

# The Jewish Vegetarian

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*See page 9-10*



**NATIONAL ORCHID GARDENS – SINGAPORE**

**No. 165 June 2008 Iyar 5768 £1.50 Quarterly**

**לא ירעו ולא-ישחיתו בכל הר-קדשי...**

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

**The Official Journal of the Jewish Vegetarian and Ecological Society Founded by Philip L. Pick. Registered Charity No. 258581 (Affiliated to the International Vegetarian Union)**

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**JVS MAGAZINE**

**Editor: Shirley Labelda**

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**CONTENTS**

Why a Jewish Vegetarian Society?	3	Global Food Crisis	27
Society News	4	Consumer Corner	29
Obituary – Laurie Binstock	6	“Perek Shirah”	31
Turning Words Into Deeds	8	News from Near and Far	33
Please Help Re-establish the Jewish Vegetarian Society (JVS)	9	Cookery Corner	35
New Group Celebrates Passover		Gardener’s Corner	40
With a Difference	11	Vegetarian & Vegan Foundation	42
Should Jews be Vegetarians?	18	Book Reviews	44
Poem	21	Viva! UK Vegetarian Guides	49
Recollections	22	Semi Display & Classified Ads	50
		Display Advertisements	52

# WHY A JEWISH VEGETARIAN SOCIETY?

Because of the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of flesh foods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era. "When they shall no longer hurt nor destroy".

**Support the International Jewish Vegetarian Movement  
- a worldwide fellowship**

**The JVS is an International Movement and  
Membership is open to everyone**

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

- A.** Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- B.** Non-Vegetarians who are in sympathy with the Movement.

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.  
Please state whether 'A' or 'B' (above)

Name (in full – clearly) Tel. No.  
Address (clearly)  
Occupation Fee enclosed £

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of £ . . . . .
2. I would like to 'Covenant' my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).  
Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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see page 9/10**

# SOCIETY NEWS

## PHILIP LEON PICK

By MICHAEL FREEDMAN

It was in 1964 that I first met Philip – it was a meeting which was to herald the start of a great development in vegetarianism for both Jews and Gentiles through the efforts of a man who was an inspired orator for humanitarianism and a love for all G-d's creation.

I became a vegetarian in 1952 when I was 14 out of personal conviction and it was many years before I met another such. Although my ideals were strong I had no means of sharing them with like minded individuals or even knowing if they existed.

It was like manna from heaven when Vivian Pick's letter appeared in the the Jewish Chronicle inviting vegetarians to come forward and make themselves known.

As a result of a number of letters from the converted a meeting was convened in Philip's house in Highgate. From this The Jewish Vegetarian Society was born.

Philip held all of us spellbound by his use of language to express what we all felt about vegetarianism as a way of life, but which we were all unable to put across with such powerful conviction and moving oratory.

From those early days we moved forward as a society and spread to the four corners of the world. Philip timelessly travelled the world, involving himself and the society in the International Vegetarian movement.

When the IVU held its congress in India – Israel was excluded officially. Philip changed all that and the next congress was held in Israel with important Indian Statesmen present – this was an important breakthrough in recognition of this small country. The potential and impact of the JVS was being felt.

Philip's views sprang from a compassion for all sentient creatures and a deep belief that the Torah taught us all not to kill for food but that man had degraded to a point where flesh foods were permitted although only because of man's rebellion against the higher ideals to which he could not adhere. He wanted people to know that not all views were dependent on chicken soup and chopped liver.

Philip was able to speak out against anti-Semitism when ritual slaughter was brought into arguments to stigmatize Jews as inhumane to animals (and by

# SOCIETY NEWS

extension to fellow men). As a Jewish Vegetarian his views held credibility because they were not vested in self interest

As a result of this numerous non-Jewish organisations united against this form of blatant anti-Jewish lobbying.

Philip was against all slaughter and often said that the phrase "human slaughter" was a contradiction of terms.

Gradually Philip recruited his nephew and associates and the society grew – with headquarters at 853/855 Finchley Road and the message of kindness and humanity went out loud and clear.

Philip's beliefs coming as they did from the many biblical references, his dream and ambition was to have a centre in Jerusalem which would form a focal point for Judaism and Vegetarianism combined and that this would shine as a beacon of light to all the nations of the world.

I am told that when the Messiah comes there will be no more slaughter of animals – Philip wanted to push the Society towards that goal in our time.

Minna Pick was able to be present at this meeting and we were pleased to welcome her.

Before he died Philip asked me to promise him to help continue his work – we had hoped he would have had many more years himself to see the fulfilment of his plans – but this was not to be as sadly he was taken suddenly ill.

Even in his advanced years Philip had the appearance and the energy of a man 30 years his junior and had a sharp and piercing intellect.

**His greatest memorial will be that the work which he started will continue and develop here and throughout the world.**



**We have a number of Badges and Rubber Stamps with the**



**sign – available at £1 for the pair, which includes postage.**

**Contact the office regarding payment.**

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see page 9/10

# OBITUARY

## OBITUARY

### Laurie Binstock

It is with deepest regret that we have to report the passing of our very dear friend and life member Laurie Binstock after a long illness.



Laurie was a founder member and was at the inception of the JVS in 1967. A dedicated Committee Member for most of those years but unfortunately had to step down in the last year or so due to ill health as she was unable to attend the committee meetings. Nevertheless she continued to write articles regularly for the magazine on Jewish life and Jewish history which were well researched through the internet.

She had a passion for history, especially of king and queens. An unashamed royalist, it gave Laurie and Harry great pleasure to be presented to the Queen and Prince Phillip at Buckingham Palace on the occasion of their Golden Wedding.

Laurie had a thirst for Jewish learning. The personalities of Tanach and Chazal fascinated her. She read avidly works of midrash that filled in the details of their lives and would often come out with obscure details that she had found in her reference works.

Long before Vegetarianism and Alternative Medicine became fashionable, she was an early champion of healthy and intelligent eating, and the potential benefits of Alternative Medicine in conjunction with Orthodox Medicine. For a period of time she served on her local Health Authority, wanting to see that resources were available as widely as possible and fund raising from local businesses to ensure that local clinics offering Alternative Therapies could remain open.

One of her many passions was to participate in the annual Ladies Guilds Quiz. She enjoyed swotting up on the set books and keeping her 'team', which represented Egerton Road Shul, in order.

She had a remarkable ability to make friends. She didn't distinguish between

# OBITUARY

family, social, business, or professional. All came in her orbit of care and personal concern. Within a short space of time people would confide their secrets to her. She had acute antennae of sensitivity to people's feelings and wanting them to feel good about themselves.

The decline in her health in recent years led to a bout in hospital some months ago. When she returned home, she had to adjust to a new regime, wheelchairs, stairlifts etc. which she accepted with a determination to make the best of things. Just a few days before she was admitted to hospital this last time, she spent a wonderful day in Regents Park, basking not only in the glorious sunshine, but surrounded by 4 generations – husband, children, grand-children, great-grandchildren, as well as extended family, who all admired and adored her. Her family and their spouses were her pride and joy, she never asked for anything, all she ever wanted out of life was 'nachas' which she certainly got.

She will be sadly missed by her many friends, associates and all who new her and we would like to extend to Harry, Ivan , Philippa and her sister Freda long life and good health to them and their families.



## **WESSEX JEWISH VEGETARIAN GROUP**

**We welcome all those interested living in our area to join the 'Wessex Jewish Vegetarian Group', affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green, London NW11 8LX**

**We meet four times a year – Spring – Summer – Autumn and Winter for socials, picnics, walks, talks and exchange of recipes.**

**We invite all ages to join us. If you are interested, telephone: Rosalind: (01202 295895) leaving your name and telephone number.**

**Looking forward to meeting friends we have yet to meet!**

# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

### THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.  
£4 Mr. B.R.C., Moseley, Birmingham

## DONATIONS RECEIVED

We wish to thank all those who send in donations towards the Society's funds. Although items £3 and under are not listed to save expenses, all are appreciated and put to good use.

£25 Mr. B.H.W. Didsbury, Manchester. £18 Mr. H.G. Ilford, Essex.  
£13 Mr. P.C-B. Dorchester, Dorset. £10 Mr. A.H.J. London SE22.  
£10 Mr. A.R. Hadley Wood, Herts

## BUILDING FUND DONATION – LONDON HQ.

£10 Dr. D.R. London NW7. £4 Mr. B.R.C. Moseley, Birmingham.

## FRIENDSHIP HOUSE



The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa. POB 80.

DN Safon Yehuda 90830 Tel: (972) 2 5337059 ext 112.  
Visitors are always welcome.

**A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you.**

## DONATIONS RECEIVED:

£110 & £500 Mr. H.L. Huthwaite, Notts. £50 Mrs. S.S London NW11.  
£25 P.C-B. Dorchester, Dorset. £25 The R. Family, London W5.  
£10 R. & P.G, Poole, Dorset. £10 Mrs. B.P. Radstock, Bath.  
£5 Mr. & Mrs. J.C.B. Innerleithen, Peeblesshire. \$45 Ms J.R. OR. USA.



# PLEASE HELP RE-ESTABLISH THE ISRAELI JEWISH VEGETARIAN SOCIETY (JVS)

**Message from JVNA president  
Richard Schwartz**

Shalom,

Because it has not been active for some time, the Israeli JVS, a non-profit organization, has been closed down by governmental authorities.

We have the possibility now with new and active people, including me, and with more cooperation by the Jewish Vegetarian Society of England, as well as from Israeli vegetarian leader Dan Arbel, of re-establishing the Society. The Authorities will agree to permit the JVS to function again if 80 or more people sign the form below indicating an interest in being a member of JVS and send it to Dan Arbel. If we get enough people to sign, the authorities will agree to allow us to continue our operation. Membership dues will be nominal and relatively low.

