

# The Jewish Vegetarian



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



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**No. 166 September 2008 Elul 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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# 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
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To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.  
Please state whether 'A' or 'B' (above)

Name (in full – clearly)

Tel. No.

Address (clearly)

Occupation

Fee enclosed £

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

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

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# TURNING WORDS INTO DEEDS

## **FREEHOLD PREMISES**

### **THE JERUSALEM CENTRE**

Donations gratefully received towards repayment of the loan on the freehold premises.  
£10 Ms D.G. Edgware, Middlesex. £5 Mrs. D.Z. Liverpool.

## **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.

£14 Dr.W.L. Salzburg, Austria. £10 Ms M.M. Leeds.  
£5 Anonymous.

## **BUILDING FUND DONATION – LONDON HQ.**

£10 Dr. J.L.M.D. London, NW4. £10 Mrs. Y.F. London N14 £10 Ms D.G. Edgware, Middlesex. £8 Mr. M.L. Ilford, Essex.  
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## **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:**

£20 Ms M.M. Leeds. £10 Ms D.G. Edgware, Middlesex.  
£6 Dr. J.L.M.D. London NW4.

# A SACRED DUTY

## DVD REVIEW

### **A SACRED DUTY: APPLYING JEWISH VALUES TO HELP HEAL THE WORLD**

**BY: JULIE ROSENFELD**

These days we can scarcely open our newspapers, watch the TV or surf the internet without seeing the words "climate change" and "global warming." We read articles every day exhorting us to cut our carbon foot print, recycle our waste and go green to save the planet.

**Is environmental disaster really inevitable? What action can we take and where should we look for guidance?**

A beautiful, intelligent and thoughtful new DVD: A Sacred Duty, Applying Jewish Values to Help Heal the World, produced by multi award winning producer, director, writer and cinematographer, Lionel Friedberg who, under the sponsorship of the Jewish Vegetarians of North America, addresses these very questions through an inspirational hour-long documentary, giving us both hope and some of the answers we want.

The need to look after the earth, as we are reminded in the DVD, is actually nothing new. In fact, as Rabbi Yonassan Gershom reflects, the Torah is like an "operation manual" which contains instructions on how to care for the planet. Although we have faithfully heeded the commandment to be fruitful and multiply (hence the current world population of over 6.5 billion people) we have heeded less well the commandment to take care of the earth. By applying Jewish values at this crucial time, however, we can help redress this balance and start to heal the world.

Judaism has built into its core values such as reverence for G-d, respect for life, a code of compassion and justice and the importance of acting as responsible custodians, both for ourselves and those creatures with whom we share our planet.

Professor Richard Schwartz, who helped to produce the DVD, reminds us of the ancient rabbinic teaching of how when G-d created the world, He said to Adam, "Do not corrupt or destroy this world, for if you do there is nobody after you to set it aright."

Looking at global warming, water shortages and rapid species extinction, it appears that we have not taken heed of this commandment.

As Jews, Professor Schwartz reminds us, we have an historic mission to be a

## A SACRED DUTY

light unto the nations and to act as shomrei adamah, guardians of the earth, working towards tikkun olam, the repair of the world.

The DVD contains beautiful photographs of Israel, including the desert, lakes of the Galilee, the beaches of Tel Aviv and the Dead Sea. Jonathan Wolf, another contributor, points out that Israel is really a microcosm of the earth. Despite its small size, with its variety of landscape and scenery, it contains examples of almost every ecosystem in the world. He thinks that this is not accidental and that we can visualise the whole world when we look at Israel.

Israel today is suffering severe environmental damage, both from its burgeoning population and its increase in industrialisation. Manufacturing industries, pharmaceuticals and heavy equipment production all play their part in damaging the environment. Israel is suffering from an air pollution crisis which has led to a disturbing figure of 17% of Israeli children suffering from asthma, an increase from 5% in 1980. Professor Alon Tal reports: "Of great concern is the fact that 1 in 7 women in Haifa suffer from breast cancer, a figure higher than the national average, again a result of ambient air quality.

The Yarkon River in Tel Aviv, with its toxic slime, is a casualty of environmental pollution. Indeed, none of the 16 rivers of Israel, warns the DVD, is safe to swim in or to provide drinking water. Even the Dead Sea is actually dying, decreasing by 1 metre per year. Given the shortage of rainwater, and a study which predicts a future decrease in rainfall of up to 30%, this is a cause for alarm.

An important message of the DVD is that global warming does not respect boundaries. With climate change scientists are predicting an increase of 3 to 11 degrees F in the next 100 years. There is a great fear that such change could lead to droughts and famine and in turn increase unrest, violence, terrorism and war. Global warming, however, is not just about car emissions as many of us may think.

In 2006 the Food and Agriculture Organisation of the United Nations published a report showing that a staggering 18% of greenhouse gases come from livestock agriculture. Farm animals, the report showed, produce more greenhouse gases (in CO<sub>2</sub> equivalents) than emissions from trucks, cars, trains, aircraft and ships of all nations combined. This is a little known fact which is seldom discussed.

There are also other environmental ramifications of Western agricultural methods. In the US, 200 million tons of cereals, grains and Soya beans are

# A SACRED DUTY

produced every year. If these were fed directly to people, they would provide a valuable source of healthy protein but most are fed to animals to provide meat. It takes 10 lbs of grains to produce only 1 lb of beef whereas ten acres of Soya beans could feed 60 people. Using the same amount of land to raise cattle would only feed 2 people. Water is again a huge issue as it takes 2500-5000 gallons of water to produce 1lb of beef.

In a world where 900 million people are undernourished (15% of the world) and where 30,000 children die from hunger every day, using land to produce meat and animal feed is nothing less than scandalous.

However, there is hope for the future. Important projects discussed in the film carried out at the learning and research centre of the Arava Institute for Environmental Studies in Southern Israel, where Arabs and Jews come together to face the challenges of environment in cooperative ways, surely this give hope for the future. Here students learn that environmental problems are not restricted to countries but are the concern of everyone. Projects such as these offer real hope as students on the course take away the knowledge gleaned back to their own countries to put into practice.

Equally inspirational are rabbis such as Rabbi Warren Stone of the Temple Emmanuel in Kensington, Greater Washington DC who is spreading the environmental message in his own synagogue. In the DVD we see his beautiful solar panel fuelled temple, which features a bimah depicting a Banyan Tree, as a strong message to stop cutting down forests. Likewise, the Torah coverings show roots to symbolise how the roots of Judaism are passed from generation to generation.

With interviews from leading Rabbis, medical professionals and many luminaries of the Jewish Vegetarian movement on important subjects such as environmental concerns, livestock production, health and Jewish values, *A Sacred Duty: Applying Jewish Values to Help Heal the World* offers real hope and inspiration for anyone who cares enough to save the planet.

**For further information, please visit the website of the Jewish Vegetarians of North America at [www.jewishveg.com](http://www.jewishveg.com).**



## SOCIETY NEWS

**We received the following letter from Mr. Yaakov Harrison of Miami Beach. Fl. followed by a copy of our reply to him.**

"A friend gave me a copy of the 'Jewish Vegetarian Magazine Issue No 162 and it states on Page 3 "....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)."

