



MY VEGAN  
BAR MITZVAH

By Jaden Elkins  
p14

# Jewish Vegetarian

QUARTERLY

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*'They shall not hurt nor destroy  
on all my holy mountain' (Isaiah)*

WELCOME TO THE WINTER 2014  
ISSUE OF THE JEWISH VEGETARIAN

This year has been a fantastic one for the vegetarian movement. Palitana in India witnessed a historic change, outlawing animal slaughter and becoming the first all-vegetarian city in the world. Across the Channel, France's top chef, Alain Ducasse, has started taking meat off the menu. The Israeli Parliament has become the first in the world to adopt the Meatless Mondays initiative, and Tel Aviv hosted the world's largest vegan festival in October.

Closer to home, studies show that 12 per cent of Brits now follow vegetarian or vegan diets, rising to 20 per cent of those aged between 16 and 24.

Here at the JVS, we are thrilled at having attracted more new members than ever before, achieving record attendance at our AGM, and hosting 24 events this year.

We look forward to launching of our first major campaign in the new year. Details to follow in the next magazine.

I am delighted to announce our first collaboration with JW3, one of Europe's largest Jewish cultural centres: we will be co-hosting a Seder on the second night of Passover 2015: 4th April at 7.15pm. More information will be posted on our website shortly. See page 18 for details of our Tu B'Shvat Seder, our 50th AGM and other fantastic upcoming events.

Wishing all of our readers a very happy new year,

*L Smallman*

Lara Smallman  
Director  
Jewish Vegetarian Society

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## News from London

### SALAD MASTERCLASS

The end of August saw us hold our first Master Class taught by JVS Director Lara. Guests were treated to an interactive demonstration of five salads: Fattoush with pomegranate dressing; herb salad with blueberries, edible flowers and a superfood dressing (above right); quinoa, black beans and salsa served in a glass jar (right); watermelon, avocado and melon salad with chilli and coriander; and mango salad served in cabbage leaves with a peanut satay. At the end of the class we enjoyed a meal together and shared recipe ideas.



### 'MORE THAN HONEY'

Our Film Club returned after a summer break for a well attended screening of 'More than Honey'. Albert Einstein famously wrote: 'If the bee disappeared off the surface of the globe then man would only have four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man.'

The film explores the impact bees have on our diets, as one in three mouthfuls of food is dependent on pollination. Guests enjoyed a homemade meal of mediterranean roasted vegetables with lemon and herb couscous, carrot salad with mint and orange, and a vegan chocolate cake. Thank you to JVS members Ben Samuel and Jess Gold for their presentations before and after the screening and to volunteers Jon and Shoshana.

### INTERFAITH PANEL

We partnered with the Jewish Sustainability Movement (formerly Big Green Jewish) to co-host a panel discussion entitled 'The Shmita Year and Faith Approaches to Environmentalism' at Golders Green Synagogue on 27 October. Speakers Rabbi Natan Levy, David Shreeve, Harfiyeh Haleem, Rabbi Harvey Belovski and Dr. Harshad Sanghrajka presented their thoughts on how faith informs and inspires us to care for the environment. When asked by an audience member what we as individuals can do to make a significant impact, both Harfiyeh and Natan suggested that people ought to substantially reduce their consumption of animal products. We look forward to working with the Jewish Sustainability Movement again in the near future. Visit [biggreenjewish.com](http://biggreenjewish.com) for more information.

### MYSTERY COOKING WORKSHOP

We went for a Mexican theme at our latest Mystery Cooking class. 20 participants mastered the art of making homemade flour tortillas, salsa, guacamole and spicy hot chocolate. Thank you to Roxy and the rest of the team at Moishe House in Willesden Green for hosting us. Moishe House is a pluralistic international organization, which provides meaningful Jewish experiences to young adults in their 20s. Visit [moishehouse.org/houses/london](http://moishehouse.org/houses/london) to find out more. Our next Mystery Cooking class will be held on 8th December [see page 18].







## 'FOOD, INC.'

In mid-November we screened 'Food, Inc' the documentary film the food industry doesn't want you to see. The film lifts the veil on the American food industry, exposing how their food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the farmers, the safety of workers and the environment.

## POP-UP CAFE

Our second pop-up café returned to the beautiful home of JVS trustee Dan and his wife Jemma in Hendon.

Guest chef Sara Mittersteiner, who runs 'Pomodoro E Basilico', treated diners to a three course meal featuring Beetroot Cannelloni filled with Kale and homemade vegan Ricotta (*above, left*), Chickpea Pancake with Garlic Mayo, and Apple and Pear Strudel with Coconut Mousse (*middle*).



Our next pop-up with guest chef Zoe Marks will take place in West Hampstead on 7th December. [Full details on page 18]. If you would like to host or cook for a future pop-up, please get in touch by emailing [info@jvs.org.uk](mailto:info@jvs.org.uk) or calling us on 020 8455 0692.



Are delighted to support  
The Jewish Vegetarian Society

Chartered Accountants  
& Registered Auditors

Lynwood House  
373-375 Station Road  
Harrow, Middlesex HA1 2AW

Tel: 020 8357 2727  
Fax: 020 357 2027  
Email: [mike@rdpnewmans.com](mailto:mike@rdpnewmans.com)  
[www.rdpnewmans.com](http://www.rdpnewmans.com)

### 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: Vegfam, c/o Owm Cottage, Owmynys, Cilycwm, Llandoverly, Carmarthenshire SA20 0EU, Wales, UK. Established 1963 – Registered Charity No. 232208.

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Please visit our website: [www.vegfamcharity.org.uk](http://www.vegfamcharity.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](mailto:alitamirim@hotmail.com)

## News from the Jerusalem Centre / Ginger

BY YOSSI WOLFSON

Beit Hillel is an organisation of Zionist orthodox rabbis with liberal orientation. Over 150 rabbis are registered members of the organisation. This summer they held a workshop on food and *tza'ar ba'alei chayim* (the Jewish principle that bans inflicting unnecessary pain on animals), which resulted in an important statement, calling, amongst other things, for people to reduce meat consumption.

In their statement, the rabbis of Beit Hillel survey biblical and rabbinical sources regarding the mitzvah of *tza'ar ba'alei chayim*, and conclude that humans are allowed to use animals, but we should balance the utility derived from the animals and the suffering we cause them.

