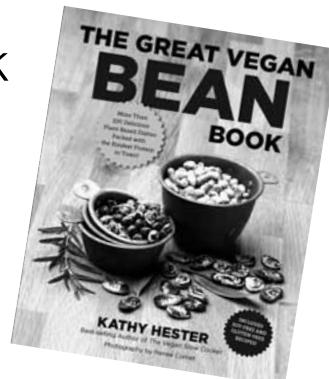
In addition to these and other fabulous recipes, *Balanced Raw* shows you why raw foods are so important, what benefits you can expect to see – from increased energy and vitality to weight loss – and how to easily integrate raw food into your diet with a 4-week, step-by-step plan.

The Great Vegan Bean Book

By Kathy Hester

Published by Fair Winds Press, paperback, £12.99

Garbanzo. Cannellini. Fava. Calypso. Edamame. Adzuki. It's true: beans have the coolest names ever. But besides that, they're also one of nature's most perfect foods. Packed with protein, nutrients, and flavour, you might even call them a vegan's best friend.



With so much versatility and variety, *The Great Vegan Bean Book* provides you with everything you need to know how to cook and eat every bean you have ever seen (and some you probably haven't), from soaking times to cooking times to what to purée, to what to sauté, this is the complete culinary guide to the best beans on the planet.

The Great Vegan Bean Book contains over 100 recipes for delicious, nourishing vegan meals including White Bean Potato Tart; Mango Curry Chickpea Salad; Ginger Red Bean Popsicles; Salsa Fresca with White Bean Gazpacho; and Pineapple Rum Beans over Coconut Lime Sweet Potatoes.

Adirondack Mendel's Aufruf: Welcome to Chelm's Pond

By Sandor Schuman

**This Too Shall Pass Press, paperback, \$12.95
Kindle eBook available from Amazon**

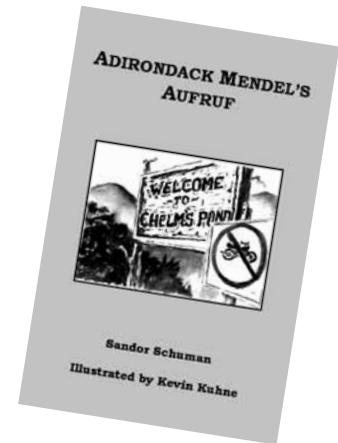
The legendary fools of Chelm have migrated to a new home where, they were told, "every acre is two acres, you can till the soil with a teaspoon, and there are not only four seasons, there are five".

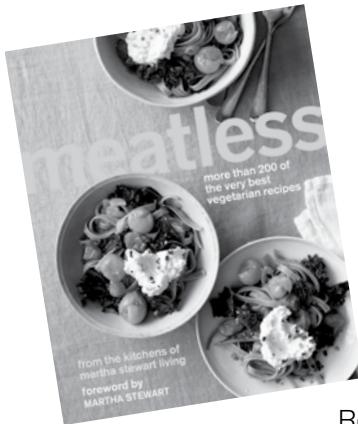
Bloomie is the ambitious proprietor of The Broiled Beet – a vegetarian eatery serving the finest in Adirondack-Ashkenazick fusion cuisine – and the loveliest, kindest, and sincerest sheyne meydl in all of Chelm's Pond.

Adirondack Mendel is the renowned adventurer, mountain man, and Adirondack guide who always tells the truth even if he has to lie to do it. When they are brought together by Aufruf, the Yiddish-talking dog, they fall in love.

Guided by Rabbi Chayim "who looks to heaven," aka Rabbi Chayim Shmayim, the oldest and wisest khokhem in Chelm's Pond, the results raise serious questions about the nature of G-d, the essence of religion, and the meaning of prayer, but in an extraordinary way that could happen only in Chelm's Pond.

A book trailer is available at chelmspond.com. Also available on this website is "A Guide to Chelm's Pond for Teachers and Discussion Leaders" – an exploration of serious issues that arise in the book, including "Treatment of Animals".





Meatless

By Martha Stewart

Published by Bantam Press (an imprint of Transworld Publishers), paperback, £16.99

Meatless contains more than 200 of the very best vegetarian recipes for committed vegetarians, flexitarians and anyone looking for healthy nutritious and delicious menus.

Recipes include soups, casseroles, salads, burgers, pizzas and much more – offering new twists on old favourites such as the mouth watering No-Bake Lasagne with Ricotta and Tomatoes; Black-Bean Tortilla Casserole; Roasted-Tomato Tabbouleh; Spring Vegetable Ragout; as well as simple sides like Baked Polenta Fries and Fresh Pea Hummus.

This is more than just a cookbook. In *Meatless* you will find tips and techniques, a list of vegetarian pantry essentials and suggested menus, as well as low-fat, gluten-free and vegan options. With these beautifully illustrated, tried and tested recipes, you will find going meatless irresistible!