At this time, when a shift toward vegetarianism is increasingly important for health, humane, environmental and other reasons, I think it is very important that there be an active, functioning JVS in Israel. Once it is re-established, there would be meetings, lectures, a periodic newsletter, a letter writing campaign, outreach efforts, approaches to try to educate Israelis and others about the many benefits of vegetarianism and the many Jewish teachings that are most consistent with vegetarianism, and much more. A JVS advisory committee would be set up to help make the JVS operate as effectively as possible.

So, please detach or copy the form overleaf and mail or fax it to Dan Arbel. His contact information is below the form. People outside of Israel can use their passport number as their identity number. You do not have to be an Israeli (or even Jewish) to sign and send in the form. So, please seriously consider doing so. It can make a big difference.

Please pass this information on to others who might be interested.

Many thanks,

Richard (Schwartz)  
Editor of JVNA Newsletter

**Overleaf, please find the form to be signed and sent**

**The International Jewish Vegetarian Society in Israel  
(hereinafter: "the Society")**

I hereby declare that I am willing to join the Society as a member / to continue my membership, and agree to follow the Articles of Association of the Society, in case the Society's liquidation procedures are suspended.

I am aware that according to the Articles of Association of the Society, the members should pay membership dues.

\_\_\_\_\_

Signature

Full name: \_\_\_\_\_

Identity number: \_\_\_\_\_ [outside Israel, this should be your passport number; if you have no passport, please use another significant number]

Address: \_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

**Send Form to:**

Dan Arbel  
Scandi (1991) Limited  
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M.P. Harei Yehuda 90850, Israel

**Tel:** +972-2-5344351, fax: +972-2-5790508

**Fax from the US:** 011-972-2-5790508

scandi@smile.net.il

# NEW GROUP CELEBRATES PASSOVER WITH A DIFFERENCE

## NEW GROUP COMBINES EARTH-DAY WITH LAST DAY PASSOVER VEGAN SEDER

BY JANINE BRONSON

"We serve here and now as true guardians of this blessed Earth, and are a light unto the nations,' for all the world to follow', by good example."

LEHKEEROOV, a newly formed lively and energetic group of Kosher and Ethical Ecological Raw/Living-Food and Organic Vegans, celebrated Earth-Day in conjunction with a Raw/Living-Food Organic and Vegan Passover Seder, held on the last day of Passover at the home of Lillian Goff, Los Angeles, California, where all were welcomed.

Never before, however, has there been a combination Earth-Day/Last Day of Passover Seder, until now! Being both Jewish and Vegan, however, was not a coincidence. Lehkeeroovs' goal is to compassionately share the resources, find common links and explore their ancestral ways of celebrating throughout history. Not just limit ourselves to the current day practices of Jewish traditional



Janine holding some of the books used

customs, but to look at our experiences and what we learn from them and where they ought to be taking us from now on – particularly, in light of global warming and the imperilled state of the earth that we are faced with today.

This gathering, the very first Earth-Day/Alternative Raw Vegan Passover Seder, shared together, was absolutely wonderful. How was it? "It felt like a family Passover celebration, Janine was our own little 'Rebbe' and did a beautiful job conducting the Seder from Roberta's Haggadah" – Ralph Meyer.

"After having suffered through years of boring Seders, it was absolutely refreshing and hopeful (like Spring!) to attend a Seder, where everyone seemed interested.

This is only the beginning, as I see that the 'alternative' Seder concept can now, with the help of the power of vegetarianism/veganism, be transferred to other Jewish holidays. Thank you, Janine, for your lively leadership, and

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see page 9/10

## NEW GROUP CELEBRATES PASSOVER WITH A DIFFERENCE

thanks to everyone for the wonderful, lively food and company.” – Leonard Aubrey Pitnigoff.

“The relevance to today, encompassing Earth-Day was felt very strongly in this Seder. Jewish souls all over the world are bound to embrace going green. Our choice of raw/living foods from the ground or the trees and giving back to earth by promoting composting, recycling, saving water, being mindful of dwindling resources and not wasting energy, living a compassionate harmonious life, acting with passion and understanding, treating others with utmost respect, was demonstrated by the way Janine showed kindness when asking questions, going around the room, addressing each and every person, and not getting perturbed if they hesitated or might have forgotten an answer, but gently suggesting possible choices, involving everyone, encouraging participation and encouraging lively discussions, just as the food was as lively, fresh, simple, and enjoyable! This was strikingly different from Seders in the past, and all the people seemed very friendly and eager to add to the event.” – Bernice Schneiderman.

“There was no heavy bloated feeling after eating, and nobody was tired or groggy, quite a memorable Seder!” concludes Larry Moss.

Our Seder could be thought of as a quest for personal and collective spiritual freedom, as in making all of us, and our planet, become completely rid of bondage, free of misuse and abuse. Our whole planet needs to heal a “Tikkun Olam!” That’s where LEHKEEROOV comes in!!!

Needless to say, we all had a marvelous Alternative Raw/Living Foods Organic Vegan Earthday Seder, reading together from Roberta Kalechofsky’s Haggadah for the Liberated Lamb (obtainable from Micah Books, Roberta’s publishing company) I remember very fondly the vegetarian Seders that we used to conduct together at Roberta and Robert Kalechofsky’s house in Massachusetts, many years ago, and can imagine they are still continuing, just as lively as can be!

Despite there only being a few participants, keeping it more like a family affair, there was everything from ‘soup to nuts’ and plenty of variety. Everyone one had brought fabulously prepared delicious wholesome food, made with so much love. There was fresh sweet extremely large strawberries and other fruit, nuts and seeds, grain such as the wonderful-tasting quinoa, with its tiny

# NEW GROUP CELEBRATES PASSOVER WITH A DIFFERENCE

circular “tails,” looking like “Catherine miniscule wheels,” which is permitted on Passover, and blended vegetable soup, Romaine lettuce salad and sliced avocado, simple dips, spreads and more, but not too much.

Remember, this “Sustainable Eating” idea typical of Earth-Day was intended to be thought of as just bringing enough food to the group (it was pot-luck style everybody participating in preparing the reclining down meal) by eating just enough deliciously light food, in order to sustain the body, “eat to live, and not live to eat” and not stuff it either,

Many illnesses are related to overeating or making bad food choices when eating. Instead, savour every morsel and enjoy each mouthful, chewing deliberately and carefully, and salivating well. Any homeless and hungry guests and children were welcome, including some four legged friends!



*Delicious, simple dishes shared at Passover*

There were members of at least one party arriving in an organized car-pool vehicle, saving gas, time, and money, less exhaust pollution, all in keeping with the earth-day spirit. Feeding ourselves is not as important as being concerned for our planet’s sustainability to feed our offspring, their children, grandchildren and generations to come, help feed the starving homeless, reduce world hunger, heal our planet and give back to the earth.

How did we discuss the ways in which we could achieve this goal, during our Seder? By asking many pertinent questions to receive appropriate answers! By recycling, not wasting and saving energy, protecting our resources, especially water, and creating renewable energy and biodegradable materials, for example, were but a few of the many suggested solutions to complex global problems. However, wait, there’s more to come!

A special and great example to be followed from our Alternative Seder was eating only from the fruit of the earth and trees (no animal products) as in the Garden of Eden, and not eating highly processed foods (canning wastes fossil fuels) and reducing chemicals (such as pesticides, irradiation treatments)

Please help IJVS – Israel  
see page 9/10

## NEW GROUP CELEBRATES PASSOVER WITH A DIFFERENCE

and avoiding Genetically Modified food, herbicides, etc.

How come? Because we have a duty to be mindful and care for our bodies maintaining health for both the self and our other fellow human beings, and all beings, for that matter, whatever our fellow earthlings may look, sound, smell or feel like, but we don't want to necessarily know what they taste like.

We also mentioned the punishment that G-d rained quail over the land because the people were crying out for the fleshpots they had become used to in Egypt and were not satisfied with the simple manna as a punishment for being greedy and behaving like gluttons. For it was not G-d's will or never had been for man to eat meat. Look at Genesis, and how in the Garden of Eden we survived on fruit from trees, every herb yielding seed, and fruits of the earth (what is the exact quote?) and all of these are blessed. Shouldn't we continue just to follow this order for our menu, because we can fulfil our dietary needs and instead of eating meat, eat of the fruit of the trees or the earth, items which are blessed as such, (there is no blessing now and there never was as far as I can research by looking it up per se for meat, none for fish, none for eggs, none for dairy, etc. now, doesn't that hint of a more peaceful future?)

During the Seder some of our blessings, therefore, were made before partaking of the fruit of the trees (Baruch Atah Adonai Eloheinu Melech Haolam, Borei Pri Haetz) and of the ground (...Borei Pri Ha'adama). Blessed art thou Oh Lord Our God, King of the Universe, who hath created the fruit of the tree/earth. LeHkeeroov!

So many people enjoyed getting great tips for saving water, recycling, and caring for our Earth, etc. making us extremely grateful for being able to join in this pot luck, especially thanking the gracious hostess, Mrs. Lillian Goff.

**N.B.** The last day of Passover in exile (countries outside the boundary of Israel) is on the eighth day of Passover. However, in Israel, seven days of Passover suffice. The second Seder (second night) was added so that both days would be "covered," just in case they were off track, since they weren't sure which day it was supposed to be on. Understand here, please, how it used to be back then in the Holy Land Israel, during the time when a signal used to be transmitted physically, by people living exceedingly further and further away until approaching the other countries when you could hardly

# NEW GROUP CELEBRATES PASSOVER WITH A DIFFERENCE

see the light of the fires anymore. In places where you could see it, you then would light your own fires in turn, so that others could see it too, and then pass on the signal in turn, and so on, and so forth, rather like a chain reaction, which naturally, takes extra time. Nowadays, thankfully, there are the instantaneous international time zones, separating the subsequent days within the 24-hour/day time clock).