They mention that while the Bible's laws refer to practices prevalent in the olden days, today we are facing a reality of industrialized

agriculture where animal lives "are not lives".

According to the rabbis' statement, the lives of these animals feature "continuous severe suffering, from the beginning of their up-bringing to their slaughter. In today's system of food consumption, one is not in touch with the animals and does not see and experience their suffering, as one buys a packed and ready-made product. Henceforth, one is not aware of the suffering this system causes to the animals. One of the results of this reality is that one treats animals as a means to fulfill one's needs, and not as creatures in their own sake, who deserve compassion."

The rabbis say that "it is impossible to determine unequivocally where to draw the line between reasonable harm to animals for humans' sake and causing inappropriate suffering", but

emphasise that a line should be drawn – which is to be done by each person individually.

They call on people to be aware of the facts, and then they leave it to each person's discretion to decide how to behave, they do give a list of suggestions including: "one can reduce the consumption of animal based products, each person according to their own ability, 'meatless Monday' movement being an example, as well as similar initiatives". They also suggest consuming alternatives: "it is proper to conduct a healthy lifestyle, that includes balanced eating, more consumption of plant-based food and less consumption of meat". They recommend products that cause less suffering to animals (such as

"free range" eggs) and decisively prohibit foie gras and veal. The rabbis conclude their statement in a citation from the Kli Yakar who highlights the connection between meat consumption and lust, and warns off daily consumption of meat.

Whilst this falls short of the crucially



*World's largest vegan festival, held in Tel Aviv*

needed call to adopt a vegan diet, it is quite far reaching for a rather mainstream, broad and varied group of rabbis, who are making a statement, bearing religious authority, to the

general public. It is a sign of waking up in the Zionist religious

community, in which the issue is at best generally given marginal attention. It is remarkable that the rabbis did not just choose the easy option and call on decision makers to make reforms that would reduce the suffering of animals in different industries, but instead adopted a



stance against the consumption (or the over-consumption) of animal-based products.

As a participant in the workshop, I could tell that vegetarianism and veganism were clearly prominent. Many participants have already got rid of meat or were considering it. While preaching about vegetarianism/veganism publicly to the broader community is probably going too far for the organization, I am quite sure that at least some of the rabbis will inspire their communities to move in this direction.

And while the Zionist religious community in Israel is waking up, among the general public, veganism and animal welfare are continuing to flourish.

This summer we saw a vegan activist participating in the Israeli “Big

Brother” reality show, communicating animal welfare messages to the general public around the clock, converting many of the other participants to veganism – and eventually winning.

We had thousands of participants in a mass demonstration for animals in Tel-Aviv, which is becoming a yearly routine. We had a film festival dedicated to animals, celebrating the 20th anniversary of Anonymous for Animal Rights (Israel’s leading animal rights organization). The cinema halls were full.

During the Jewish festival of *Sukkot*, over ten thousand people participated in a vegan festival organized by [veganfriendly.co.il](http://veganfriendly.co.il), featuring music, lectures, workshops and plenty of vegan food. The summer is now over, the high holidays behind us, and a new year challenges us to continue this important momentum.



## Campaign Update

CROWD-FUNDING CAMPAIGN TO LAUNCH  
'TOMATO SUSHI'

James Corwell, one of America’s top chefs, has invented a healthy, meaty sushi without the fish – a natural, eco-friendly alternative to raw tuna, which he wants to launch worldwide.

Tuna is by far the most popular fish used in sushi, yet experts warn that Bluefin Tuna or “The King of Sushi” are so overfished that the species may be on the brink of extinction. With Tomato Sushi, James has created a sustainable, plant-based alternative to vulnerable tuna, with an authentic look and a great taste.

Tomato Sushi is made of tomatoes, but the texture and flavour of the tomato are transformed through *sous vide* cooking. Tomato Sushi was designed to be a delicious alternative to Ahi Tuna with a savoury, meaty taste. It is still a tomato, but its appearance and texture are almost indistinguishable from raw tuna.

Tomato Sushi was created to be something that everyone can enjoy. It is vegan and gluten-free. Made from just six natural ingredients,

Tomato Sushi is free of mercury and other toxic chemicals. It is also a ‘green alternative’ to tuna that you can eat without worrying about the environmental and sustainability problems related to over-fishing. With tomatoes as the main ingredient, you will get all of the health benefits of lycopene, potassium, flavonoids, and vitamins A, C and E.



The idea for Tomato Sushi first started to take shape at the Tsukiji Fish Market in Tokyo, where James saw two football-field sized warehouses full of tuna sold in one morning. Corwell – one of only 60 Certified Master Chefs in the world – saw the incredible volume of tuna that is sold in just one day, and asked the question: “How can the oceans ever keep up?” The answer is “They can’t.” According to a study published in the journal *Nature*, 90% of all large predatory fish (like tuna) are already gone, and the rate of fishing isn’t slowing down.

For more information, visit: [kickstarter.com/projects/1448728273/tomato-sushi-sustainable-vegan-tuna](http://kickstarter.com/projects/1448728273/tomato-sushi-sustainable-vegan-tuna)



## *Blast from the past*

EXCERPT TAKEN FROM 'A BINTEL BRIEF: SIXTY YEARS OF LETTERS FROM THE LOWER EAST SIDE TO THE JEWISH DAILY FORWARD', PUBLISHED BY SCHOCKEN. TRANSLATED FROM YIDDUSH, 1944.

Worthy Editor,

I'll make it as short as possible. We have two sons, nine and seven years old. They are healthy, well built, and are doing well in public school and hebrew school. So you would think everything is fine, but I have trouble with the older boy.

About nine months ago he took it in to his head to become a vegetarian and stopped eating meat. At first I thought he was tired of meat and in time would forget his vegetarianism. For a few weeks I gave him other foods, then served him meat again, but he didn't touch it. Not only that, but as soon as smelled meat cooking he wouldn't come in to the kitchen.

My husband was still home at the time, and we took our son to a doctor who examined him and told us he was alright. He told us to have patience with the boy and in time he would start eating meat again. But there is no to end it. He is stubborn. Not only does he refuse meat, but he doesn't even eat fish or sardines. He refuses to eat anything that was once alive.