I am a vegetarian and I am interested in helping my married daughter and her family, in London, to learn about the advantages of plant food.

I showed my son the above quote and he pulled out several Jewish books and said "there is no curse in 9:5." My son studied at Charad Lubavitch Yeshivous.

Genesis 9:5 talks about the prohibition of suicide. If an animal kills a person it must be killed. Murderers will be punished etc."G-d told them (Noah's family) that they would henceforth have permission to kill any living creature and eat its flesh." We cannot add or remove anything in the Torah.

The advantages of plant food, the seeds, berries, vegetables, nuts, fruit etc., etc., can stand alone and made up curses benefit no one.

Sincerely

Yaakov Harrison.

**Our acting Chairman has replied as follows:**

Dear Yaakov,

The points that you raise are indeed interesting and could be answered by many individuals in varying ways. We are aware that G-d gave us the fruits of the field for food and told us to cultivate and bring forth plenty. We can take this as an instruction. Sometimes permission is less strong because there are many things we are permitted to do which either do us no good or may be done by those less idealistic, so I think you will agree that permission and instruction are two different things.

As you say, we cannot add or detract from the Torah but there are many and various interpretations which have built up by those far more learned than ourselves and sometimes these interpretations contradict themselves. For example, the land flowing with milk and honey we are told, in some places, that the honey is date honey from the secretion from the date palm however, in Leviticus we are told that they shall suck honey from the crag, the inference being that the area was good for bee culture.

The Torah gives us instruction on both crop growing, for example not to eat



# SOCIETY NEWS

the first fruits for the need to allow land to lie fallow and the instruction not to harvest the corners of our fields so as to deny our fellow human beings from gleaning what is left from the abundance that has been harvested.

There are other references in the Torah which would never be carried out literally, for example, the stoning of a gluttonous boy. The commentators say, although this could be done, it would require a convention of Rabbis to judge the case and the punishment would never have been inflicted. However, turning to your references again I would never argue with such references but merely add my own thoughts.

We are clearly told that with the permission came the injunction against the consumption of blood and although your commentators refer to the spilling of blood as being against suicide, those who do eat meat may only do so when all of the blood has been removed as a result of this statement in the Torah. So whilst it must be a good thing to stress the evil of suicide for kashrut purposes, the consumption of blood is prohibited.

We know too that when the children of Israel departed from Egypt they yearned for the flesh pots of the country they had left, surely this is not extolling the virtues of eating meat. The craving for meat was satisfied by the flocks of quails which alighted in the desert and these were slaughtered in abundance to satisfy the desire for flesh food in a people who were getting away from an unjust, intolerant and cruel society where they had been enslaved and yet they yearned for the flesh pots.

We know the result of consuming the quails was to cause a plague and death among those who had eagerly reverted to the ways of their slave masters.

If we then turn purely to the text you have highlighted of Genesis 9:5, the words can well be interpreted as a curse that the blood of your lives will be required, as was the plague in the wilderness, and whilst there is a blessing over bread, wine, fruit and vegetables, there is no direct blessing over meat.

As a founder member of the JVS and currently Treasurer, I give you these personal thoughts in answer to your questions and hope that from the practical point of view both you and your daughter will be blessed with good health from eating a healthy and balanced vegetarian diet which supplies all our nutritional needs in a healthy and eco friendly way.

Yours sincerely,  
Michael Freedman

# SOCIETY NEWS

## LETTER FROM 'NEW LIFE MEMBER'

Dear Shirley,

In response to your much appreciated letter, here are some details of Michael & Carol Quentin-Hicks.

Michael works as a Naturopath with a special interest in Chinese medicine. Carol is a Librarian. We both practice and teach Kung-Fu.

We have been completely vegetarian for about 20 years. First reason was revulsion at the whole practice of killing animals for food. Bernard Shaw said that he was too civilised to "Live on corpses". We are not closet veggies but campaigners. There arguable health, environmental, economic and political reasons for the widespread vegetarian movement for change.



*Michael & Carol Quentin-Hicks*

We also like to eat well believing that Jewish cooking being the best in the world, it easily adapts to gourmet vegetarianism – especially with a glass (or two) of good wine.

We have found that stating all these reasons the response nowadays is "Well, I don't eat much meat".

Hope the above is of some interest – Michael Quentin-Hicks N.D. M.C.Th.A. M.T.L.A.

**P.S. Thanks to Denise for the excellent recipes, which are followed and passed on.**

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

# SOCIETY NEWS

## OBITUARY

### PHILIP TOFT



*The Toft family Chanukah 2007*

It is with deep regret that we have to report the passing of our good friend and life member Philip Toft from Manchester.

Philip became a strong and devoted vegetarian together with his wife, Nanette, when they married some 52 years ago. Together they did all they could to further the vegetarian way of life. For many years they had a big poster in the back of the car saying "Why Kill for Food?"

More than anything, Philip enjoyed walking and he spent as much time as possible, together with his wife and children, hiking in the English Lake District. They always stayed in vegetarian guest houses where they made lifelong friends.

Philip and Nanette have been life members of the Jewish Vegetarian Society since the 1950's and their daughters, Devorah and Naomi, were born into life membership. Nanette is a volunteer for the Vegetarian Society of the United Kingdom Speakers Service and Philip would always accompany her when she gave talks to various groups, organisations and societies in the Manchester area.

Philip's eldest daughter, Devorah, lives in Israel and he would travel there regularly with Nanette to enjoy nature walks and to contribute to animal rights and welfare activities. He loved all animals and did all he could to help them, both in England and abroad. Philip was one of the founding members of the Manchester's Society for the Rescue of Destitute Animals and a strong supporter of a number of other animal charities throughout his life. His special love was cats and he had two beautiful ones, Bambino and Kelpie. But alas, living on a very busy main road he decided not to take any more cats into his home.

Philip was a great believer in Natural Healing and the application of alternative therapies and complementary medicines to health problems. On many occasions he consulted his diverse library on these topics and he freely gave advice and assistance to whoever was interested in these subjects.

# SOCIETY NEWS

Philip will be sadly missed by his wife Nanette, daughters Devorah and Naomi, and grandson Ya'acov Shai, as well as his many relatives, neighbours and friends. His family will try to carry on his kind and helpful way of life, respecting all living things, both human and animal.

We would like to wish Nanette, Devorah and Naomi long life and good health.



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**Kenton, Harrow**

**Middlesex HA3 0AN**

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

## **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!**

# SOCIETY NEWS

## **APOLOGY RE: PHILIP L. PICK ARTICLE SOCIETY NEWS – JUNE ISSUE**

- (1) It was omitted to mention the fact, that the article was actually part of a report which was discussed at the Annual General Meeting of the Society and we were pleased that Minna Pick could be with us on this occasion.
- (2) Unfortunately Vivien Pick's name was misspelled should have been Vivien and not Vivian as stated.
- (3) The fourth paragraph on Page 5 should have read "Gradually Philip recruited his helpers (and not his nephew as stated) and associates, and the society grew with headquarters at 853/855 Finchley Road."The message of kindness and humanity went out loud and clear.