## **What is yoga laughter all about, does anyone know?**

Could it be related to learning how to improve our breathing through belly shaking, expanding the lungs, rolling over, or nearly falling off the chair, just "peeling with laughter?" What usually makes you laugh out loud the most?

By the way, 4th May 2008 was World Laughter Day! A meeting was held at the Valley Beth Shalom Synagogue (House of Peace) with Dr. Gary London talking about "Putting Old on Hold!" We hope to share this event with you, shortly following the discussion in a subsequent issue.

## **What do you think?**

Please call us if you have any questions, comments, concerns, or ideas on voicemail 24/7 on (310) 358-9941, leaving a message when (including time zone!) and what country and area code and telephone number(s), so that we can return your call. You may also reach me by email by sending a message to: [janine@a11massage.com](mailto:janine@a11massage.com)

**Won't you please take a moment right now to go to your computer, then click and join LEHKEEROOV at : <http://www.rawfood.meetup.com/317>**

Blessings,  
Janine



# ISRAEL REPORTING

## WE HAVE RECEIVED THE FOLLOWING LETTER FROM ORR SHALOM CHILDREN'S VILLAGE

**Shalom,**

First and foremost I want to thank you for your support of **Orr Shalom**.

**Orr Shalom** is "home" to approximately 1,300 Israeli children and youth at risk with a continuum of care. As a result of support, together with the wonderful efforts of the **Orr Shalom** professional staff, we are the largest Israeli organization of its kind with a geographical spread from Eilat in the South to Haifa in the north. Of late, there have been several developments that I would like to bring to your attention.

After four years I am concluding my tenure as the Chair of the Board of **Orr Shalom** and will rotate positions with Oren Plotkin (Chairman of Development Committee). During this period **Orr Shalom** absorbed the Foster Care Program for the centre of the country, we have added additional family/community homes, purchased several of the homes that our children reside in and renovated others. The organization has grown into a large organization while maintaining high standards of professional care.

I am proud of the fact that we are an organization that invests in a large range of therapeutic responses to the children's needs, professional tools and an ongoing self evaluation of what we do. As **Orr Shalom** is so close to my heart and I believe in our common goal and the staff of **Orr Shalom**, I am anxious to be a part of our continuing success in my new role as Chair of the Development Committee.

Oren Plotkin is a veteran member of the Board, who served until recently as the Chairman of the Development Committee as well as a member of the Finance and Steering Committee. Oren knows the organization intimately and is very involved on all levels of the organization, if as a volunteer and personal council to boys in Reut and/or through the different positions he has held on the Board. Oren brings to the position passion and compassion as well as a lot of enthusiasm and business experience. Oren was voted in unanimously; his organization insights are very much needed at this time to enable the organization to meet all of its commitments.

The Board nominated Ms. Anat Dunowicz (**Orr Shalom** Foster Care Program Director) as the Executive Director of Orr Shalom. Haim Feingold, who has led the organization over the last 18 years will step down and will continue to work with Anat and the staff to help strengthen **Orr Shalom**.



# ISRAEL REPORTING.

During the years that Haim served as Executive Director, he was the driving force behind Orr Shalom. He dedicated himself to building and developing the organization through upgrading the level of services by developing the therapeutic model of the organization. He also developed the ground breaking concept of the community family homes that were the first of their kind in Israel and developed personal relationships with many of **Orr Shalom** supporters and donors. I want to take this opportunity to thank him for all he has done for the thousands of children that called and call **Orr Shalom**, home.

Anat was the Director of the Central Foster Care Program. Over the years she was able to develop strong professional ties with many professionals across all of the sectors in the **Orr Shalom** world. Anat was instrumental in recruiting new foster families and developed an ongoing support system. She managed to create the program's infrastructure, as well as the necessary procedures and therapeutic concepts, for the smooth running of a program that includes 500 foster families that take care of the 780 children. Her enthusiasm and professional attitude help ensure that the staff and the parents are able to address the needs of the children and nurse them back to the road of recovery.

I know that we can continue to count on your support and together with you, the Board and the dedicated staff, the donors of **Orr Shalom** and the new management, the organization will go from strength to strength for the good of the children that have been placed in our care.

Sincerely

**Linda Bracha**  
**Outgoing Chair of the Board.**



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see page 9/10

# SHOULD JEWS BE VEGETARIANS?

## WHY NOT DEBATE “SHOULD JEWS BE VEGETARIANS?”

By: **RICHARD H. SCHWARTZ, PH.D.**

This is a very respectful invitation to rabbis and other Jewish leaders to engage in a public dialogue/debate via email on “Should Jews Be Vegetarians?” This is something that Jewish Vegetarians of North America (JVNA) has been trying to organize for many years.

We think such a debate is very important today because the mass production and widespread consumption of meat harms people, communities and the planet and is in conflict with Judaism in at least six important areas:

1. While Judaism mandates that people should be very careful about preserving their health and their lives, numerous scientific studies have linked animal-based diets directly to heart disease, stroke, many forms of cancer, and other chronic degenerative diseases. Efforts to cure these diseases has resulted in sharp increases in medical expenditures, contributing to huge deficits, making it difficult to fund social programs that many Jews and others depend on.
2. While Judaism forbids tsa’ar ba’alei chayim, inflicting unnecessary pain on animals, most farm animals — including those raised for kosher consumers — are raised on “factory farms” where they live in cramped, confined spaces, and are often drugged, mutilated, and denied fresh air, sunlight, exercise, and any enjoyment of life, before they are slaughtered and eaten. A few examples of practices that are sharply at variance to Jewish teachings are that over 250 million male chicks are killed annually in the US alone immediately after birth at egg laying hatcheries because they can’t lay eggs and they have not been genetically programmed to provide much meat; hens are kept in spaces so small that they can’t even stretch a wing, and they have their beaks cut off without anesthesia, so they won’t harm other hens by pecking in their very unnatural environment; dairy cows are artificially impregnated (raped) annually, so they will continually be able to give milk, and forced to give birth to calves who are whisked away from them at birth, likely to become veal calves and live a short, tortured life; and the list could go on and on.
3. While Judaism teaches that “the earth is the Lord’s” (Psalm 24:1) and that we are to be G-d’s partners and co-workers in preserving the world, modern intensive livestock agriculture contributes substantially to global

# SHOULD JEWS BE VEGETARIANS?

warming, soil erosion and depletion, air and water pollution, overuse of chemical fertilizers and pesticides, the destruction of tropical rain forests and other habitats and other environmental damage. A 2006 UN report indicated that “livestock’ agriculture emits more greenhouse gases (18 percent in CO<sup>2</sup> equivalents) than all the cars and other forms of transportation worldwide combined (13.5 percent), and that the number of farmed animals is projected to double in the next 50 years. If that happens, the increased greenhouse gas emissions from these animals will negate reductions in other areas, and make it extremely difficult to reach the greenhouse gas levels necessary to avoid the severest effects of global climate change.

4. While Judaism mandates bal tashchit, that we are not to waste or unnecessarily destroy anything of value, and that we are not to use more than is needed to accomplish a purpose, animal agriculture requires the wasteful use of grain, land, water, energy, and other resources. As one example, in an increasingly thirsty world, it takes up to 14 times as much water to produce a person’s animal-based diet than to produce his or her vegan diet.
5. While Judaism stresses that we are to assist the poor and share our bread with hungry people, over 70% of the grain grown in the United States is fed to animals destined for slaughter, while an estimated 20 million people worldwide die because of hunger and its effects each year. The need to produce so much food for farmed animals raises the price of grain, and makes it difficult for poor people to afford the nourishment they need for the health and proper development.
6. While Judaism stresses that we must seek and pursue peace and that violence results from unjust conditions, animal-centered diets, by wasting valuable resources, help to perpetuate the widespread hunger and poverty that eventually lead to instability and war. Seeing that the Hebrew words for bread (lechem) and war (milchamah) come from the same root, the Jewish sages deduced that a lack of grain and other resources makes it more likely that nations will go to war.

In view of these important Jewish mandates to preserve human health, attend to the welfare of animals, protect the environment, conserve resources, help feed hungry people, and pursue peace, and since animal-centered diets violate and contradict each of these responsibilities, I and JVNA argue that committed Jews (and others) should sharply reduce or eliminate their consumption of animal products.

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see page 9/10

# SHOULD JEWS BE VEGETARIANS?

One could say “dayenu” (it would be enough) after any of the arguments above, because each one constitutes by itself a serious conflict between Jewish values and current practice that should impel Jews to seriously consider a plant-based diet. Combined, they make an urgently compelling case for the Jewish community to address these issues.

So, this is an open invitation for rabbis to engage in a respectful debate on the above issues. We are not arguing that Jews must be vegetarians; there should be a choice, but we believe that choice should be based on the realities of the production and consumption of meat and other animal products and how they impinge on the Jewish values mentioned above. We believe that engaging in such debates would be a Kiddush Hashem (a sanctification of G-d’s Name) as it would lead to an improvement in the health of Jews and others, reduce the current massive mistreatment of animals on factory farms, help move our imperiled planet to a sustainable path and enhance the commitment of Jews to Judaism, by showing the relevance of our eternal teachings to current issues.

So rabbis, please contact me at [president@JewishVeg.com](mailto:president@JewishVeg.com) to arrange a debate. Or, perhaps choose one rabbi to represent your views. The debate would be via email, so there would be ample time for the proper research, consulting and presentation. On the other hand, if you believe that my arguments above and our other arguments ([JewishVeg.com/Schwartz](http://JewishVeg.com/Schwartz)) are basically correct, please let me know, as that can help get the issues onto the Jewish agenda, for the physical and spiritual benefit of Jews and the reduction of current serious environmental threats.