Worthy Editor, advise me what to do. I am afraid my son will grow up to be sickly if he doesn't eat meat. When my husband was home, we took him to a restaurant so that he could see that everyone eats meat, and we hoped it would awaken his appetite for meat dishes. But it didn't help. What can we do?

With thanks for your answer,

The Worried Mother

...And the editor's response:

In the answer, the mother is advised to find out where her son got the idea to become a vegetarian, and then, with the help of specialist, she might be able to bring him back to eating meat and fish. She is calmed and assured that a good doctor would know how to treat a nine year old vegetarian and in time her son would begin to eat meat again.

A few weeks later the Forward printed a reply to the answer, from the secretary of the Jewish Vegetarian Society in New York, that read as follows:

Dear Editor,

A short time ago your newspaper printed a letter from a mother who complained about her 'great misfortune' that her nine year old son has become a vegetarian. The mother asks you for advice, and we wonder why you did not recommend that she contact us. Instead of introducing her to the large family of vegetarians here in New York, you advised her to take the boy to a doctor who would find a way to induce him to eat meat again.

As a vegetarian for thirty years, who has raised three children as vegetarians, in the best of health, I want to tell this mother that her fear of vegetarianism is groundless. On the contrary, it is important that young children should eat less meat. I know doctors who say that children up to the age of six do not need meat.

Not only in America, but all over the world, there are many vegetarians who bring up their children this way. Especially in England, now that there is the food rationing because of the war, vegetarianism is widespread. The British Food Minister has on many occasions praised the vegetarians' diet and advised the masses to use it.



# My Life as a Vegan

## JADEN ELKINS



**Jaden is 13 years old, lives in the US and has been vegan for the past seven years. He has inspired many friends to eat less meat and think about how their food got to their plates. Jaden's dream is to eliminate all animal suffering and encourage others to eat healthily and reduce their environmental footprint through plant-based eating.**

### AT WHAT AGE DID YOU BECOME VEGAN?

I was born vegetarian and became vegan when my mum read a book about Veganism called, "Skinny Bitch." Our family of six became vegan instantly and I am now proud to say that I have been vegan for eight years. I will always look back on that day with pride and happiness.

### WHY ARE YOU VEGAN?

My mum and dad made the decision to raise four vegan kids. I have a fifteen year-old brother Dane, Cody is ten and my sister, Madison is eight. I am the strictest vegan in the house because

I stick to my policy and always remember the cause. Compassion and kindness are what I promote and what motivate me.

### WHAT IS YOUR FAVOURITE VEGAN MEAL?

I love my mum's tacos. She uses taco shells with pinto beans, brown rice, diced tomatoes, Daiya cheese, black olives and guacamole... delicious! A dessert I like to make is Coconut Ice Cream Sundae with ice cream, topped with soya whipped cream.

### WHICH IS THE BEST VEGAN RESTAURANT YOU HAVE BEEN TO?

My favourite vegan restaurant is Veggie Grill in Westwood, L.A. They make great American style dishes like their Mac and Cheese and Sante Fe Crispy Chicken. All the dishes at Veggie Grill are 100% plant-based and vegan. I love the food there so much. I had a completely vegan bar mitzvah there. [<http://bit.ly/1GcouIv>]. Friends and

relatives made comments about the idea of having a vegan bar mitzvah at a casual plant-based restaurant, but our family was thrilled at the idea that our relatives would get to try new vegan foods. The guests who gave me the hardest time before the event contacted me after the party to say how surprised they were at how tasty the dishes were.

### WHERE IS THE MOST VEGAN-FRIENDLY PLACE?

My house is the most vegan friendly place. Most of my friends and relatives aren't vegan and it's really challenging when I am at a barbecue and I have to endure the odour of burning flesh on the grill. Not fun.

### WHAT HAS BEEN YOUR



*Vegan buffet at Jaden's Bar Mitzvah*

### WORST EXPERIENCE AS A VEGAN?

My worst experience is when waiters at restaurants or friends tell me something is vegan and there is no meat or dairy in the food and I have to find out on my own by researching the ingredients that this is not true.

### CAN YOU RECOMMEND ANY GOOD VEGAN RESOURCES?

I enjoy searching the internet and I love the videos on VegTV: [vegtv.com](http://vegtv.com) and blogs on The Food and Health Alternative: [ecomii.com/blogs/food](http://ecomii.com/blogs/food)

### WHAT IS YOUR SIGNATURE DISH?

I love to make split pea soup for my family. I start with 2 cups of organic green peas (rinsed) and add four cups of water in a slow cooker. I like to add onions and carrots cut up with a little olive oil and a pinch of salt. I let it slow-cook for 2 to 3 hours and it turns out really delicious.

**Follow Jaden on Twitter:  
@TheRealVeganKid**



# Harvest for the Homeless

BY REBECCA MAGNUS

Searching for a feel-good cause to support this new year? Look no further than Accumul8, a social action project dedicated to supporting the residents of the North London YMCA hostel on their journey back into work through creative community projects.

Founded by dynamic Crouch End resident and New North London Synagogue member Marice Cumber in partnership with the Crouch End Festival, Accumul8 has really hit its stride selling its popular vegan “Preserves with Purpose” in the local community.

The project relies entirely on the goodwill and generosity of the North London community, turning donations of leftover fruits from the back gardens and allotments of Crouch End in to delicious preserves. Local foodies show their appreciation by polishing

off dollops of exotic Moroccan Apple and Date chutney and the sultry Rosewater, Apple & Cardamom jam, not to mention cupboard staples like Apple Pie Jam for delicious last minute

desserts.

Working out of the hostel kitchen, YMCA residents had their first taste of kitchen life as they peeled, chopped and simmered their way to better prospects.

Long term

YMCA resident Shaun says, “the project has changed my life, given me a real sense of pride in what I do, so much so that I now work for the YMCA and promote Accumul8 in the local community!” Meanwhile, another resident, Garfield, praises the cooking sessions, saying, “It’s the highlight of my week”.

Project director Marice Cumber hit upon the idea of chutneys as a way of showing the YMCA hostel residents



Marice (centre) with two YMCA residents, Shaun and Ramsey

the power of personal transformation whilst engaging with the local community.