We would like to extend our sincere apologies to the Pick family.

## **NEW JEWISH VEGETARIAN SOCIAL GROUP**

**JVegout** – A new social group for Jewish vegetarians and vegans of all ages, will initially meet on the first Sunday of each month for a restaurant visit. We have a Facebook group which can be found at <http://www.facebook.com/group.php?gid=20274816199&ref=mf> where events will be announced. Or we can be contacted by email at [jvegout@yahoo.co.uk](mailto:jvegout@yahoo.co.uk)

## **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.

**We have a number of Badges and Rubber Stamps with the 'V' sign – available at £1 for the pair, which includes postage.  
Contact the office regarding payment.**

# “DIP THE APPLE IN THE HONEY”

## “DIP THE APPLE IN THE HONEY”

### Significant Omens for Rosh Hashanah

By: ROSE FRIEDMAN

A sweet childish voice is singing “Dip the apple in the honey, dip the apple in the honey”. Sparkling eyes and a happy smile adorn his charming face. Soon Rosh Hashanah will be here – our New Year, a time of prayer, hope and renewal. He has learned his song at school. Now we must learn our songs.

Why the apple? Why the honey? At the Pesach seder we understand that the unusual ingredients before us are reminders of the bitterness of our slavery in Egypt and our gratitude for freedom.

On the Rosh Hashanah table for the evening meal, we have round challahs, honey, apples and a variety of different fruits and vegetables. The round challah symbolizes a complete year, and dipping the first morsel into honey instead of salt underlines our hopes for a sweet year, as does dipping the apple into the honey. Why therefore the apple above other fruit? Among mystical connotations which our Sages derived from “Shir Hashirim” (Song of Songs) and other writings, Israel is compared to the beauty and fragrance of an apple orchard.

As we blend into the community and pray for the welfare of all Israel, so it is appropriate to share the fruits of the orchard and enjoy the juicy sweetness of apples and honey together, as one people, in unity.

On Rosh Hashanah we are at a crossroads between the past year and the coming year. What we emphasize in our behaviour and thoughts, for example, kindness, forgiveness, helpfulness and even what we eat is meaningful.

The Rosh Hashanah Artscroll Machzor lists symbolic foods, which have significant omens for eating during the evening meal on Rosh Hashanah. Some allude to our hopes for a sweet year, to an increase in our merits and good fortune, while others allude to the hopes that sins and evil will be removed. Many of these symbolic meanings are derived from the Hebrew or Yiddish meaning or sound of the words.

Those who know Yiddish will recognise “merren” or “merralach” as the words for carrots. Merren also means increase. By eating carrots, we hope that our merits will proliferate. If we prepare and eat a delicious sweet, cooked,

# “DIP THE APPLE IN THE HONEY”

carrot ‘tzimmes’, with the carrots cut into little golden rounds, like golden coins, we hope that our prosperity will increase, as Rosh Hashanah is the time when our income for the year is decreed.

The glowing, gorgeous pomegranate, beloved as an emblem in Scripture and one of the seven species of the land of Israel, is said to contain 613 seeds, equivalent to our 613 mitzvahs. Not only is the fruit healthful and beautiful, it can be an inspiration and an omen to increase merits and mitzvahs.

Sweet, nourishing delicious dates, another of the seven species should appear on our table. Leeks, sweet beets, cabbage and dates are omens referring to the removal of sins and adversaries. Gourds, such as cucumber or melon, imply the tearing up of our sentence and that our merits are recognized.

Some people have the custom not to eat nuts on Rosh Hashanah because its gematria (the numerical value of its letters) are the same as the word for sin.

Rosh Hashanah is replete with symbolism, from the blowing of the shofar to the figurative casting off our sins during Tashlich. We are at a crossroads. Let us make this a fruitful happy and successful year, filled with mitzvot and good deeds.

Wishing you all a Shonah Tova.

**Verses to be recited upon eating each of these foods, and wonderful insights into the meaning of Rosh Hashanah can be found in the Artscroll Rosh Hashanah Machzor, to which I refer.**



## 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.**

## DEAR SIR

Dear Sir.

Many thanks for Issue No. 165 of 'The Jewish Vegetarian' with so many important articles. IJVS – Israel is to me so important that I sent my form immediately to Dan Arbel. The work of Philip Leon Pick must be continued for ethical and religious reasons; in addition, the place in Jerusalem is to be kept.

With reference to Page 11 of the above, (article by Janine Bronson) I wish to refer to the book "The Sunfood Diet Success System 1999", San Diego, C.A. by David Wolfe, Page 294. Here is mentioned the importance of natural and raw food and the most successful investment is to look for books of genial masters and real education that encourage learning by your own experience, especially from people with excellence. I know even the Yaina (vegetarians rooted in India) ask for "Sustainable Eating" for taking only ripe fruits given freely by nature (without force).

I would also refer to M.K. Gandhi who was once a member of The Vegetarian Society and The Theosophical Society in London. On invitation he held a speech at The Vegetarian Society on 20<sup>th</sup> November 1931. The ethical basis is necessary to remain vegetarian.

The book "Tree of Life" by Philip Leon Pick is to me a treasure of excellence and wise thinking. I totally conform to the ideas and visions after reading for the first time this year. 30 years after having been published in 1977 it still deserves full support and appreciation. As English is not my first language I need to read by lower speed. This is a great advantage. So I have to think a bit more, what makes deeper learning about and helping to keep longer in memory. In general I have further adopted the custom to re-read a book a second time, showing their importance after one, five or ten years later. This helps the better understanding of books of brilliant spirits. It is wonderful to feel the geniality. The way of your own life is dependant upon whom one meets during your lifetime. It is surely not possible to meet personally with all persons of importance, but it is a blessing to meet them by their books or have the honour of correspondence.

One should remember even gardening existed before agriculture. To me there is a correlation, a resonance, between the highest quality of vegetarian food and excellent quality of thoughts. "Tree of Life" helps me to understand the growth of 'The Jewish Vegetarian Society'. I am only a member since 2002. Please receive 20 Euros as a sign of my appreciation to the Society.

Please send best wishes and thanks to Mrs. Minna Pick. The book "Tree of Life" shows an excellence that is reachable only with the spiritual help



# DEAR SIR

within the family.  
With best wishes.  
Yours sincerely,  
Dr W. Lindinger, Salzburg. Austria.

Dear Sir,  
Although I did not see the programme "Jews", what is and isn't kosher is not "a little tricky to follow" (Sunday Herald magazine, June 15), if you ignore the commonly accepted definition of what kosher means.

The simple fact is that no animal flesh is, or can be, kosher, irrespective of what kind of animal it comes from, a fact that is conveniently ignored by many Jews, including many who are supposedly Orthodox.