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**HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY**

# POEM



## *An Other World*

by Eva Martin

Oh the Earth this big mud ball  
Gravitation is too hard on us all  
How could we free ourselves from its pull  
Flying high and make it null?

I know we have an other World  
Where colours are flying round in swirls  
There is fragrance of flowers in the air  
And we hear the music of the Spheres

We ourselves are light as a dream  
Our life is ready to redeem  
We are left only with one feeling  
LOVE is permeating our being!

# RECOLLECTIONS

## “RECOLLECTIONS”

By: **DERRICK COHEN**

As one scans the pages of today’s volumes of “The Jewish Vegetarian” which always offers excellent topical news and gossip, one cannot fail to notice a dearth of hotels and guest houses plying their trade in the advertising columns (just 4 in fact). A far cry from those bygone days when as many as 11 or 12 would be taking up space. Even other vegetarian magazines appear to be hit by this lack of suitable accommodation catering for vegetarian cuisine, although restaurants and eateries are on an upward curve. Whatever the answer, it is sad. How difficult it has become for people like us, who for vegetarian or kosher reasons, are unable to find suitable accommodation in order to enjoy many exciting parts of the British Isles.

With this in mind I have come to realise how lucky many of us have been, who have managed to enjoy the superb cuisine and hospitality that some of those places offered us, and to have been able to explore parts of our wonderful countryside never imagined, I for one am very grateful! With my memory box on full alert I would like to share with you some of those places my wife and I have stayed and enjoyed in the past, with added comment here and there. I list them without any preference as follows:

### **“Woodcote”, The Salting, Lelant, Cornwall:**

Established in 1921 and naturally the oldest of the many that sprung up in England, ‘Woodcote’ could well be our favourite, only because it was our first venture into the world of vegetarianism and the luscious foods presented wherever we would be. This beautiful corner of unspoilt Cornwall offers so much to its visitors including lovely beaches, water sports, delightful walks, etc. with arts and crafts at Newlyn, and the famous artists colony at St. Ives. Not forgetting trips to Land’s End and Lizard Point – a sheer delight. Indeed the rugged Cornish Coastline portrays picturesque scenery. We spent many holidays here in the 70s and 80s, never tiring of the exhilarating atmosphere that prevails, with the excellent cuisine always on offer, we have everlasting memories.

Two in particular were when we met a well known Rabbi and his family who would always spend 10 days at ‘Woodcote’ during the period when only dairy foods are permitted to us. Then there was the time when Anita met up with her wartime teacher from evacuation days at ‘Mousehole’ who was then living in Penzance. So much for ‘Woodcote’, our No. 1.

# RECOLLECTIONS

## **"Callender", the Trossachs, Scotland.**

Here we go north of the Border where we sampled the finest of what Scotland has to offer. 'Highfield House' was famous for being the venue of some of the scenes from the TV. series "The Diary of an Edwardian Lady" and it was very easy to see why. Perched high on the top of the slopes of wooded forest just off Callender's main street, the magnificent views were truly outstanding.

Our proprietress had just taken over the existing business and in the manner of a new broom sweeping clean, we were treated to delicious cooking and faultless hospitality, and with the enchanting scenery of The Lochs and mountains, our holiday was a momentous one.

An amusing incident was when a young honeymoon couple from America arrived just before the onset of Shabbat and seeing that we were Jewish asked to borrow some Shabbos candles. We dutifully cut ours in half so allowing them to perform this great mitzvah. Anything to oblige!

## **"Plas Madoc" Llandudno, North Wales.**

For our next venue we go to Wales, home of another race who makes the British Isles what it is. Here we were again given a taste of people with a proud culture. 'Plas Madoc' was situated in Church Walk near to the entrance to "The Great Orme" Llandudno's No. 1 tourist attraction. We enjoyed top class vegetarian cuisine and delightful hospitality amid a warm friendly household. The highlight being the spread laid out at our request for a slight snack for Shabbat lunch. We found our stay very eventful with lovely places of historical interest to visit, as well as having the opportunity to meet with the small Jewish Community of Llandudno, although few in numbers still maintain a Friday Night Service.

## **"Brookesby Hall", Torquay, Devon.**

Well what can be said about "Brookesby Hall"? Situated on the north shores of Torquay at Babacombe beach with the town's facilities within walking distance, we spent several lovely holidays partaking of the superb cuisine offered by the Baker family at this regal stately Edwardian house that oozed class and mystery from within its doors. The very best of Devon's beauty, the walks and the scenery are truly breathtaking, which brought back memories of a different kind. For it was here in Torquay we spent our honeymoon staying at the South Sands Hotel – Torquay's only Jewish Hotel. Therefore Torquay will always be something special to us.

## **"Argliston, St. Brelades Bay, Jersey.**

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see page 9/10

## RECOLLECTIONS

Now that was a delightful holiday spent in a converted farmhouse not ten minutes away from the town centre and near to the synagogue that serves the Jersey Community. Situated ideally for walks through the woods leading to Corbiere Lighthouse in one direction, and towards St. Auburn, with St. Helier further down the line in the other. 'Argliston' was the perfect base to enjoy this delightful island, which has so much to offer especially its wartime history. We found the food and hospitality supreme and enjoyed spending Shabbat in prayer with the Jewish Community in their lovely Shul. It was amusing that when we first arrived at 'Argliston' the proprietor offered me The Jewish Chronicle saying that he and his wife were originally from Leeds and had mixed with "Yidden" all their lives becoming addicted to The J.C. and just couldn't get by without their copy. We promised ourselves another visit but unfortunately the farmhouse folded the following year.

### **"Riverside House", Coombe Street, Lyme Regis.**

Standing on the corner of the main shopping thoroughfare opposite the local butcher with the United Reform Church a couple of doors away 'Riverside House' was not the ideal setting for a couple of "Religious Jewish Vegetarians" to be spending any length of time! It was certainly quite a giggle. In spite of this we enjoyed excellent cuisine and the delightful setting of Lyme Regis Harbour and beach, with breathtaking countryside looking down with such majesty enhanced the peaceful quietude of our holiday. Again we found the hospitality at 'Riverside House' on par with any other.

### **"Merefield", Crewkerne, Somerset.**

If one wanted peace and tranquillity the historic market town of Crewkerne nestling in the South Somerset Hills would be the place of your choice. Situated near to the Dorset border and only a half hour drive from the Dorset Coast with its "Olde-World" atmosphere and picturesque setting combined with interesting shops, one could not go far wrong and combined with the excellent hospitality and home-from-home cooking of Heather McQue, we enjoyed an exquisite week. The long country walks and restful time spent in the superb walled garden helped to send us home relaxed and invigorated. Incidentally, the original part of this long standing building dated back to the seventeenth century so this town has a long history.

### **Burnham-on-Sea, North Somerset.**

Here I am afraid we were a little disappointed so just a few words will suffice. Burnham-on-Sea is a very quiet resort consisting of a small promenade, a stony beach, one main shopping street and nowt else, its main attraction being "The Haven Holiday Camp". Our vegetarian guest house was rather cramped,



# RECOLLECTIONS

the food adequate but nicely cooked, only the place lacked atmosphere, but the weather was nice! It was amusing that when I went to pay the bill on our departure, the lady of the house looked me in the eye and said that she could always tell those who would be paying her another visit. I dare not tell her what was in my mind, I think she already knew! Still we made the most of our stay. The highlight was when we spotted "matzos" for sale in the local health shop "Matzos" spelt Jews! So for the whole week we scrutinised every person we came across. Sadly, without success.

## **"Tekels Park" Camberley, Surrey.**

Run by The Theosophical Society of Great Britain and situated amid thick woodland, 15 minutes from the centre of Camberley, not only do we find a magnificent manor house that serves as a hotel and restaurant, with guests partaking of full board accommodation, but there is also an array of retirement bungalows where older members of the society can be put out to graze, so to speak! 'Tekels Park' then is a good retreat for a long weekend or a few days rest away from the pressures of everyday life, and fortunately, one of the very few vegetarian establishments withstanding the march of time. Whether taking leisurely strolls through the countryside or exploring the beauty of Surrey itself, one can be certain of a relaxing time. A must is a visit to "Bird World" not more than a half hours drive away. We always found the food excellent, the rooms spotless and the hospitality faultless.

## **"Claridge House" Lingfield, Surrey.**

Again one of the few establishments still going strong, 'Claridge House' is a delightful hotel run by Quakers which offers top class cuisine and beautiful surroundings of countryside and quietude with comfortable lounges to relax in. It also favours communal dining so enabling one to overcome all shyness and get to know fellow diners. We have spent several periods unwinding in this small Surrey town whose claim to fame is its Spiral Church standing on top of Lingfield Hill, and its racecourse bearing the same name, opposites but united, gambling and anti-gambling! 'Claridge House' is full board with afternoon and evening teas a bonus. It is highly recommended for complete rest.

Last but not least I turn to Bournemouth, to where we are now residing. I am sure many of you remember when two vegetarian guest houses were part of the Bournemouth array of continuing hotels dotted along its coastline. "The Westminster" and "The Squirrels" both nearby each other at Southbourne. They offered superb cuisine and fine hospitality; we found our stay at both places extremely satisfying enabling us to enjoy breaks away from the hustle

# RECOLLECTIONS

and bustle of the capital, so sampling the best that Bournemouth has to offer. Little realising that one day we would be enjoying this area for always.

So there ends a little trip down memory lane, it has been a tremendous journey. Sadly most of these places that gave so much pleasure to many no longer exist and there are hardly any on hand to take their place, but I am sure many readers have also been fortunate to have sampled some of the places mentioned. I hope that you also have fond memories. Maybe then we can hear your stories in 'The Jewish Vegetarian' magazine! **So do please write in.**

**P.S. Perhaps some of you have fond memories of others not listed on these pages!**



The League Against Sports wants to bring an end to the extreme suffering that snares cause to animals.