She says of the project, “I strongly believe that food is one of life’s great levellers. Cooking gives the YMCA residents skills, which will help them to support themselves in the real world and build their self confidence for finding employment.

They are some of the most vulnerable members of society, it’s vital to show them that it is within their power to overcome their traumatic experiences and feel like valued members of a community once again”.

Making delicious preserves out of unwanted garden fruit is just one of the ways Accumul8 builds the confidence of the YMCA residents. Back in June 2014 they ran photography workshops, which culminated in a successful exhibition at the North London YMCA, attracting the patronage of the Arts Council, local MPs, the Haringey Mayor and Savoy Charitable Trust amongst others. Accumul8 continues

to go from strength to strength, receiving a bumper donation of post-Sukkot fruit from the Finchley Reform Synagogue community, which will go towards sampling activities for the festive season.

Marice is always on the lookout for donations of fruit and volunteers looking to give something back to the local community - so if you think you’ve got a skill that the world should know about or a bag of leftover fruit, then get in touch via [info@accumul8.org.uk](mailto:info@accumul8.org.uk) Since

New North London Synagogue Masorti Rabbi Chaim Weiner *kashered* (made kosher) the YMCA HOSTEL kitchen, Accumul8 is now selling kosher chutneys and jams at the monthly NNLS market.

For a full range of available flavours, please visit [accumul8.org.uk](http://accumul8.org.uk).

*Rebecca Magnus is a freelance food and drink writer and digital copywriter. She also reviews restaurants and bars for Holborn Magazine. Twitter: @BeccaMagnus.*



## EVENTS

### JVS.ORG.UK/CALENDAR

#### PERSIAN POP-UP SUPPER CLUB

With guest chef Zoe Marks, 3 course meal + welcome drink

Sunday 7 December: West Hampstead

6.30 - 9pm. Pre-booking essential, book online: [jvs.org.uk](http://jvs.org.uk)

£21.50: JVS members / £25: non-members.

We are very excited to be collaborating with vegetarian chef Zoe Marks to bring you a Persian Perennial Feast in celebration of the *Shmita* year, also known as the sabbatical year. Zoe, who runs her own night at the Bonnington Café, will create a mouth-watering three course meal using perennial plants and wild edibles, featuring an array of delicious authentic Persian dishes with some contemporary twists.

#### MYSTERY COOKING WORKSHOP - FOR YOUNG PROFESSIONALS

Monday 8th December: Moishe House, Willesden Green

6.30 - 9pm: £4.

Pre-booking essential, email [lara@jvs.org.uk](mailto:lara@jvs.org.uk) to book.

After a fantastic Mexican-inspired class in October, mystery cooking is back. Learn how to make a few dishes, which you will be able to take home, or eat straight away – up to you!

#### SOUPOLOGIE COOKERY DEMONSTRATION

Thursday 8 January: JVS, Golders Green

6.30 - 8.15pm: £5 in advance / £7 on door / £2 member discount.

This workshop will be all about using well known cleansing ingredients like celery, beetroot, watercress etc and making delicious detox soups that will help people kickstart a healthy diet at the beginning of the new year.

#### FILM CLUB: "PROJECT NIM" SCREENING & DINNER, FOLLOWED BY Q&A

Wednesday 21 January: JVS, Golders Green

Incl. homemade 2-course plant-based dinner.

6.30 - 9 pm: £10 in advance / £12 on the door / £2 discount for JVS members.

'The story of Nim, the chimpanzee who in the 1970s became the focus of a landmark experiment which aimed to show that an ape could learn to communicate with language if raised and nurtured like a human child.' Screening followed by a Skype Q&A with Robert Ingersoll who spent nine years with Nim.



#### TU B'SHVAT SEDER - IN PARTNERSHIP WITH YEDID NEFESH MINYAN

Tuesday 3 February: JVS, Golders Green

7.00 - 9.30 pm: See [jvs.org.uk](http://jvs.org.uk) for more information.

Join us for a celebration of the Jewish New Year of the Trees. We will explore the spiritual significance of fruits and of the *shivat haminim*, and enjoy a meal together.



#### SAVE THE DATES:

JVS' 50TH ANNUAL GENERAL MEETING: 22 MARCH @ 3.00PM

VEGGIE SEDER NIGHT AT JW3:  
4 APRIL @ 7.15PM





Recipe from Ethos Restaurant [ethosfoods.com]

SERVES: 4

- 1 kg French beans
- 600 g Spanish onions
- 400 g tinned tomatoes
- 2 cloves garlic
- 2 tsp caster sugar
- 120 ml olive oil
- 3 sprigs fresh dill, chopped
- 3 sprigs fresh coriander, chopped
- 20 ml lemon juice
- 1/2 tsp cinnamon
- Good pinch ground cumin
- Good pinch ground coriander
- Good pinch sea salt
- Good pinch black pepper



METHOD

Add oil to pan. Cook finely sliced onions and garlic down until translucent.

Add spices and cook out for 2-3 minutes.

Add tomatoes and cook down.

Add chopped herbs and cook out for 1 minute.

Trim beans and blanch in salted boiling water until just cooked.

Refresh in ice water.

Add beans to sauce and season with salt, pepper and lemon juice.

CRISPY FENLAND CELERY & FENNEL SALAD WITH CRANBERRIES AND ORANGE

**Taken from a new collection of recipes using Fenland celery, a heritage variety of celery grown in the Cambridgeshire Fens. In 2013, Fenland celery was awarded Protected Geographical Indication (PGI) status, joining 29 other products that are special due to their quality, history and links to the areas they're grown in.**

**Fenland celery is only grown in small pockets of Cambridgeshire, Suffolk and Norfolk using traditional farming methods. The deep, peaty soils in the Fens work towards giving Fenland celery its nutty-sweet flavour and paler colour that make it so special. Fenland celery is available from October to November and can be found in Waitrose, Ocado, Wholefoods and Marks & Spencer.**

SERVES 4

INGREDIENTS

- 6 sticks Fenland celery, thinly sliced at an angle, reserve green leaves

- 1 large fennel bulb, thinly sliced
- 1 red onion, peeled, halved and thinly sliced
- 1 Pink Lady apple, thinly sliced
- 2 oranges, remove zest before cutting away the skin, thinly sliced

*maple and orange dressing:*

- 150 g cranberries
- 3 tbsp maple syrup
- 4 tbsp olive oil

- 1 tbsp red wine vinegar
- 1 tbsp lemon juice
- 2 tbsps orange juice

METHOD

First make the dressing by placing the cranberries in a small saucepan with the maple syrup, cook until softened a little but still holding

their shape, cool. Mix together the olive oil, vinegar, lemon and orange juice and the cooled cranberries.