The Torah makes it quite clear that cruelty to animals is a sin and that we have a duty of care towards animals to protect them from harm. The founder of the Jewish Vegetarian Society, Philip Pick, wrote an article "Is It Kosher?" This was originally published in the Society's magazine and then issued in leaflet form, which spells out in some detail why animal flesh is not kosher.

Damien Love writes that another episode in the series is about the children of refugees and survivors of the Holocaust. Many survivors of the Holocaust, children of survivors of the Holocaust and even children whose parents perished in the Holocaust said that it took the Holocaust for them to realize that the way the Nazis viewed and treated them was how they had viewed and treated (non-human) animals. Some of them went on to work for Animal Rights directly as a result of the Holocaust.

In his book, "Eternal Treblinka", ([www.powerfulbook.com](http://www.powerfulbook.com)), Charles Patterson writes about the depths of depravity to which men can sink in their treatment of non-human animals as well as those of their own species, and of the chilling links between the two. Patterson writes and quotes some of those whose mindset about (non-human) animals was changed directly as a result of the Holocaust in his book. It is probably the best, most powerful book ever written about the abuse of power. There are no distressing pictures in the book (the only photograph is on the cover) but the horrors that he describes leave you reeling.

Whoever reads this book, whatever ones religion, will be left with no doubt in their mind that animal flesh is not kosher.

Yours faithfully,  
Sandra Busell, Edinburgh

# GOING ON-LINE



Social networks are big news now and are also having a significant effect on the way people deal with their health problems by enabling individuals to get advice either from their friends or from professionals. This site brings together consumers and therapists nationwide to facilitate discussions, recommendations and information.

Members can research and find therapists, book appointments, discuss therapies with other like minded people and keep a health diary if appropriate (eg. if trying out a diet or regiment of activity or exercise) as well as keeping up to date on all that is new and relevant in the world of complimentary health. So if you have a health problem and want to find out about it or try complimentary medicine join [www.everybodybetter.com](http://www.everybodybetter.com) today and benefit from this goldmine of information. There is no doubt it is set to become the site of choice for millions who want to help themselves lead a healthier lifestyle the natural way.

[www.lindamccartneyfoods.co.uk](http://www.lindamccartneyfoods.co.uk) – **A Place to Share**



**'A place to Share'** is the new and exciting foodie page of photos, videos, recipe tips and cooking suggestions for every dish. This space enables visitors to follow and inspire others by sharing ideas and adding individuality to meat-free dinners. Nutritional values for each product are also shown on this website as well as cooking guidelines.

Hear the story of Linda McCartney and her inspirational enthusiasm for celebrating life through good food, as well as from her family Paul, Mary and Stella, on this brand new Linda McCartney Foods website, which includes bespoke meat-free meals that can be created to satisfy all tastes, using the varied serving suggestions and accompanying recipes for each of Linda's dishes.

**The complete Linda McCartney range can be found on this new website.**

# GOING ON-LINE



[www.Mydish.co.uk](http://www.Mydish.co.uk)

## **Real Recipes by Real People**

Share your **treasured recipes** with your family and friends – Organise your **favourite recipes** into one accessible place – **Swap ideas, cooking hints and tips** with friends – Create your own **personalised Cookbook** with photos and comments and have it professionally printed as a gift.

Mydish.co.uk has pioneered a unique 'personal' Cookbook which is the perfect gift for any occasion. Just to remind you, the ethos behind Mydish is that everyone has a special dish whether it reminds them of a person, a place an occasion or it's just one they have perfected over the years. The Mydish cookbook, therefore, gives people the chance to professionally create their own personalized Cookbook with photos and comments throughout.

## **For an electronic example of what the book looks like go to:**

<http://www.mydish.co.uk/book/bookpreview.asp?hash=c3065e7b4295ad82c217c3c4dc648d1b>

Uploading your pictures and recipes is simple – why buy your friends a generic celebrity chef book when you can share with them your own treasured recipes?

**Publish your favourite recipes on Mydish and share them with friends and family. Join now to get started and build your recipe folder!**



**What you need, when you need it**

[www.Greensmile.com](http://www.Greensmile.com)

Give the wildlife in your garden a biggreensmile.com. Attracting, and looking after, garden wildlife is something many of us are keen to do and it has just become easier with the launch of this new website.

Selling a wide range of green, ethical, recycled and eco-friendly products, this easy to navigate online retailer and information service, makes it simple for consumers to think about the way they shop, the products they buy, and switch to more environmentally sound choices.

From bats to insects, ladybirds to toads, the site stocks a wide range of products which allow nature lovers to do their bit for the environment. Every product is made from 100% Forest Stewardship Council wood and the paints and stains used are water based, which is good news for the inhabitants!

# COOKERY CORNER



*Denise Phillips*

## DELICIOUS ROSH HASHANAH RECIPES FROM DENISE

### SWEET POTATO, POMEGRANATE AND PUMPKIN SEED SALAD

**This salad makes a lovely refreshing Yom Tov starter or light lunch to enjoy after shul. I have mixed an unusual selection of vegetables to create a dish strong with**

**vibrant colour and full of varied interesting textures and flavours.**

**Pomegranate is one of the popular ingredients during Rosh Hashonah as it is PICTURE symbolic of plenty and fecundity. They are seasonal but can be found out of season sometimes in ethnic supermarkets which receive different supplies from the regular large stores. The taste differs depending on the variety of pomegranate and its state of ripeness; from very sweet to very sour or tangy. Be careful when you remove the white outer casing of the pomegranate to retrieve the red seeds, as the juice does stain!**



**On a health note pomegranates provide a substantial amount of potassium, are high in fibre, and contain vitamin C and niacin. When pomegranates are not available substitute the seeds of passion fruit to make this salad.**

**Preparation Time:** 20 minutes **Cooking Time:** 25 minutes

**Serves:** 6 people

#### **Ingredients**

2 lbs (about 2 large) sweet potatoes – peeled and cut into cubes; 1 tablespoon olive oil; 7 ounces watercress; 1 large pomegranate – halved and deseeded; ¼ cup pumpkin seeds; ½ cup goat’s cheese – crumbled; Salt and freshly ground black pepper.

# COOKERY CORNER

## Dressing

4 tablespoons extra virgin olive oil; 1 tablespoon balsamic vinegar; 1 teaspoon sugar; ½ teaspoon mustard – of any variety; 1 teaspoon lemon juice; Salt and freshly ground black pepper to taste.

## Method

- 1) Pre-heat the oven to 400°F.
- 2) Put the sweet potatoes in a roasting tin, drizzle with olive oil, salt and freshly ground black pepper.
- 3) Roast for 20 -25 minutes turning once during cooking.
- 4) To make the dressing mix all the ingredients together and season to taste.
- 5) Put the sweet potato in a bowl with the watercress, pomegranate and goats cheese.

**To serve the stylish way: Drizzle over the dressing and sprinkle over the pumpkin seeds.**

## WHOLESOME BEETROOT AND CARROT SOUP

Rosh Hashanah celebrations is a time for renewal and repentance – so why not continue this ideology with renewing one's eating habits and start the year with a nutritious soup. Carrots and beetroot are also symbolic at this time of year as the omens present us with the thoughts of prosperity and a life of good fortune.