To help us highlight the problem in the media, we are looking for cases of animals that have been injured by a snare.

If your pet has been caught in a snare or if you know of an animal that has been harmed by these horrific devices, and you want to help us campaign for a ban on all snares, please contact:

**Una Farrell at the League Against Cruel Sports on 020 7089 5210 or at [OonaghFarrell@league.org.uk](mailto:OonaghFarrell@league.org.uk)**

## EMERGENCY BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations. **Please Help. Any donations, large or small will be much appreciated.**

# GLOBAL FOOD CRISIS

## JVNA ON THE GLOBAL FOOD CRISIS AND OTHER CURRENT CRISES

**The Jewish Vegetarians of North America (JVNA) released the following statement:**

**A major shift toward veganism would be a significant step in effectively responding to the current food crises and other societal problems. Please consider:**

- ♦ At a time when food prices are soaring, when there have been recent food riots in at least a dozen countries. While an estimated 20 million of the world's people die annually due to hunger and its effects, over 70 percent of the grain produced in the United States and over 40 percent of the grain produced worldwide is fed to animals destined for slaughter. It takes up to 16 pounds of grain in a feedlot to produce one pound of beef.
- ♦ In a period of increasing droughts and with over half of the world's people expected to be living in areas chronically short of water by the middle of this century, it takes up to 14 times as much water to produce a typical western animal-centered diet than a vegan diet.
- ♦ While energy prices are soaring and it is expected that we will soon start running out of oil, it takes up to ten times more energy on an animal-based diet than a vegan diet
- ♦ While the world is heading toward an unprecedented catastrophe from global warming, a 2006 UN Food and Agricultural Organization report indicated that animal-based agriculture emits more greenhouse gases (in CO<sup>2</sup> equivalents) than all the world's cars, trucks, ships, planes and other means of transportation combined (18% vs. 13.5%).

Making the situation even more critical for each of the above issues, the same UN FAO report projects a doubling in the amount of animal products consumed globally in 50 years, and this would negate the effects of many other positive changes that are currently being considered.

An additional important factor is that the production and consumption of meat and other animal products violate basic Jewish mandates to preserve human health, treat animals with compassion, protect the environment, conserve natural resources and help hungry people.

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see page 9/10**

# GLOBAL FOOD CRISIS

For all of the above reasons, JVNA will respectfully urge rabbis and other Jewish leaders to actively address the many moral issues related to animal-based diets. It hopes that Jewish religious leaders will engage in a respectful dialogue/debate on "Should Jews Be Vegetarians Today?"

Putting these issues squarely on the Jewish agenda would save many lives, move our imperiled planet to a more sustainable path, show the relevance of Judaism's eternal teachings in addressing current critical issues, and thus help revitalize Judaism.

Because the issues are so urgent and are generally not being sufficiently addressed, the JVNA has produced a one-hour documentary 'A Sacred Duty: Applying Jewish Values to Help Heal The World'. It can be viewed in its entirety at ASacredDuty.com. JVNA will send a complimentary DVD to people who contact JVNA (mail@JewishVeg.com) and indicate how they might help promote the movie.

## **Update on 'A Sacred Duty: Applying Jewish Values to Help Heal The World'**

### **a. Documentary Receives Award**

A Sacred Duty was awarded a **THIRD PLACE CERTIFICATE OF CREATIVE EXCELLENCE** at this year's **US INTERNATIONAL FILM & VIDEO FESTIVAL**. The awards will be presented on June 7th in Beverly Hills.

It is great that A Sacred Duty is finally being recognized at a major international film festival.

### **b. A Sacred Duty to be shown at the Cinematheque in Jerusalem, with Hebrew subtitles.**

The movie was shown by Ecocinema at Jerusalem's largest theatre on May 17, followed by a talk on Judaism and the Environment by Anat Kaplan of the Society for the Protection of Nature in Israel (SPNI).

Having the movie available with English subtitles will be very helpful with future outreach efforts in Israel.

### **c. Continued efforts to get A Sacred Duty widely shown.**

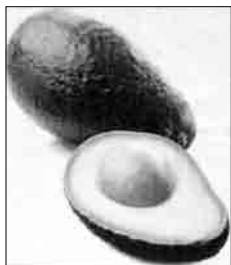
Please let others know that the entire documentary can be viewed at ASacredDuty.com, and that at this website, people can get further information about the movie, including 6 reviews, blurbs, and questions and answers, and can also request a complimentary DVD to share with others. Thanks.

**Richard H. Schwartz, Ph.D.**

**Further information about the JVNA and its campaign to get vegetarianism onto the Jewish and other agendas may be obtained by contacting Dr Schwartz or the JVNA (JewishVeg.com; mail@JewishVeg.com).**

# CONSUMER CORNER

## ENJOY THE 'GREEN SUPER FOOD' IN JULY SUMMER AVOCADO MONTH



July is the perfect time to pick up a Summer Avocado and whip up some fantastic recipes with this versatile, delicious and healthy fruit!

Avocados have been used as a health food for over 3,000 years – the Aztecs knew them as the 'Fruit of the Gods', a sentiment widely supported by leading nutritionists and dieticians of today, for their fantastic health benefits. Summer avocados are not only energy and protein rich but the minerals, oils and vitamins they

contain are vital for optimum functioning of the nervous system, skin and bone health, as well as the heart and circulation.

Take full advantage of this versatile fruit during Summer Avocado Month, whether it is used to create a savoury meal, a side dish or even as a sweet snack! Avocados are incredibly versatile within cooking. Whip up a delicious smoothie as a refreshing summer drink, or with mango and balsamic vinegar as a luscious dessert. Mashed avocado with some seasoning is a delicious addition to toast, or toss some avocado chunks into a salad for a tasty, summery lunch.

This tasty fruit is jam-packed full of vitamins, good for the inside as well as the outside! Another way to take advantage of the avocados health properties, simply place a quarter rich crescent of a stoned avocado under each eye for 20 minutes and let the skin soothing vitamin E and moisturising properties work their magic.

## **MOSI-GUARD NATURAL THE FAMILY ESSENTIAL THIS SUMMER.**

Mosquitoes and midges can make life on your long awaited holiday miserable. Mosi-guard is strong enough to repel all mozzies, midges and other biting insects for 11 hours, keeping you and your family safe, happy and comfortable whatever the climate.

Whether you are going on a long haul trip to Asia or nearer to home, Mosi-guard is the perfect choice. Made from 100% natural ingredient Mosi-guard is the only treatment that is suitable for babies from 3 months and young children as well as older children and adults.

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see page 9/10

## CONSUMER CORNER

Although it is a natural product, tests have proven that it is as effective as potentially harmful chemical repellents so there is no need to compromise of efficacy verses skin-care. It will not harm skin or clothes and it does not contain DEET, the strong chemical repellent in most repellents.

With a fresh and natural citrus smell, Mosi-guard does not have the overwhelming chemical smell associated with other products, making it more pleasant to use. It is available in a variety of easy-to-use variants: cream, aerosol, roll-on, pump spray and a specially designed spray for children. Mosi-guard Natural is widely available from Savers and Wilkinson's RRP: £5.59.

**Mosi-Guard is sourced from Citriodiol, an extract of lemon eucalyptus oil which contains a natural, highly effective active repellent called PMD. PMD, the active ingredient in Mosi-Guard is more effective than other natural botanicals used as insect repellents, such as citronella.**

### GOJI BERRIES – NEW NATURAL BEAUTY

Goji berries contain linoleic acid, an essential fat that plumps up the skin and makes it look smoother and younger, and they contain 500 times more vitamin C than oranges\* – the ultimate natural de-wrinkler!

Not only are the berries great for the skin, they're also touted as a longevity, strength-building, and sexual potency food of the highest order. They're also yummy – tasting like a cross between cranberries and cherries.

Goji berries are £4.49 for 150g from [www.creative-nature.co.uk](http://www.creative-nature.co.uk). You can also get your goji berry fix in liquid form by visiting [www.superfooduk.com](http://www.superfooduk.com) – 100% Himalayan Goji Superjuice costs £15.95 for 473ml.

**<http://www.allantiaging.com/eat-food-fight-wrinkles-top-10-best-wrinkle-fighting-foods-plus-free-recipes/>**



#### DATELINES

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.

# “PEREK SHIRAH”

## “PEREK SHIRAH” (ABOUT SONGS AND SINGING)

BY: ROSE FRIEDMAN

Exhausted from their long migratory flight, thirsty and hungry, flying over fertile farmland, the wild geese saw a flock of contented, well-fed domestic geese being cared for by the farmer.

“How fortunate are those geese down below, to have such a kindly man looking after their needs. No arduous, hazardous journeys for them.”

Passing over the same territory on their return flight, the wild geese searched in vain for the domestic geese. A heap of bloodied feathers was all they could see.

This parable of the wild geese was first heard by me in a tape recording by the late Rabbi Avigdor Miller, ztl, in reference to the book, “Perek Shirah”. The scripted verse assigned to wild geese in the book “Perek Shirah” (Chapter of Song) is:-

“Cursed is the man who trusts in human beings. Blessed is the man who trusts in G-d....” (Jeremiah 17:5,7).

“Perek Shirah” is a fascinating compilation of Biblical verses in praise of the Creator, assigned to the phenomena of the natural world around us. There are six sections, with an introduction and an epilogue. In it are the songs of the heavens, seas and rivers, forests and fields, birds and animals, crawling creatures, etc. To each is assigned a Biblical verse by the compiler – some say he was King David, others say King Solomon and there are yet other theories.