Mix together the Fenland celery, fennel and red onion, pile onto a serving platter, add the Pink Lady apple slices and oranges.

Pour over the dressing, lightly toss together and serve sprinkled with some torn green leaves from the Fenland celery and the reserved orange zest.



By Stephen Argent of Soupologie

I rather love celeriac as it's a bit of an unsung hero of the vegetable world, often overlooked in favour of more glamorous roots. But I find that its odd shape and knobbly appearance belies a subtle flavour of celery which works wonderfully well when combined with walnut oil. Use a sharp knife and a potato peeler and the glorious creamy white of the vegetable will reveal itself!

SERVES 4 - 6

INGREDIENTS

- 1 onion, peeled and chopped
- 1 leek, trimmed and chopped
- 1 potato or parsnip, peeled and diced
- 2 garlic cloves, peeled and chopped
- 1 celeriac, peeled and cubed
- 2 celery sticks, peeled and chopped
- ½ of an eating apple, cored and diced, but not peeled
- 1½ litres of vegetable stock (Marigold reduced salt vegan bouillon is particularly tasty)
- 2 tablespoons olive oil
- ½ teaspoon mustard powder
- ½ teaspoon nutmeg
- Walnut oil



METHOD

Heat the olive oil in a large pan and add the chopped onion and leek.

Add the celeriac, potato, garlic and celery, then cook for another 4-5 minutes.

Add the stock, mustard powder and nutmeg and bring to the boil, then simmer for 15-20 minutes until all the vegetables are tender.

Add the eating apple and stir, then blend really well using a stick blender or a liquidiser.

When the soup is smooth and creamy, add a swirl of walnut oil and season to taste.

SPICED WINTER FRUIT CRUMBLE

Recipe by Emma Breger

**Emma was born and bred in London. She's been baking since she could hold a wooden spoon.**

**Made best with seasonal fruit, this simple dessert will warm you up on a cold evening. You can increase the quantity of spices if you like more of a kick! Serve with custard or a dollop of yoghurt.**

SERVES 4 - 5

PREPARATION TIME: 20 MINS

COOKING TIME: 25-30 MINS

INGREDIENTS

*For the filling:*

- 500 g seasonal fruit (e.g. apples, plums and blackberries)
- Splash of orange juice
- 1 tbsp sugar

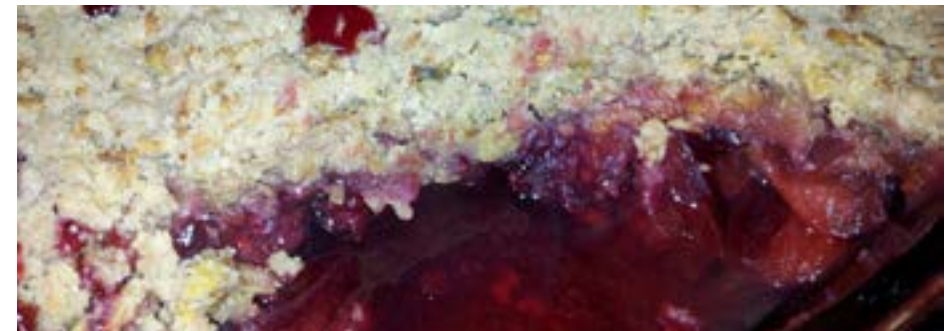
*For the topping:*

- 125 g plain flour
- 75 g margarine or butter
- Pinch of salt
- ¼ tsp ginger
- 1 tsp cinnamon
- 50 g granola

METHOD

First prepare the fruit and chop into small pieces. Place in a saucepan with the orange juice and sugar. Simmer on a low heat and stir regularly until the fruit has softened. Pour the mixture into an ovenproof dish. Next prepare the crumble topping. In a mixing bowl combine the flour, salt and spices. Rub together with the margarine until mixture is fine like breadcrumbs. Stir in the granola. Distribute evenly on top of the fruit.

Bake for about 25-30 minutes at Gas Mark 5, or until the top begins to turn golden.





# Restaurant Review: Ethos

48 Eastcastle Street  
London, W1W 8DX

@EthosFoods / ethosfoods.com



**D**eliciously different. That's the tagline of the new vegetarian restaurant Ethos, situated just a stone's throw from London's bustling Oxford Circus. I visited Ethos just a few weeks after it opened its doors in September. Created by entrepreneur Jessica Kruger, the restaurant describes itself as 'a new fast-casual food concept', serving meat-free dishes from around the world.

I tried a selection of dishes from the self-service pods, including:

- Nasi Goreng, Indonesian fried rice with kecap manis
- Spicy Thai Sweetcorn Fritters with Lemongrass
- Loubieh - Warm Lebanese Green Beans with Roasted Cherry Tomatoes

- (see p20 for the recipe)
- Modern Panzanella - Italian Bread Salad with British heritage tomatoes, croutons and lovage
  - Dengaku Nasu - Japanese miso-roasted aubergine.

My favourites were the Eritrean Mango & Cucumber Salad with a Spicy Peanut Sauce which was very unusual and full of flavour. I loved the vegan Spiced Rubbed Seitan Ribs, marinated and smoked on the BBQ - they were unlike anything I have ever tasted.

With a rotating menu of 74 dishes, I am looking forward to returning and tasting more of Ethos' eclectic delights. Approximately 70% of the savoury food is vegan and there are also gluten free options available.



During my visit, I was assured that the coming weeks would see an improved selection of vegan desserts.

Ethos is a self-service, pay by weight restaurant. Food is priced at £2.50 per 250g to eat in and £2.10 for takeaway. Given the high quality of fresh ingredients, fantastic selection of dishes and wonderful flavours, I think Ethos offers good value for money.

On the weekend, you can opt for an unlimited brunch, priced at £17 per person including a hot drink and juice.