This colourful nutritious soup is perfect for family style eating whether it is a Yom Tov or for a change a different soup for Friday night. This soup is easy to serve and can be made in advance which makes the cook's task straight forward. I like to boost the intake of vegetables with a healthy content as much as possible at any opportunity.

**Preparation Time:** 15 minutes **Cooking Time:** 30 minutes

**Serves:** 6 people

**Parev Will freeze**

# COOKERY CORNER

## Ingredients

2 tablespoons olive oil; 7 raw beetroots – peeled and roughly chopped; 900g carrots – peeled and sliced; 2 onions; 2 cloves garlic – peeled and sliced; 2 sweet potatoes – peeled and roughly chopped; 2 litres vegetable stock; salt and pepper to taste.

## Garnish:

Sprigs of parsley, 6 whole coriander seeds

## Method

- 1) Heat the olive oil in a deep saucepan. Fry the onions and garlic for about 5 minutes until soft.
- 2) Add the carrots, beetroot, sweet potatoes, and vegetable stock.
- 3) Bring to the boil and simmer for about 30 minutes or until the vegetables are soft.
- 4) Pour into a blender and whiz until smooth. Return to the saucepan and reheat. Season to taste.
- 5) Fry the whole coriander seeds in a dry frying pan for 2 minutes until slightly golden. Remove and crush with a rolling pin or pestle and mortar.

**To serve the stylish way: Garnish with sprigs of parsley and crushed coriander seeds.**

## CARROT KUGEL

**For me, kugels are for Yom Tovs and Shabbat, regardless of their variety. They are also an excellent way of enticing children to eat vegetables, taste delicious hot or cold and of course can be prepared in advance. This carrot recipe has a great flavour of cinnamon, lemon juice and nutmeg, and as it freezes well make double the quantity and keep one for another occasion. Carrot Kugel cuts up into squares, which makes serving easy. Serve cold or hot with your Friday night or Yom Tov meal.**



**Will freeze and can be made in advance**

**Preparation Time:** 20 minutes **Cooking Time:** 40 minutes

**Makes:** 2 trays **Serves:** 10-15 people

# COOKERY CORNER

## Ingredients

1 tablespoon vegetable oil – for greasing the tin; 1 kg carrots – peeled and grated; 1 onion – peeled and grated.; 2 teaspoons ground cinnamon; 1 teaspoon salt; 1 tablespoon brown sugar; Juice of ½ lemon; ¼ teaspoon ground nutmeg; 1 ½ teaspoons baking powder; 1 teaspoon bicarbonate of soda; 6 eggs; 100g plain flour; 100g fine matzah meal; freshly ground black pepper to taste.

**Garnish:** Dusting of ground cinnamon and sprigs of parsley

## Method

- 1) Pre-heat the oven to 200°C/400°F/ Gas mark 6.
- 2) Line a 30cm/12 inch x 20cm/8 inch baking tray with non-stick baking parchment paper.
- 3) Place the grated carrot, onion, cinnamon, nutmeg, salt, pepper, brown sugar, lemon juice, baking powder and bicarbonate of soda in a mixing bowl.
- 4) Add the eggs, flour, matzah meal and mix well.
- 5) Spoon kugel mixture into the prepared tin and level off the surface with a knife.
- 6) Bake for 40 minutes or until firm and crispy.
- 7) Cool for 5 minutes. Remove from the tin and cut into squares.

**To serve the stylish way: Dust the plate with some ground cinnamon and garnish with sprigs of parsley**

## DRIED FRUIT STRUDEL

Having a ready made fruit strudel is very useful when you have extra guests for breaking the fast. It is perfect with a cup of tea and cuts up easily as part of a buffet. It is made with short crust pastry that is easier to slice as opposed to the classic phyllo pastry which tends to crumble. I have used jam inside the pastry but for a less sweet option, use a fruit puree. This recipe is from my book 'The Jewish Mamas Kitchen'. Straight forward to prepare it makes a little piece of pastry and some dried fruit go a long way. It freezes well or alternatively stores in an air tight container for up to 5 days.



# COOKERY CORNER

**Preparation Time:** 25 minutes plus 30 minutes

**Cooking Time:** 20 minutes **Makes:** 40 pieces

## Ingredients

### For the Pastry

500g self raising flour; 250g butter or margarine; 2 eggs; a little cold water

### For the Filling

4-6 tablespoons raspberry or blackcurrant jam; 250g mixed dried fruit; 50g glacé cherries – cut in half; 125g chopped walnuts; 2 teaspoons cinnamon; 1 egg lightly beaten to glaze pastry.

## Method

- 1) Put the flour, butter, eggs and a little water into the food processor and whizz together. The pastry should be soft and smooth. Wrap with some cling film, flatten and put in the fridge to relax for 30 minutes.
- 2) Pre-heat the oven to 180C/350F/ Gas mark 4.
- 3) Cut the pastry into four pieces. Lightly dust the work surface with some flour. Using one quarter, roll out thinly into a rectangle.
- 4) Spread a thin layer of jam over the pastry taking it to the edges. Sprinkle a quarter of the dried fruit, nuts and cherries evenly over the pastry. Fold over the pastry sides by 2cm/1 inch, and then roll up the pastry like a Swiss Roll. Repeat with the remaining pastry and fruit.
- 5) Place on a baking tray lined with baking parchment paper. Make slits into the pastry at 2cm/1 inch intervals. Glaze with beaten egg. Sprinkle the top with cinnamon.
- 6) Bake for 20 minutes or until golden brown and firm to touch.
- 7) Allow to cool.



## BEQUEST TO THE SOCIETY

Ensures its Future Activities.

Forms are available on request from  
the Society's Honorary Solicitors Communications  
to Headquarters "Bet Teva", 855 Finchley Road

London NW11 8LX.

**Tel: 020 8455 0692**



# COOKERY CORNER



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

**Book a date in your diary and make time for yourself. 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 and benefit from some great new food ideas. Choose from:**

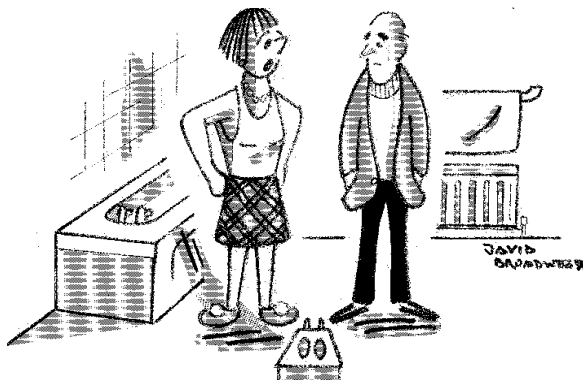
Wednesday	17 <sup>th</sup> September	‘Flavours’ of the Yom Tov Table
Thursday	18 <sup>th</sup> September	‘Flavours of the Yom Tov Table
Sunday	21 <sup>st</sup> September	‘Flavours of the Yom Tov Table (6.30pm – 10.30pm)
Sunday	2 <sup>nd</sup> November	Italian Family Cooking (6.30pm – 10.30pm)
Wednesday	5 <sup>th</sup> November	Italian Family Cooking
Thursday	6 <sup>th</sup> November	Italian Family Cooking
Wednesday	26 <sup>th</sup> November	Dinner Parties to Inspire – Thai Feast
Sunday	30 <sup>th</sup> November	Dinner Parties to Inspire – Thai Feast (6.30pm – 10.30pm)
Sunday	7 <sup>th</sup> December	Gourmet Entertaining (6.30pm – 10.30pm)
Wednesday	10 <sup>th</sup> December	Gourmet Entertaining
Thursday	11 <sup>th</sup> December	Gourmet Entertaining