It is a beautiful, charming and mysterious book, I say mysterious, because in many instances the designated verses are easily identifiable with their partners, but in others the mystery remains. As with all scriptural verses there are layers upon layers of meaning beyond the plain understanding of the words.

About 15 years ago when I first became aware of “Pekek Shirah”, I was unable to find a copy, until the Librarian at ‘Jews College’ in London found it printed in an old siddur. The good news is that “Perek Shirah” has now become very well known. Some years ago the two great Jewish publishing houses of Feldheim and Artsroll published their editions of “Perek Shirah”, with English translations and commentaries.

Please help IJVS – Israel  
see page 9/10

## “PEREK SHIRAH”

The Feldheim edition has lengthy commentaries by Rabbi Nosson Slifkin, sometimes called the Zoo Rabbi, because of his extensive zoological and scientific knowledge. The Artsroll edition has exquisite colour photographs and succinct commentaries by Rabbi Nosson Scherman, and is available in different sizes.

I often keep a pocket-sized edition in my handbag and was amazed at how low my blood pressure was, after reading “Perek Shirah” in the doctor’s waiting room!

**Why not join in the chorus of “Perek Shirah” and connect with the external and universal praises of our Creator. This ancient and mysterious little book of nature’s songs is now available for everyone’s participation, contemplation, inspiration and enjoyment.**



### HALF PRICE BOOK SALE

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

## NOTICE

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

### IMPORTANT - AMERICAN & CANADIAN MEMBERS

Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.



# NEWS FROM NEAR AND FAR

**The following items appeared in the Australian Natural Health and Vegetarian Life Magazine Autumn 2008. We thought our readers would find them of interest.**

## **HEALTHY LIVING "CAN ADD 14 YEARS"**

Taking exercise, not drinking too much alcohol, eating enough fruit and vegetables and not smoking can add up to 14 years to your life, a study has concluded. Research involving 20,000 people over a decade found that those who failed on all criteria were four times more likely to have died than those who succeeded. The finding held true regardless of how overweight or poor they were.

The research was carried out by the University of Cambridge and the Medical Research Council in the English county of Norfolk between 1993 and 2006. "We know that, individually, measures such as not smoking and exercising can have an impact upon longevity, but this is the first time we have looked at them all together," said Professor Kay-Tee Khaw, who led the research. "It means that a large proportion of the population really could feel health benefits through moderate changes."

## **KEEP THIN TO PREVENT CANCER.**

Be as thin as possible to avoid cancer. That is one of the major recommendations from the largest review of existing cancer research to date. The report, jointly issued by the World Cancer Research Fund and the American Institute for Cancer Research, looked at 7,000 studies and found that those who maintained their body mass index (BMI) in the range 21-23 had the best odds of avoiding cancer. In fact, the accumulated findings suggest that the link between body fat and cancer risk is even stronger than previously believed.

If your BMI exceeds the healthy range, you may be higher risk for a variety of other ailments, including diabetes, heart disease, stroke, osteoarthritis, acid reflux, reproductive problems and early dementia.

Previous research has tied obesity to nine types of cancer but, according to this most recent international analysis, those who want to maximise their protection should consider minimising their weight so that they remain on the thin side of the established 'normal weight' category.

Please help IJVS – Israel  
see page 9/10

# NEWS FROM NEAR AND FAR

## AN ONION A DAY...

Forget 'an apple a day'; instead eat 'an onion a day.' German scientists have found that eating an onion daily may deter the deadly acidic disease of cancer, whereas apples may not because of their high sugar content.

Ute Nothlings, PhD, and colleagues of the German Institute of Human Nutrition Potsdam-Rehbruecke, studied dietary information from more than 215,000 people. They looked for possible links between flavonols – chemicals found in fruits and vegetables that scientists believe help fight the acids that cause fermentation leading to cancer – and the risk of pancreatic cancer. They studied the intake of three types of flavonols – quercetin (found especially in onions and apples), kaempferol (found in spinach) and myricetin (found in red onions and berries) – as well as total flavonols consumed.

While total intake of flavonols was found to lower the risk of pancreatic cancer, onions, seemed to be the most effective.

**(American Journal of Epidemiology, 2007; 166 (8) 924-31)**



### DENISE'S KITCHEN LEARN TO COOK – THE STYLISH WAY

**My popular Cookery Demonstrations are the ideal, yet informal way of adding to your cookery skills. These comprehensive "hands-on" classes, presented in my trademark simple but stylish manner, will enhance your love of food and add to your cooking repertoire. Pick a theme and see the difference it will make. So go on book a date in your diary and make time for yourself – and benefit from some great new food ideas.**

**Choose from:**

**Wednesday 4th June 2008 Simple Starters**

**Thursday 5th June 2008 Simple Starters**

**Sunday 29th June 2008 Friends For Dinner (6.30pm – 10.30pm)**

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**Thursday 3 July 2008 Friends For Dinner**

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

**Time:** 10.00am – 1.30pm: Weekday/Sunday 6.30pm – 10.30pm

**Cost:** £60 per class. All materials provided (From September 08)

**Booking:** Call Denise Phillips on 01923 836 456

# COOKERY CORNER



Denise Phillips

## DELICIOUS SUMMER RECIPES FROM DENISE

Summer months are a delight to cook for when produce is ripe and oozing with flavor. The following recipes all use ingredients that are in season. Try organic for a change and you will taste the difference! Check the sell by and use by dates before buying food for your recipes – this will ensure the best results.

### CHICK PEA, FETA AND OLIVE SALAD

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



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

**Preparation Time:** 25 minutes **Cooking Time:** 5 minutes

**Serves:** 6 people

#### Ingredients

1 400g tin chick peas – drained and rinsed; 1-2 fresh red chillies; 1 tablespoon coriander seeds; 2 teaspoons cumin seeds; 2 cloves garlic – peeled; Harissa dressing; 200g feta cheese – cut in cubes; 250g cherry tomatoes – cut in half;

Please help IJVS – Israel  
see page 9/10

## COOKERY CORNER

55g pitted black olives; 4 tablespoons flat leaf parsley – chopped; green salad to serve; ½ teaspoon salt; 6 tablespoons olive oil; 1 tablespoon lemon juice

### Method

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

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

### MOZZARELLA SALAD WITH PEAR AND CRANBERRIES

**Look at any kosher deli's cheese counter and you will be amazed at the range of different cheeses now on offer to the kosher cook. Included are two of my very favourites; buffalo mozzarella and**



**smoked mozzarella. Smoked mozzarella has a golden brown colour and an interesting smokey flavour. Fresh mozzarella is so versatile – raw in salads especially with tomato, avocado and basil (the traditional Tricolour) and baked in lasagna or on top of pizza.**

**The finest Mozzarella is made in the area of Naples, using water buffalo's milk. It has a moist, springy texture and a delicious milky flavour. The cheese is made using the layering method where the curds are cut into strips, then covered with boiling water. As they rise to the surface they are torn into shreds and scrunched into egg shaped balls weighing 200g/ 8 oz each. These are placed in light brine for 12 hours, then packed in their own whey inside a bag to keep them fresh.**

# COOKERY CORNER

**Opened mozzarella can be kept for a brief time in a covered bowl containing the whey from the bag – but ideally consume once opened. This mozzarella salad is simple to make and provides a delicious starter or light lunch. Use your best extra olive oil to dress the salad.**

**Preparation Time:** 10 minutes **Cooking Time:** 10 minutes

**Serves:** 6 people

## Ingredients

2 200g mozzarella balls; 3 pears – peeled, cored and sliced in half; 2 tablespoons golden caster sugar or brown sugar; 30g unsalted butter or margarine; 2 tablespoons Poire Eau de Vie or other fruit liqueur; 100g dried cranberries; 200g mixed salad leaves.

## Dressing

6 tablespoons extra virgin olive oil; 1 tablespoon red wine vinegar; 1 teaspoon honey; ½ teaspoon mustard; salt and freshly ground black pepper

**Garnish:** Bunch of fresh mint – roughly chopped.

## Method

- 1) Make the dressing by whisking all the ingredients together.
- 2) Place the butter or margarine and sugar in to a pan over a medium heat and stir until the sugar has dissolved. When the butter starts to foam, toss in the pears and cook, stirring for 5 minutes.
- 3) Add the eau de vie and cook for 2 -3 minutes until the pears are coated in rich syrup and are just tender. Set aside to cool slightly.
- 4) Cut the mozzarella cheese into slices.
- 5) Toss the salad leaves into the dressing. Arrange the lettuce and pear on a plate. Scatter over some dried cranberries and mozzarella slices. Serve immediately.

To serve the stylish way: Garnish with mint.

## TABBOULEH

**Finding an interesting salad that does not wilt for Shabbat and Yom Tov can often be a challenge. This salad, tabbouleh, combines the flavours of mint and lemon with bulgar wheat, a healthy whole food ingredient. It does not lose its beauty or flavour by being made in advance. Traditionally this is a Middle Eastern**

Please help IJVS – Israel  
see page 9/10

## COOKERY CORNER

salad but you will often find it served as part of a buffet or served as starter in this country with other salads. Whenever our syna-gogue has a Friday night Shabbat meal, this salad always appears as part of the hors d'oeuvre. It is often served scooped into lettuce leaves or pitta bread.