The interior is very sophisticated, and at the same time relaxed, with mellow jazz music playing softly, creating a lovely atmosphere. Silver birch trees bring an element of the outdoors inside, partitioning the buffet area from the cosy, seated part of the restaurant, which can accommodate 74 people, with seating for 12 outside in good weather.

I had a delightful dinner at Ethos, and it looks like a lovely place to go for afternoon tea/ breakfast/brunch too. I can't wait to go back with friends who are curious about vegetarian/vegan food as Ethos showcases the best meat-free cuisine has to offer.

*Reviewer: Lara Smallman*

# Jam Making & Preserving

**By Poppy Berelowitz, urban grower, teacher and chutney maker**

Poppy has been growing fruit and vegetables for the past 5 years, working for numerous community growing projects in London, as well as spending 2 years gaining organic farming experience in North America.

Preserving seasonal fruits and vegetables as jams, jellies, chutneys and relishes is one of the oldest culinary arts. It goes back to a period in time when food could not just be kept in the fridge or freezer to prevent it from going off.

I have been growing my own fruit and vegetables for many years. Some years, like this one, I have had a glut of fruit in my garden and on my allotment. I love experimenting with all the different berries and being inspired by what is in season. A favourite from this season, using the abundance of apples on the tree and some hot chillies growing in my greenhouse, is my Apple and Chilli

Jam, which has a delicious spicy kick.

Often jams bought from the supermarket contain artificial flavourings and colourings. Making your own means you know exactly what goes in to the jar, and therefore what you are eating. I make both sweet and savoury preserves from jam, which can be eaten as a snack on toast, a side to go with a main dish or a dollop on yoghurt as a dessert.



**FRUIT:** Soft fruits and berries are delicate fruits, which are best in the summer months or late autumn. Although they have their own distinct colour and

flavour, one can mix and match depending on quantities and on what you can get hold of.

Orchard fruits such as apples, pears, quince and medlars can be added to each other for delicious combinations but also boiled and strained through cheesecloth to make clear jellies. Stone fruits such as cherries and plums have their own intense sweetness, in contrast to citrus fruit, which I buy from an organic supplier and use the zest for flavour or for pectin.

## My equipment tips...

**PRESERVING PAN:** Although a standard non-stick pan does work, I find a specialist pan which is large, heavy and wide to allow rapid evaporation of liquid so that the setting point can be reached quickly makes the process a little easier.

**A FUNNEL:** Filling the jars can be the messiest part but I find a wide funnel which sits on the rim of the jar makes transferring the jam to the jars considerably easier, especially if you are making a large quantity.

**STERILISING:** There are several methods to ensure the jars are sterile. If you have a dishwasher, put the jars in on a rinse cycle on the hottest temperature with no detergents. The key is timing here as you want to ensure the jars are still hot but not wet when filling them with the jam.

**THERMOMETER:** There are numerous ways to check the setting point of jam but my magic number is 105 degrees. For nearly all the jam I make I ensure the mixture reaches this temperature so the jam sets to a

perfect consistency.

**NATURAL PECTIN:** I rarely use commercial pectin in my jams, relying instead on the natural pectin of the fruit. When using low-pectin fruits and making a larger batch, I suggest adding lemon juice and boiling the mixture with the seeds of

lemons which are high in pectin.

Jam-making requires time and persistence. Once you have made your first couple of batches it's easy to get the hang of things and learn from mistakes! My top tip to ensure successful jam making and preserving is to be patient and give yourself enough time, at least two hours.



Three years ago, when I returned to London after working on an organic farm in America, I set up Poppy's Homemade. Selling in shops, cafes and farmers' markets, my current range includes: blackberry jam, quince and rosehip jelly, rhubarb, blackcurrant and vanilla jam and beetroot and apple chutney. For enquiries and orders for workshops, stalls, gifts and wedding favours, please email:

[poppyshomemade@gmail.com](mailto:poppyshomemade@gmail.com)



## Gardener's Corner: Winter 2014

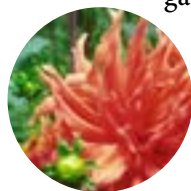
### THE BUTCHART GARDEN, VICTORIA, BRITISH COLUMBIA

In the early 1900s Robert Butchart, a business man, purchased a plot of some 55 acres, 20 miles south of Victoria on Vancouver Island to exploit the limestone for cement manufacture. This region mainly consists of granite rocks from igneous eruptions that formed this coastline. They set about quarrying the deposits for converting to cement and excavated several large craters, but unexpectedly, after six years the deposits ran out.

Undaunted he bought another plot, not too far away where there was an ample supply, and went to work on this, leaving his wife and family to look after the homestead, so to speak. Mrs Butchart was not the type to idle her days away, and had both time and any

amount of money to call upon as well as a good supply of local labour.

Her real love was gardening, and the excavated areas would lend themselves to an outlet for her creative genius. She started with the large crater, making this into a sunken garden, with a lake, bog garden and fabulous flower borders.



Her grandson installed a fountain in the lake with a spray 70 feet high, and they had their own jetty into the fiord inlet of the sheltered waters around. These brought a mild micro climate to the area. The gardens expanded and soon attracted passers by to divert and just make impromptu visits.



Her son caught on to the idea of setting up a desk at the entrance and making a small charge.

Mrs Butchart found out and told him in no circumstances did anyone have to pay to see her garden and, indeed as they arrived in their droves, she hospitably offered them a cup of tea. In one year in the 1920s she served up 80,000 cups of tea!

Her grandson inherited the property in the late thirties, and continued the family tradition, there were a great many gardeners, but during the Second World War, the patriotic Canadians enlisted in their thousands to fight for King and country.

Many did not return. After the war, when the gardens had become overgrown and neglected, he set about their restoration, with a zeal. With Herculean labours, the gardens were returned to their former glory, and can now be visited, as a highlight of any visit to Victoria.

Our encounter here was at the very end of August. One might have thought that many blooms would be past their best, but we were greeted by totally immaculate and perfect borders of some of the finest displays we had ever seen.

Fibrous rooted begonias massed in borders, up to 2 feet tall, and without a single blossom showing any sign of wilting. The flowers just bounded



upon one another in a kaleidoscope of shades and forms. You are transported by paths, of cement, of course throughout, and there is no call to walk on the grass, which everywhere is of the finest emerald green. At this time, the fuchsias are in full show, and the dahlias were particularly beautiful, reaching up to about eight feet, abounding in spectacular flower heads from the ground up.