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

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

**Cost: £55 per class. All materials provided (£60 from September 08)**

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



*“No, no, no – I said she’s got a chutzpah, not a footspa...”*

# 'SIPAHH' IS FINAL STRAW!

**From J'burg to the shelves of UK supermarkets  
via the backpack trail,**

## **'SIPAHH' IS THE FINAL STRAW FOR THIS YOUNG JEWISH ENTREPRENEUR**

What makes for a better business education? A commerce degree or back-packing around the third world? This 30 year old CEO of Strawtech, Andrew Robinson, says he learnt more about budgeting and negotiation as he travelled from India to China.

"I travelled on a shoestring budget around Asia, studying commerce through the Open University, learning what I could and living and eating with the locals. I wanted to see how business worked in the real world whilst hunting for new products and new innovations that I could make a business out of," says Jewish South African, Robinson.



*Andrew Robinson, CEO Strawtech*

The intrepid backpacker is the man behind Strawtech, the company that has introduced the innovative Sipahh drinking straw to the UK market, having launched the product to huge success in South Africa in 2006. Strawtech is the only start-up to be appointed a licensee by Sipahh's parent company Unistraw.

The idea is simple, the technology advanced. Quite simply, Sipahh is a kosher drinking straw with naturally coloured and flavoured beads, sealed with two filters. Rip, dip, sip and say 'ahh' as you dunk the milk flavouring straw into a healthy, cold glass of milk for an instant flavour hit. Sipahh is a welcome addition to the UK children's drinks market and will encourage kids to drink more milk - currently **over a quarter of our children (27%) admit to not drinking any milk throughout the day.** The product is kosher listed and stocked in over 150 kosher stores in the UK

Robinson discovered Sipahh when he was working at a leading investment bank in London. "Like most overseas visitors, I rocked up in London at the age of 25 with no job, no contacts, and no place to stay and headed for a recruitment company. I could tell there was no way in hell I was going to get a job through them, so I phoned the CEOs in the banking arena and secured a cappuccino with all of them. I had only a few dollars so those expensive cups of coffee were the most courageous investment I'd made at that point!"

# ‘SIPAHH’ IS FINAL STRAW!

Having landed himself a job as an analyst at a City-based investment bank, the Australian inventors of Sipahh then approached the bank for backing. Robinson realised it was the kind of phenomenal new product that he had been looking for. So he rushed straight to Australia to meet with the owners of the business. He quickly secured the rights for all Southern Africa Development Communities (Angola, Botswana, Democratic Republic of Congo, Lesotho, Malawi, Mauritius, Mozambique, Namibia, Seychelles, South Africa, Swaziland, Tanzania, Zambia, and Zimbabwe), Indian Ocean Islands, the UK (including Channel Islands) and the Republic of Ireland. Then he called around a number of contacts, to raise the £3 million investment needed in the UK market and set about building up the infrastructure and virtual team to support the launch in the UK, whilst keeping a close eye on start up overheads.

Robinson’s friends couldn’t believe he would give up a good career at the bank to sell straws. “I had a great job soon after arriving in London with nothing and knowing no-one. When I told my family I was leaving to sell straws, they called me a nutter.”

The self-described “happy straw salesman” seems to have made the right move. Milk consumption in South African Sipahh homes went from 2 litres to 6-7 litres when Sipahh launched in that country in conjunction with McDonald’s. Since the product’s launch in Australia in October 2005 millions of units have been sold and nearly every person in the country has bought one. Sipahh straws were launched in the UK through J Sainsbury in January 2007 and have since been introduced in Asda and Somerfield, along with over 150 kosher stores, independents, convenience stores, forecourts and catering outlets. The straws are available in chocolate, strawberry, caramel and banana flavours and it is hoped will attract kids 5-15 years old and encourage them to drink more milk. Surely, music to the ears of dairy farmers and milk boards.

“We’re aiming to knock the top drinks off the shelf,” says Robinson. “We’re developing new flavours for kids and currently have distribution in 17 countries; some Southern Africa Development Communities, certain Indian Ocean Islands and the UK. We’re also putting a lot of investment money into the straw as a nutrient delivery system for energy and medication.

Robinson says the key to his success lay in recognising his strengths, and getting help where it’s needed. Strawtech’s focus is to get Sipahh onto shelves and sell it. There are only five employed team members focusing on managing buyer relationships, actively managing key accounts and the business’ debtor and financial flow books. Strawtech UK has outsourced

## ‘SIPAHH’ IS FINAL STRAW!

sales and the physical distribution. No doubt the 30 year old businessman’s success means he can upgrade from backpacker to business class as he flies around the world overseeing his soon to be global company.

Andrew comments on his latest venture, “Life’s good when it sux!” A mantra close to his heart as the strapline for Sipahh throughout the world.

**Each straw contains 13 calories per serve with 250ml of semi-skimmed milk and is available in Strawberry, Chocolate, Caramel and Banana. Sipahh straws are currently available in over 150 kosher stores nationwide, Asda, Somerfield, BP forecourts, Bestway Batleys and most SPAR stores in a range of 10, 5 and 60 packs as well as single straws at BP.**

**Log on to [www.sipahh.co.uk](http://www.sipahh.co.uk) for more information about Sipahh straws.**



## INSIDE HEALTH

### VAIN WOMEN CARE MORE ABOUT LOOKS THAN HEALTH

**One in three British women is more worried about their looks than their health, according to new research.**

The study revealed that women are more prepared to spend money on products which give the impression they are healthy – rather than healthy products. It also emerged that almost 35 per cent admitted to crash-dieting and another ten per cent said they had resorted to laxatives to fit in to the latest fashions. Eight per cent said they ended up suffering from an eating disorder to look their best for a night out.

Experts blamed the trend on women trying to emulate celebrities like Sarah Harding who still look great even as they fall out of bars at 3am or arrive at Heathrow after a trans-Atlantic flight with three small children in tow.

Dr Ian Campbell, leading obesity expert and Medical Director of charity Weight Concern said: “This is very concerning, especially as there is increasing evidence that lifestyles with poor eating habits and little exercise can lead to

# INSIDE HEALTH

high levels of 'hidden' fat around the organs – although the individual may appear slim. Scientists now recognize that it is the precise location of fat that has more of a bearing on health than simply being overweight.