**Tabbouleh is made with bulgar wheat which has a light nutty texture and is a popular alternative to rice in Middle Eastern countries especially in Turkey.**

**Preparation Time:** 15 minutes **Cooking Time:** 15 minutes

**Serves:** 6 people

### Parev

### Ingredients

225g/8 oz bulgar wheat; 450ml/¾ pint boiling water; 5 spring onions – roughly chopped; 6 tablespoons fresh mint – roughly chopped; 3 tablespoons extra virgin olive oil; 6 plum tomatoes – skinned, deseeded and roughly chopped; juice of lemon; salt and freshly ground black pepper

### Garnish:

12 baby gem lettuce leaves; 4 olives – roughly chopped

### Method

- 1) Put the bulgar wheat in a saucepan with the water. Bring to the boil and simmer for 15 minutes or until the water has absorbed and the wheat is tender. Drain any excess water and set aside.
- 2) Plunge the tomatoes into some boiling water for 2-3 minutes. Remove immediately. Peel off the skin, deseed and roughly chop.
- 3) Put the bulgar wheat into a serving bowl. Add the chopped spring onions, mint, parsley, extra virgin olive oil, lemon juice and season well.
- 4) Stir all the ingredients together, check and adjust the seasoning.

To serve the stylish way: Sprinkle over some chopped olives on top of the salad and use the baby gem lettuces to scoop out individual portions.

# COOKERY CORNER

## PORCINI AND SWEET PEPPER SALAD

I love this combination of roasted peppers and dried porcini mushrooms which can be served warm or cold. Packed with the flavours of the Mediterranean it is a delicious salad accompaniment. Add some mozzarella or feta cheese and some rocket leaves to make a more substantial lunch. As well as straightforward to make, it is also ideal for Shabbat. It keeps well in the refrigerator overnight as the flavours mature.

**Preparation Time:** 15 minutes plus 10 minutes soaking time

**Serves:** 6 people

### Ingredients

100g dried porcini mushrooms;  
3 tablespoons mushroom soaking liquid; 3 tablespoons olive oil; 3 cloves of garlic – peeled and finely chopped; 3 red peppers – deseeded and finely sliced; 2 yellow peppers – deseeded and finely sliced; 1 fennel – thinly sliced; sea salt and freshly ground black pepper – to taste



**Garnish:** Roughly chopped fresh basil; 2 tablespoons pine nuts – roasted

### Method

- 1) Pour a minimum amount of cold water over the porcini mushrooms to rehydrate them. Leave for 10 minutes. Pick them out with a fork so that any grit stays at the bottom of the bowl. Strain the liquid and keep for cooking later and use any remaining for stock, soup and risottos.
- 2) Heat the olive oil in a large frying pan. Sauté the garlic until soft but not burnt. Add the sliced peppers and fennel and continuing to sauté for a further 5 minutes. Add the porcini, 3 tablespoons of the reserved porcini liquid and simmer for a final 5 minutes.
- 3) Season with salt and freshly ground black pepper.
- 4) Roast the pine nuts in a dry frying pan for 2 minutes or until golden. Remove and set aside.

To serve the stylish way: Serve at once with a garnish of roughly chopped fresh basil and pine nuts or enjoy cold as required. (Sprinkle the basil and pine nuts just before serving.)

Please help IJVS – Israel  
see page 9/10

# GARDENERS' CORNER

## GARDENERS' CORNER

Those old enough to remember the Second World War will probably recall how when short of certain resources the Nazis greased their tanks with butter, while millions starved and even their countrymen suffered food privations. I think the slogan then was "guns for butter". Today the world is again faced with problems, the diminishing stocks of fossil fuels coming at a time when nations such as China and India are



experiencing their industrial revolution and manufacturing for the world just as Britain, USA and Japan once did.



And so the term "bio fuel" has been coined as alternative energy sources are sought. What this means is that farmers can earn more by converting crops such as wheat into ethylene, a petrol substitute, and the effects are not hard to forecast. The results are already leading to food shortages and higher prices for basic foods, such as bread and rice. Food riots have broken out and traditional diets are unable to be fulfilled.

The slogan here, in "under siege Britain", was "Dig for Victory". Every item of food grown in the garden or allotment took pressure off the food supply chain. Perhaps that slogan is as appropriate now as then, though the victory is over dwindling food supplies and increased carbon emissions. What more reason do we need to grow our own food than the increasing crisis the world is facing?



Several friends have recently taken over allotments which are available in most areas and can be a marvellous way of getting into the business of helping to feed ourselves and usually a good few grateful friends as well. Any time is a good time, to start. The local Council



# GARDENERS' CORNER

makes allotments available and there is probably one available near you now.

The allotment holders come in all ages and from all walks of life and the camaraderie of fellow like minded individuals can be very satisfying. Also the associations which go with the allotments can provide a wealth of local knowledge on what best to grow in each locality and can obtain supplies of seeds and garden sundries at excellent discounts through bulk buying.

Some of the plots have been worked well for years and the soil is in good heart. Others have been neglected and provide a challenge to make them workable and productive. Weeds at first will be abundant. This is not a bad sign as land that produces a good crop of weeds will also produce good vegetables. If you are lucky enough to apply for and get one then start in a small way by digging a limited area first.



The best way is to take a spade to make a trench by taking the first soil to the other end of the area to be dug. Then simply turn over the next 8 or 9 inches into the first trench and so on until you get to the end when the first soil removed goes in. Grass and annual weeds can be turned over to the bottom while perennial and deep rooted weeds are best removed. Start with a few of the easy to grow vegetables like cabbage, leeks, spinach and salads.

An area can be reserved for flowers with many varieties sewn directly into the soil. These can be cut for the home and when over the plants will make good compost.

The allotment can also be a useful adjunct to a small garden where there is insufficient space to grow crops or where there is too much shade from surrounding trees and houses.

Back in our own garden we had a problem last year with our standard roses as these were attacked by honey fungus, a deadly subject, as it sends threads into the roots of the rose plants and gradually destroys them. Rather than give up growing these roses we have tried to combat the problem by removing all the old plants and then about 2 feet of the soil which was infected and replacing this with fresh soil and compost from our vegetable plot. We replanted over the winter and so far the results are looking good, but time will tell.

Please help IJVS – Israel  
see page 9/10

# VEGETARIAN & VEGAN FOUNDATION

## HEALTH CHARITY BACKS CANCER EXPERT'S WARNING ON PROCESSED MEAT



THE UK's premier health charity the Vegetarian & Vegan Foundation (VVF) has today backed leading cancer experts' warnings on eating processed meats.

The World Cancer Research Fund (WCRF) has warned people that if you eat 50g of processed meat – the equivalent of just one sausage – a day then your risk of bowel cancer is increased by 20 per cent.

VVF senior nutritionist, Amanda Woodvine, says: "The WCRF really has hit the nail on the head by highlighting the serious health implications of eating meat, such as within a traditional 'Full English' breakfast. People who eat two or more portions of red meat a day increase their risk of bowel cancer by one-third – so you really can make a positive difference to your health by going vegetarian."

There is compelling evidence that veggie diets can cut the risk of heart disease, stroke and certain cancers. And they are useful in controlling weight, diabetes, lowering blood pressure and cholesterol.

### **A veggie diet is also laden with cancer-fighting foods.**

#### **In the top ten are:**

Dark green leafy vegetables, broccoli, brussels sprouts, cabbage, curly kale and watercress)

Oats and other wholegrain (wheat, rye, millet and quinoa)

Berries (cranberries, blueberries, raspberries and blackberries)

Garlic

Yams and sweet potatoes

Peas, beans and lentils

B12 fortified foods

Flax seeds – ground up and oil;

Tofu, miso and other traditional soya products

Giving up processed meat doesn't mean that you have to miss out on all of your old favourites – including the 'Full English'. The VVF has produced a fantastic Veganiser chart which can be viewed at [www.vegetarian.org.uk/goingveg.html](http://www.vegetarian.org.uk/goingveg.html) and includes a great health boosting veggie breakfast!

# VEGETARIAN & VEGAN FOUNDATION

**For more information about how going veggie can add years to your life, visit [www.vegetarian.org.uk](http://www.vegetarian.org.uk), email [info@vegetarian.org.uk](mailto:info@vegetarian.org.uk) or call 0117 970 5190.**



## **GET COOKING VEGGIE THIS SPRING**

Are you Spring cleaning your kitchen in search of inspiration for some new healthy recipes? Perhaps you have been tucking into lots of new vegetable-based dishes lately? Or are you becoming veggie curious?

If the answer is yes to any of these questions – then leading health charity, the Vegetarian & Vegan Foundation (VVF) has just the thing for you – the Vegetarian Recipe Club, the second issue for which is out now.

The club is the essential guide to going and staying veggie. From inspired and 'do-able' recipes, sensible and accessible nutritional tips right through to what to do with new ingredients...it's got the lot!

Each issue is divided into four deluxe colour-codes, wipeable sections: Basics, Veggie Food for Thought: a Health MOT – and of course, delicious, seasonally-linked and completely animal-free recipes.

### **Issue two is available now, featuring: Veggie Food for Thought**

Sexy Soya and Talking Tofu – we big-up the wonderbean! Not only do we show you how to cook tofu, but we give sound advice about the health benefits of soya and debunk some myths in the process.

Super Sprouts. It's simple, fun and super-healthy to grow sprouts from beans and seeds.

#### **Basics:**

Shopping: Supermarkets vs independents – or a happy medium? Check out our simple suggestions to make shopping a more pleasant and environmentally-friendly experience.

You Want Me to Do What? Cookery terms and what they mean

#### **Health MOT:**

Stool Analysis. Yes, really... How well does your digestive tract work? Amanda Woodvine tells you what your 'stool' reveals about your state of health!

# VEGETARIAN & VEGAN FOUNDATION

**Recipes:**

Spring Zing features delectable puddings; a quick simple curry selection; gorgeous energy-boosting salads and some warming soups – amongst other delights. Some of these seasonally-linked recipes take as little as 10 minutes to make, so it's easy to get cooking!

For only £15 per year you receive four issues in the post, a fantastic binder to store them in and access to the online Vegetarian Recipe Club [www.vegetarianrecipeclub.org.uk](http://www.vegetarianrecipeclub.org.uk). Never again need you struggle for inspired recipe ideas because the site offers your own chef and nutritionist on hand 24 hours a day at the click of a mouse!