These were being visited by several types of bumble bee, which were totally new to us, as well as the honey bee, all partaking of the nectar and pollen, freely on offer all around. The rose garden is laid out formally, with varieties drawn from all over the world. The whole is a transport of delight and requires many hours to drink in the wondrous displays. Why we thought could there be no dead or dying heads anywhere to be seen?

The answer is that at seven o'clock in the morning a small army of gardeners descend to make everything immaculate so that on opening at 10am, there is not a bloom past its best or out of place.

A Japanese garden was created by the family for a place of contemplation. This follows the tradition of this genre, and is equally well tended. This adjoins the jetty, where an electric boat will show you the most interesting area along this shoreline, and provide an entertaining insight into the history of this unique place, without causing any pollution.

Mr Butchart senior, had manufactured a large number of concrete posts to sink into the foreshore, for the landing, and a larger number as spares, should they be needed.

One hundred years later, all of the originals are still in perfect condition and the spares lay nearby unused.



The landing itself has been replaced by a floating pontoon, and atop each post is a nest box, each one numbered and which in the summer are occupied by a martin which flies in from Brazil to this summer quarter, with a local bird loving society, ringing many and keeping records of the birds visiting each address, each year.

In the months when the nests are vacant, they are cleaned out and renovated if need be, ready for the welcome return of these non paying visitors.

Today the gardens are visited by over one million people a year and one senses the spirit of the founder, Mrs Butchart.

Of course, today the gardens are not free, but the modest entrance fee is great value and provides a wonderful days' enrichment of soul.

TO FIND OUT MORE, VISIT [BUTCHARTGARDENS.COM](http://BUTCHARTGARDENS.COM)

## Judaism & Vegetarianism

### ARE VEGETARIAN RESTAURANTS KOSHER?



#### JVS Trustee Dan Jacobs surveys the issues around eating out at non-kosher vegetarian eateries

The UK is blessed with a multitude of great quality vegetarian and vegan restaurants. It begs the question; do we as vegetarian/vegan Jews need to be concerned about the *kashrut* (the body of Jewish religious laws concerning the suitability of food) of these establishments? The quick answer is that for anyone striving to live according to *halacha* (Jewish law), is that at a minimum, eating in

a vegetarian restaurant is a veritable minefield, and therefore most 'frum' or Orthodox Jews avoid doing so.

First some disclaimers: This article has been written from an Orthodox *halachic* perspective, masorti and other *halachic* approaches may differ. In addition, I am not a Rabbi and I do not attempt in this article to give *halachic* advice. Anyone wishing to is well advised to check with his or her chosen *halachic* advisor. A final disclaimer, my summaries below are very shallow and barely begin to touch on the complexity of each issue. Pick just one issue, and you can find tonnes written about it in Jewish bookshops:

- *KASHRUT OF UTENSILS, EQUIPMENT, OVENS ETC.* – most types of kitchen equipment and utensils are liable to become non-kosher if they are used for cooking non-kosher ingredients. A relevant *halachic* (legal) concept is 'noten tam' (acquiring taste), i.e. the taste of pork is absorbed into a pan it is cooked in. The implements would then have to



be koshered by an expert before it can be considered kosher. The question for us here is, how can we be sure that the pots, pans etc. have not been used for such purposes? One option would be to have a conversation with the proprietor of the establishment.

- **KASHRUT OF INGREDIENTS USED** – not all vegetarian restaurants will make everything from scratch, some will use stock and other ingredients, which even though may be vegetarian, could be non-kosher. E.g. marmite produced in the UK is not kosher, even though it's vegetarian, this is to do with the contamination from Bovril (a meat-based product) in the same plant.

- **BREAD (PAT)** – Dating back to the Mishnaic period (pre 220CE) is the prohibition on eating bread made by non-Jews (*Pat Akum*) to prevent intermarriage. The *halacha* is usually interpreted to only apply to privately baked bread and not bread from a bakery (*Pat Palter*). In which case the only issue is that of the ingredients/equipment being kosher (as above). The usual advice from UK Orthodox Rabbis is to only eat *Pat Palter* when kosher bread is not available (Kingsmill falls into this category), although

another view says that if *Pat Palter* is the best quality bread available in your area then it is acceptable.

- **CHEESE** – An edict was made by the Rabbis of the Mishnaic era that hard cheese made by non-Jews is not kosher. There has been a 2000 year debate over the reason for this and even now it's not entirely clear. Post medieval *Halacha* says that even vegetarian cheese has to be made by a Jew to be kosher. It's likely that the intention behind the law was as with bread, related to preventing intermarriage. The only major *halachic* source that allowed vegetarian cheese was Rabbeinu Tam (12th C). Mainstream Orthodoxy in the UK, Israel and the US therefore does not permit the consumption of unsupervised vegetarian cheese.

- **WINE & GRAPE JUICE / EXTRACT** – Similarly to cheese and bread, wine has to be made by a Jew, there are two separate prohibitions here, the first is *Yayin Nesech* (libation wine) and the second is *Stam Yayin* (ordinary wine). Libation is the processes of pouring out wine for religious purposes, which was common practice in pre-modern idol worship rituals. *Stam Yayin* extended the principle further so that even kosher made

wine can be 'contaminated' by being touched by someone inappropriate (unless boiled first i.e. mevushal). Even grape extract needs to be kosher which is why many popular soft drinks such as Innocent Smoothies are not kosher according to the London Beit Din.

- **'BISHUL AKUM' (COOKING BY IDOL WORSHIPERS)** – Food cooked by an idol worshiper is not kosher. This dates back to pre-Roman times (and first codified in the Mishna) when idol worship was synonymous with human sacrifice and other immorality. However *Bishul Akum* only applies to food 'fit for a kings table' which is why Mars bars and Walkers crisps are kosher (London Beit Din).

Many would argue that for example Indian street food would not be 'fit for a kings table' and therefore *Bishul Akum* is not an issue in that instance. Finally, *Bishul Akum* can be overcome by a Jew being involved in any intrinsic part of the cooking process e.g. turning on an oven (which could even be left on all day).