'It is the fat around our organs, called visceral fat which can lead to strokes, diabetes and heart disease.'

The study was carried out by leading home health monitors brand Tanita, makers of Body Composition Monitors, which measure total body fat. A spokesman for Tanita said: "We worry if our hair and skin aren't perfect but these findings show we don't care about what's going on inside our bodies. Women can be slim and look good, but it doesn't necessarily mean they're healthy. Reassuringly, the survey did highlight that almost seven out of ten would like a machine that tells them how healthy they are at the touch of a button. Our monitors are as simple as stepping on a scale yet give in-depth personalized readings for body fat, muscle mass, hydration and now visceral fat."

The poll of 3,000 women also revealed half automatically assume that someone who is overweight is unhealthy, while 16 per cent think slim women are the picture of health.

The survey also revealed that a staggering 72 per cent of women would prefer to live life to the full rather than worrying about the consequences it has on their health. Despite this, 64 per cent admit that it worries them that they can't see what is happening inside their bodies – and 12 per cent have had a serious health scare, despite looking completely healthy on the outside. More than one in ten try and live the celebrity life by going out all of the time and looking good and 45 per cent admit they just cover up the effects of late nights and alcohol with make-up.

Dr Ian Campbell concluded: "As a practicing GP, it alarms me that nearly three-quarters of those surveyed automatically knew their partner's star sign but only one in ten had a clue about their loved-one's body weight. Although over 90 per cent of those surveyed had not heard of it, visceral fat is attracting more attention within the scientific community and rather like cholesterol a decade ago, is emerging as a significant indication of disease risk. The dangers of obesity-related illness really should be more important than horoscopes, especially when there are so many readily available ways to check our inner health.

The poll also discovered that 49 per cent have not gone to the doctors for a general check-up for at least a year and more than one in five admitted they had never been for a health check up.

## CONSUMER CORNER

### HOW HEALING THE SOLE CAN HEAL THE SOUL

The art of reflexology is the practice of manipulating parts of the feet and sometimes hands, in such a way as to create beneficial physical effects to other areas of the body or to improve general health and wellbeing. It has been in existence since before 2000 BC and originated in the east, but elements of similar healing techniques have been present in many cultures through time.

Pressure from the therapist's hands, fingers and thumbs is applied to the feet and hands using specific thumb, finger and hand techniques, and different pressure points correspond to different areas of the body. Until recently, only alternative medicine practitioners carried out reflexology; but now, with advances in technology, the same effects can be achieved with machines. One company, Sasaki International, specialises in supplying equipment which merges ancient therapies with the latest technology to bring health and wellbeing to people without needing to see a doctor.

The OTO Electro-Reflexologist is a compact physiotherapeutic device developed by doctors and electronic engineers in Korea. Based on traditional reflexology methods and including elements of the acupuncture process, it uses safe and stable low frequency electro-waves to stimulate reflex zones, acupoints, muscles and capillaries. This helps to achieve relaxation, improve circulation, and enhance the body's natural healing power; it can also relieve stress, fatigue, and aches and pains.

#### **Other areas that the machine has said to help are:**

Diabetes · Post-stroke conditions · Arthritis · Poor circulation · Varicose veins

Deep vein thrombosis · Sleeping trouble · muscle toning on the legs · Multiple sclerosis · Fluid retention · Stress

If you suffer from a long-term illness or disability, you may be eligible for VAT tax exemption on the product, as it's classed as a 2A Medical device. So, instead of needing to wait to see a doctor about health problems you may have, it's now possible to counteract or even stop the onset of a range of conditions at home, in your own time and space. **What's more, it simply feels great!**

**For more information about the OTO reflexologist, or Sasaki's extensive range of health products, contact Christine Choong on 01908 322 888.**



*Rooks in October*

by Walter De La Mare

They sweep up, crying, riding the wind  
Ashen on blue outspread  
Gilt-lusted wing, sharp light-glazed beak:  
And low flat ravenous head.

Claws dangling, down they softly swoop  
Out of the eastern sun  
Into the yellowing green-leaved boughs  
Their morning feast begun

Clasping a twig that even a linnet  
Might bend in song, they clip  
Pat from the stalked embossed green cup  
Its fruitage bitter-ripe

Oh, what divine far hours their beauty  
Of old for me beguiled  
When – acorn, oak, untarnished heavens  
I watched them as a child!

# “THE ROARING FORTIES”

## “THE ROARING FORTIES”

(Transportation Through The Ages)

**This article, which was submitted by Derrick Cohen, was received from ‘A Befuddled Bewildered Centenarian’**

The Bible calls it “The Age of Wisdom”, when we are supposed to reach the point of understanding perched at the crossroads of our lives. To acknowledge where we are, what we have achieved and where we are going. We have hit that proverbial age where life starts anew. So, as the saying goes “Life Begins at Forty”. We are wiser, more matured and sophisticated. Now we can sit back and rest on our laurels, take it easy, enjoy some leisure time and get away from it all. Life is just beginning! But does Society allow this to happen? Do we live in a Utopia where all dreams come true? Not really, for we do not know when to stop and lifetime habits are difficult to break.

In spite of our ambitions for achieving our aims, we still struggle for more and more. We are caught up in this vicious circle that demands so much. Unfortunately, we are not always able to deliver. We have barged our way through our twenties, carried on regardless in our thirties then suddenly the forties come roaring in, bringing a downside spiral. We don’t spring about so rapidly, have difficulty keeping up with the hectic schedule. We realise we are no longer in complete control. Then one morning we wake up, look in the mirror to be confronted by a complete stranger. We are beginning to look our age. We have reached a middle age crises! So we just panic! We visit the doctor, try the tranquilisers, join a gym, attend Weight Watchers, dye our hair, dress trendy hoping to recapture our youth and more or less drive ourselves and everybody else round the bend.

From this point on we cease to be happy! Suddenly we reach fifty and we are still carrying on in the same way. Now we are in trouble, for we are on double tranquilisers, plus the high blood pressure tablets and the cholesterol pink ones, not forgetting the indigestion pills, jogging has replaced the gym. We try umpteen diets, become more irritable and still drive others mad.

Then we reach sixty. We have been made redundant, taken early retirement, been pensioned off and our routine is based around those regular visits to the shrink. Our only activities are bowls, the gentle game of Scrabble, the daily shopping and watching television, still driving ourselves round the bend. We start worrying about the future, wondering where the past has gone, longing for the good old days once again.



# “THE ROARING FORTIES”

By the time we reach seventy the memory is a trifle astray as we struggle to cope with existence, even the sixties were glorious times!

The eighty makes its bow, life is indeed burdensome. Are we here? Are we there? Our jumbled minds are everywhere, the past and present have become one and our days just forgone.

By the time we reach ninety we see everything at a glance or are we in a trance? All is just serene as we witness the scene dreaming of that telegram from the Queen. Isn't life just grand as we totter around the land with our zimmers!