VEGFAM feeds the hungry without exploiting animals

Vegan famine relief. Providing funds for: Vegetable growing projects, fruit/nut tree planting, water supplies and emergency food. Donations greatly appreciated. SAE for details to: Vgefam, c/o Cwm Cottage, Cwmyndys, Cilycwm, Llandover, Carmarthenshire SA20 0EU, Wales, UK. Established 1963 – Registered Charity No. 232208.

Online giving
www.charitychoice.co.uk/vegfam
Please visit our website: www.vegfamcharity.org.uk

**The Jewish Vegetarian is the Official Journal
of the Jewish Vegetarian and Ecological Society
Founded by Philip L. Pick Registered Charity No. 258581**

Published by: The Jewish Vegetarian Society, 853-855 Finchley Road, London NW11 8LX, UK

Tel: 020 8455 0692 **E-mail:** info@jvs.org.uk **Website:** JVS.org.uk

Like us on Facebook: The Jewish Vegetarian Society **Follow us on Twitter:** JewishVegSoc

JVS STAFF AND TRUSTEES

Trustees: Michael Freedman, Adam Jackson, Rabbi David Rosen, Stanley Rubens

Honorary Treasurer: Michael Freedman

Secretary and Editor of *The Jewish Vegetarian*: Shirley Labelda

Director: Suzanne Barnard

Honorary Auditors: Michael H. Scott & Co.

ISRAEL

Honorary President: Rabbi David Rosen

The Jerusalem Centre: Ginger, 8 Balfour Street, Jerusalem 92102, Israel

Tel: 00 972 2 566 5737 **Website:** GINGER.org.il

AUSTRALASIA

Honorary President: Stanley Rubens, L.L.B. **Convenor:** Dr Myer Samra

THE AMERICAS

Honorary President: Prof. Richard Schwartz Ph.D.

PATRONS

Rabbi Raymond Apple (Israel); Justice Zvi Berenson (Israel); Prof. Louis Berman (USA); Chief Rabbi Shear Yashuv Cohen (Israel); Prof. Alex Hershaft (USA); Roberta Kalechofsky (USA); Dr Michael Klaper (USA); Mordechai Ben Porat (Israel); Prof. Richard Schwartz (USA)

ADVERTISING RATES

Black and White (Inside):

Full Page £60 Half Page £35 Third Page £25 Quarter Page £20 Sixth Page £15

Full Colour (Back/Front Inside Covers and Back Cover):

Full Page £120 Half Page £70 Third Page £50 Quarter Page £40 Sixth Page £30

CLASSIFIED ADVERTS

30p per word (minimum £3) Box Numbers £1.50 extra

WHAT IS THE JEWISH VEGETARIAN SOCIETY?

The Jewish Vegetarian Society is an international charity dedicated to promoting a kinder society, without killing animals for food.

The Society spreads awareness of the benefits of rejecting cruelty to animals and the extension of this to an improved society where mankind is not cruel to fellow beings, both human and animals. These sentiments are expressed in the Torah, which teaches kindness to all sentient creatures and in the Talmud where it is stated that "the earth is the L-rd's" and that we are to be partners with G-d in preserving the world.

Annual subscriptions are £12/\$20 (single) and £15/\$25 (family). Life membership is £200/\$320 (single) or £300/\$480 (family). To find out more, please visit JVS.org.uk or phone 020 8455 0692. The Jewish Vegetarian Society is an international movement and membership is open to everyone.

The Jewish Vegetarian magazine is published quarterly by The Jewish Vegetarian Society in March, June, September and December.

The magazine is distributed in the USA by SPDSW, 95 Aberdeen Road, York, PA 17406. Periodicals postage paid at York, PA.

US POSTMASTER: Send address changes to: The Jewish Vegetarian, c/o PO BOX 437, Emigsville, PA 17318-0437.



The Langley

Banqueting & Conference Suites in Hertfordshire
...where Luxury has no limitations!



Pure vegetarian kitchen available which has never been used for the cooking or preparation of non vegetarian food

Exclusive Venue for a stylish Simcha

Jewish Weddings

Wedding Receptions

Bar Mitzvahs

Bat Mitzvahs

Celebration of Births

Civil & Partnership Ceremonies

Corporate Christmas Parties

Company Anniversaries

Launch Parties / Christmas Parties / Themed Nights

Private Parties / Birthday Parties / Anniversary Parties

Extras at a Glimpse

Unrivalled Magnificence combined with Splendour and Magnitude

A Prestigious venue renowned for Excellence

Lavish & Luxurious Interior

Our delivery of customer service is exemplary and second to none

Up to 900 seating capacity within the Sapphire and Topaz Suites (2nd Floor)

Up to 500 seating capacity within the Ruby Suite (1st Floor)

Multi-Storey Car Park for 750 cars adjacent to the venue

Licensed to hold Civil & Partnership Marriages

State of the art LED Lighting

Full disabled access and facilities

Spectacular Rooftop Terrace