There are many other issues to be concerned about; I've just outlined the ones that I think are the most important. In fact there are even potential kashrut issues with having

a sliced lemon in a diet coke in a pub ('sharp' foods like lemons can pickup non-kosher status from a non-kosher work surface).

Here in the UK, one should understand that no orthodox 'authority' would advocate eating in a vegetarian restaurant, although I have personally known several orthodox Rabbis who will do so, they may however take precautions such as requesting to visit the kitchen, stir a pot, check ingredients or ask questions of the chef/owner before doing so.

How about eating raw food? No cooking involved there, most of the issues we have discussed would not be a problem surely if one eat in a raw food vegan restaurant, right? Actually, according to *halacha*, eating an insect is twice as bad as eating a pig (because the prohibition is mentioned twice in the Torah). In a kosher kitchen, a shomer (supervisor) or approved staff will painstakingly check leaves and veggies for insects. Can you be sure that is going on in a vegetarian or vegan restaurant? If you want to be sure, maybe just stick to a salad (and make sure to check the leaves before you swallow!).

## Consumer Corner

### REBEL KITCHEN MYLK DRINKS

Rebel Kitchen is making tasty, nourishing snacks available to everyone, everyday, everywhere with a new range of dairy free “mylks”, encouraging people to rebel against junk food and snacks. All of the new drinks are made with a with a base of hydrating coconut milk blended with pure spring water from Somerset and a touch of organic date nectar for sweetness – no refined sugar, additives or preservatives. Rebel Kitchen mylk drinks are lactose-free and suitable for vegans, vegetarians or those on a dairy-free diet. The ‘mylks’ come in three flavours: Chocolate, Matcha Green Tea and Chai. The 330ml tetra-pak cartons are priced at RRP £1.89, available via Rebel Kitchen’s online shop at [Rebel-Kitchen.com](http://Rebel-Kitchen.com), Whole Foods, Daylesford Organics, Selfridges, Fortnum & Mason and other independent stores. [[rebel-kitchen.com](http://rebel-kitchen.com)]



### SOUPOLOGIE

Soupologie started in 2012 when Stephen Argent, a food-loving Chartered Accountant, decided to see if the public loved his soups as much as his family did! To his great delight, three large saucepans of hot soup sold out within an hour at the Hampstead Fair, and Soupologie was born! By being completely vegan, gluten-free, with no added sugar or artificial thickeners, like cornflour, the soups meet most dietary requirements.

Soupologie is sold by Ocado and in Selfridges, Whole Foods Market, Planet Organic, As Nature Intended and many other independent retailers. Flavours include Spinach & Kale with Garlic, Broccoli & Matcha Green Tea, Beetroot & Pomegranate. A 600g pot retails at £2.99. [[soupologie.com](http://soupologie.com)]



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## New books

### VIVA! COOKBOOK

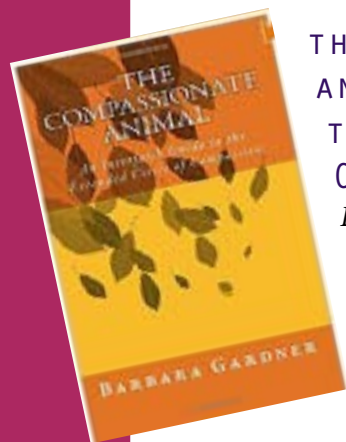
By Jane Easton

Paperback £9.99

Boasting over 130 recipes with accompanying colour photos, the Viva! Cookbook will take your taste buds on a culinary adventure; from satisfying starters – Sautéed Squash with Olive Tapenade & Cannellini Beans and Luscious Two Pear Salad with Balsamic Dressing; to decadent desserts like Juliet's Luxury Chocolate Mousse and Viva!Blocker Glory.



Look out for fresh and flavourful global dishes that hold their own such as Viva!'s Very Moorish Moroccan Stew or that work well as part of our 'Cool Combos' – pair the Quesadillas with Guacamole & Lime Sour Cream Dip with our tangy Mango Salsa. For a stunning show-stopper, our Big Puff Pie – bursting with mixed mushrooms and topped with a crown of puff pastry – will not disappoint.



### THE COMPASSIONATE ANIMAL: AN INTERFAITH GUIDE TO THE EXTENDED CIRCLE OF COMPASSION

By Barbara Gardner, paperback £9.99

'The Compassionate Animal' explores the age-old religious traditions which have given us a profound guidance in developing empathy towards all sentient beings. The book is immediately informative, educative, challenging and inspiring.

### THE VEGETARIAN'S COMPLETE QUINOA COOKBOOK

By Mairlyn Smith

Paperback £14.99

A credibly nutritious meat substitute, quinoa has been embraced by vegetarians and vegans alike. *The Vegetarian's Complete Quinoa Cookbook* is all the inspiration you need to incorporate it in to a vegetarian / veggie-focussed diet. From soups and salads, to stir-fries and stews, and even sweet treats and desserts, quinoa's uses are demonstrated across 120 recipes, every one of which comes in at under 500 calories.



Writer seeks further life and work information for  
an in-progress biography of

LEWIS GOMPERTZ (1783/4–1861)

including accounts, anecdotes, archives, childhood, clothing, consents, contacts, copyrights, correspondences, diaries, diet, early work, education, family, friends, homes, income, influences, interests, library, lifestyle, manuscripts, official and personal papers, pictures, portraits, reading, shopping, unpublished documents, etc.

In the first instance please contact Barry Kew PhD (former General Secretary of the Vegan Society and editor of *The Vegan*) with any leads and other assistance – or if you have any queries regarding research ethics, privacy, purposes, aims, me and so on – via:

[moore.salt@btinternet.com](mailto:moore.salt@btinternet.com)

## 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.

JVS has been a member of the Jewish Social Action Forum since 2013.

## Become a member

Annual subscriptions are £12/\$20 (single) and £15/\$25 (family). Life membership is £200/\$320 (single) or £300/\$480 (family).

To find out more and to sign up for membership, please visit [jvs.org.uk/member-signup](http://jvs.org.uk/member-signup) or phone 020 8455 0692. The Jewish Vegetarian Society is an international movement and membership is open to everyone.

Membership benefits include:

- JVS quarterly magazine, including delivery
- Exclusive prize giveaways
- Discounts at JVS events
- Free access to our community library

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.

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