**To join the Vegetarian Recipe Club, please send a cheque to the VVF Recipe Club, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8HQ or call 0117 970 5190 or visit [www.vegetarian.org.uk/recipeclub](http://www.vegetarian.org.uk/recipeclub).**

## BOOK REVIEWS

The following two books are published by Green Books Ltd. Totnes, Devon, and are available from JVS.

**SALAD LEAVES FOR ALL SEASONS**

**Organic Growing from Pot to Plot**

**By: CHARLES DOWDING**



With Salad Leaves you can bring abundant harvests of delicious and attractive leaves to your table all the year round, whatever the size of your growing space. Here is all the information you will require for growing healthy plants, including:

- \* Details of a wide variety of salad leaves
- \* Growing outdoors in winter
- \* Dealing with pests
- \* Growing micro leaves.

Salads become more and more varied through the summer. Lettuce is gradually augmented with any of all the endives, chicories and oriental leaves. Stronger tastes appear and many aromatic flavours are possible.

# BOOK REVIEWS

No more sprayed lettuce and supermarket imports, so why not reap the benefits of healthy, nutritious meals from your own patio or garden. Discover the secrets of the seasons, and how to work and create a productive and healthy crop, from a window box to an allotment.

And when your table is heavy with the fruits of your labour, delicious recipes from Susie, Charles' wife will help you exploit the fantastic flavours, colour and vitality of your home-grown leaves.

**Price £10. 95 plus P&P. Paperback.**

## HOW TO STORE YOUR GARDEN PRODUCE

### The Key to self-sufficiency

By: PIERS WARREN

This is a book for every serious organic gardener and is packed with ideas for making your produce last for months and helping you embrace the wonderful world of self-sufficiency.

- \* What can you do with a glut of tomatoes?
- \* How do you bottle plums and string onions?
- \* What can you do that is interesting with all those huge marrows?
- \* How do you keep potatoes through the winter?

With less than an acre of garden you can grow enough produce to feed a family of four for a year, but as much of the produce will ripen simultaneously in the summer, most of it will go to waste without proper storage and you will be off to the shops again.

Here are simple and enjoyable techniques for bottling, clamping, fermenting, drying, freezing, salting and vacuum packing, as well as delicious recipes for jams, jellies, pickles and chutneys, relishes and ketchups, fruit butters and cheeses.

With this book you will know where your food has come from, save money as there will be no packaging and you will be eating the best produce you can eat – your own.

**Price £7. 95 Plus P&P £2.00. Paperback.**

## BOOK REVIEWS

### **SKINNY BITCH IN THE KITCH**

**By: RORY FREEDMAN AND KIM BARNOUIN**

Who says vegans aren't healthy – and fashionable? The answer is yes – this fabulous little book contains over 75 recipes that are easy, delicious and will satisfy any cooking quandary or crazy craving.

The authors of The New York Times Number One best seller promises that you 'can enjoy food without getting fat, sick or sad'. I must admit that many of the dishes are typically American and involve heavy use of vegan cheese and meat substitutes, but it is easy to follow and a 'fun' book

**Published by Running Press Book Publishers. A member of The Perseus Books Group. London. Paperback. Price £7. 99. Plus P&P £1.50. Available from JVS.**

### **THE ASIAN VEGAN KITCHEN**

**Authentic and Appetizing Dishes from a Continent of Rich Flavours**

**By HEMA PAREKH**

**The Asian Vegan Kitchen** is a collection of recipes from across Asia, featuring the spices and the many tasty ingredients that have made these cuisines popular worldwide. It caters to the growing segment of people of all ages who have chosen to eschew animal products, yet still want to add some global spice and excitement to their diet.

The author, a noted teacher of vegetarian cooking styles in Tokyo has selected recipes that were traditionally vegetarian, and have been enjoyed by generations of diners. In doing so, she has had to make only minor changes, if any, to make these recipes deliciously appealing to everyone vegan, vegetarian or otherwise.

Over 200 dishes have been selected to cover a wide variety of tastes. Here readers will find vegan-ready recipes for everything from Vietnamese spring rolls to red-hot tofu, Chinese-style soups, noodle dishes, and some desserts are also included. The recipes are simple, with detailed explanations and are illustrated with over 50 mouth watering photographs accompanied by a comprehensive glossary.

**Published by Kodansha Europe Ltd, London, Price £10. 99. Plus P&P £2.00. Available from JVS.**

# BOOK REVIEWS

## MEDITERRANEAN VEGETARIAN COOKING

By: PAOLA GAVIN

Mediterranean vegetarian food is one of the healthiest and most delicious in the world. Based on simple, home-style peasant cooking, this mouth-watering collection of over 200 dishes truly evokes the spirit of the region and makes it easy to reap the benefits of eating a Mediterranean diet.

Based on fresh produce, this book includes traditional fare from every country around the Mediterranean, such as potato and spinach, croquettes from Albania, Catalan split pea soup, Sardinian aubergine ravioli, Provençale onion quiche, Tunisian couscous with sweet and hot peppers, and Dalmatian cream caramel. Every dish is simple and easy to prepare, with plenty of room for improvisation and flexibility.

Much more than simply a cookery book, **Mediterranean Vegetarian Cooking** is also a guide to this beautiful and diverse region, outlining the cultural history and culinary specialities of every country along its shores.

**Published by John Blake Publishing Ltd. Paperback Price £12 99 plus P & P £2.00. Available from JVS.**

## VEGGIE!

By: PIPPA CUTHBERT & LINDSAY CAMERON WILSON.

Fruit and vegetables should make up around a third of the food that we consume daily. Recent studies suggest that adhering to a predominantly plant-based diet may decrease the risk of heart disease and certain types of cancer. As well as the health benefits associated with eating more vegetables, buying local produce supports farmers and cuts down on transport emissions, making vegetable dishes eco friendly as well as good for you!

Despite the many benefits of eating vegetables, it can be difficult to think of new and exciting ways of preparing them. This book provides a collection of well-balanced, meat-free recipes that are delicious as well as nutritious. With over 80 mouth-watering recipes to choose from and covering main courses, side dishes, soups, salads, snacks and small dishes, you are sure to find something to suit your taste.

So whether you are vegan or vegetarian, or simply wish to liven up your repertoire of veggies dishes, **Veggie!** will inspire you to live by the culinary rhythm of your garden.

Please help IJVS – Israel  
see page 9/10

# BOOK REVIEWS

**Published by New Holland Publishers (UK) Ltd. Price £9. 99. plus P&P £2.00. Available from JVS.**

## **GAIA'S KITCHEN VEGETARIAN RECIPES FOR FAMILY & COMMUNITY**

**By JULIA PONSONBY AND FRIENDS AT SCHUMACHER COLLEGE (Revised Edition)**

For almost twenty years Schumacher College at Dartington has been brewing up a unique pot pourri of human connections, raising ecological awareness and stimulating taste buds.

For many students and teachers, their stay at the College has opened their eyes to how delicious vegetarian cooking can be. Repeatedly they have gone away demanding recipes, and suggesting a cookbook.

The cuisine featured in **Gaia's Kitchen** calls upon the best of Mediterranean, Californian, Indian and Mexican vegetarian cooking. It offers a variety of tempting vegan dishes using ingredients such as pulses, tofu, and tempeh. Besides soups, main courses and salads, there is a mouth-watering selection of desserts, breads, cakes and biscuits. **Gaia's Kitchen** also explores the issues of nutrition, special diets and the ecological dimension of food production. The recipes are the tried and tested creations of Julia Ponsonby who was Head Chef at Schumacher College for many years, and is still involved in cooking with and for participants at the college.

**Published by Green Books, England. (Paperback) Price £14. 95 Plus P&P £3.00.**



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**New IJVS E-mail Address**  
**[jewishvegetarian@onetel.com](mailto:jewishvegetarian@onetel.com)**



# VIVA! UK VEGETARIAN GUIDES

## VIVA! UK VEGETARIAN GUIDES

### VIVA! GUIDE TO VEGETARIAN BRIGHTON 2006/07

PAPERBACK, RRP £2.99 PLUS P&P

Still a veritable vegan mecca, Brighton needs to be experienced personally. Take this guide with you on your travels. Its 160+ entries will help you choose vegan-friendly accommodation, as well as make sure that you are well-fed on your travels.

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PAPERBACK, RRP £2.99 PLUS P&P

Featuring over 300 veggie-friendly places to eat, stay and shop Viva!'s new Guide demonstrates the West is one of the best for veggies. With full contact details, opening times, veggie ratings, average costs, easy-to-follow key to services and more – including a quick guide to the most veggie-friendly places and even veggie booze!

## VIVA! THE VEGETARIAN GUIDE TO THE LAKE DISTRICT 2007-08

PAPERBACK, RRP £1 PLUS P&P

This little powerhouse is packed with all you need to know about where to stay, eat, drink and shop as you explore the beautiful and romantic landscapes of the Lake District.

**To order your copies, visit Viva!'s online shop at [www.viva.org.uk/vivashop](http://www.viva.org.uk/vivashop) or call 0117 944 1000, or email [info@viva.org.uk](mailto:info@viva.org.uk) quoting NVW08**

## LIFE MEMBERS

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**TEKELS PARK** Vegetarian Guest House, Camberley, Surrey. **Tel: 01276 23159**. Send SAE for further details and special Winter mid-week breaks.

**VEGFAM** feeds the hungry without exploiting animals  
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**PROMOTING VEGETARIANISM IN  
THE JEWISH COMMUNITY**

**The Jewish Vegetarians of North America (JVNA) have produced a leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet.**

**Please go to [www.JewishVeg.com/jewishvegleaflet3.pdf](http://www.JewishVeg.com/jewishvegleaflet3.pdf) and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.**

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