**Now if you think I am a nutter telling you all this hogwash bunkum, wait until you reach my age. You will be as meshuga as me!**

**And by the way, what happened to the Queen's Birthday telegram???**



## NOTICE

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

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)**

## GARDENERS' CORNER

**There are two great "Flower Shows" organised by the Royal Horticultural Society.** In

May the Chelsea Flower Show, has for many years been the venue for those striving to demonstrate that they have achieved the pinnacle of excellence in garden design, growing of flowers and vegetables, floral arrangements and all the usual garden equipment to help with gardens large and

small. Among the exceptional exhibits are wonderful bonsai trees, each a miniature to scale of a full size woodland tree.



**Mesembrianthemums (Livingstone**

There are amazing displays of flowering cacti, each plant at the peak of perfection. All of the familiar flowers such as lupins, begonias, sweet peas and delphiniums have their specialist growers and breeders and proudly show what may be the culmination of a life's work and dedication to improving the best strains of cultivars of our well-loved garden companions.

Whether it be that your passion is for orchids or roses, auriculars or narcissi each exhibitor is generous with advice on cultivation, or hints on how best to germinate the seeds to enable the amateur to have some success.



*Vegetable Display*

The vegetable growers too are well represented and even in May, all of the vegetables are brought to perfection by seedsman and members of the National Farmers' Union. These all serve to inspire the layman at least in a few areas, to aspire to produce better home grown produce.

In July a larger show takes place at Hampton Court. This is a bit less elitist in terms of growing only the best of everything and is aimed more at the practical gardener who can not only enjoy the exhibits, but also buy specimens to take home on the day.

The showground is vast and provides something for all tastes and blends

# GARDENERS' CORNER

in very nicely with the beautiful and historic palace and the broadwater intersecting the showground, with swans gracefully vaunting their beauty, gliding to and fro.

For me the prize exhibit was the Daily Mail cottage garden. This consisted of a Cotswold thatched cottage full size and built in situ, surrounded by a traditional small country garden which extended to a fantastic kitchen garden with neat rows of leeks, onions, beetroot, peas, beans and artichokes all looking as though they really grew



**Daily Mail Thatched Cottage**

there, rather than this being just another grassy area of this fine park just a few days ago. To add to the transport to a bygone age, there were beehives and a paddock with two very contented donkeys. The whole scene captured some of the joy, which can spring from a well-loved garden.



*Donkeys in Thatched Cottage paddock*

Each of these shows provided something for just about everyone and inspired renewed enthusiasm in the tiro or well-seasoned gardener.

In addition to these outstanding events, there are smaller shows up and down the country where amateurs produce and display exceptional produce and these are all well worth attending.

**(Photographs were taken at this year's Hampton Court Flower Show)**

## **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.

## CONSUMER CORNER

### **NEW! ORGANIC FAIR-TRADE CHOCOLATE SPREAD TRIO**

Chocoholics beware! Essential has launched three organic fair-trade chocolate spreads that will treat your conscience as well as your taste buds. Choose from:



#### **Hazelnut & Chocolate Spread**

A classic combination of hazelnuts (10%) and milk chocolate: smooth and creamy.

#### **Duo Swirl – mix of Milk and White Chocolate Spread**

A delightful mix of the Hazelnut & Chocolate Spread and a wickedly creamy white chocolate spread.

#### **Dark Chocolate Spread**

Lusciously dark, rich and silky smooth and Vegan Society Accredited.

**All three are made from cocoa that is cultivated using organic methods to protect the environment.**

**For more information on your nearest outlet please visit [www.essential-trading.coop](http://www.essential-trading.coop) or call 0845 458 0201 who will be happy to advise you. Look out for the Essential leaf logo on the label that shows you this is food you can trust.**

### **NEW LIGHT & DARK TAHINI PASTES**

**Organic, Fair-trade and Vegan**

**Fair-trade Light and Dark Tahini are now available from whole food suppliers Essential Trading.**

A thick paste from ground sesame seeds which can be eaten on bread or in salads, tahini is also an essential ingredient for making hummus.

The Dark Tahini is darker and coarser than the 'light' variety as the sesame seeds have not been hulled before grinding. The Light Tahini is made from hulled sesame seeds that grind down to a smoother texture and lighter coloured product.

Tahini has a distinct nutty taste and is a source of calcium, protein and B vitamins. Tahini is also a good source of essential fatty acids which help maintain a healthy skin and a source of vitamin E which helps reduce the rate of ageing in body cells.

# CONSUMER CORNER

Eli Sarre, Sales & Marketing Director, **Essential Trading**: "Tahini paste has become a red-hot food commodity, as is the popularity of hummous, which is made with tahini and chick peas. Hummous is suitable for even the strictest of diets; it is gluten, dairy and sugar free and can be used as a dip or sauce for any salad or crudit . Hummous is low in fat and high in protein so it is also suitable for health conscious dieters."

**Both are available in 340g jars and cost around  2.29 from good health food shops.**



## PURE ORGANIC VEGAN PESTO

**Essential** has introduced a pure pesto that, true to Italian tradition, comprises just four ingredients: aromatic pine nuts, extra virgin olive oil, fresh fragrant basil and sea salt.

**Key differences between this and many other pesto sauces are:**

- ◆ The simplicity of its recipe: just four fresh ingredients.
- ◆ It is a concentrated pesto to which you add extra virgin olive oil to taste. This makes it utterly versatile as a stir-in sauce and ingredient for dips or a spread for savoury sandwiches.
- ◆ It is certified organic by the Soil Association. This assures you that each ingredient is free of pesticides, fertilizers or chemical processes and sourced from sustainable farms or plantations.
- ◆ It is certified vegan by the Vegan Society.

The Essential Vegan Pesto is sourced from an organic co-operative in Italy that brings together the four fresh ingredients locally to produce this authentic sauce.

**Now you can enjoy Essential's Organic Vegan Pesto which is available at all good health food shops and many online stockists priced at approximately  2.89 per 175g jar. For more information visit [www.essential-trading.coop](http://www.essential-trading.coop) or call 0845 458 0201**

**N.B. These products have been sampled by vegetarians, non-vegetarians and vegans alike and have been given a 'thumbs up' as very tasty and extremely 'more-ish'!**

# PETA EUROPE AWARDS

## WALKERS, ALPRO AND GOODLIFE EARN PETA EUROPE AWARDS

**Veggie Burgers, Crisps and Dairy-Free Desserts set panel of judges' taste buds tingling**

In recognition of their delicious and cruelty-free food products, vegetarian-food company **Goodlife**, crisp giant **Walkers** and dairy-free alternative range **Alpro** have each been given a PETA Europe **Proggy Award**. The three businesses have been presented with a glossy certificate and are featured on PETA Europe's website [PETA.org.uk](http://PETA.org.uk). PETA Europe's annual Proggy Awards ("Proggy" stands for "progress") recognise animal-friendly achievements in commerce and culture.

**Best Faux-Meat Product: Goodlife's Spicy Bean Burger.** Eating vegetarian burgers instead of meat is better for animals and your health, and it tastes much nicer too. Goodlife know this, and their spicy bean burger, with a slight saucy kick added to a breadcrumb-coated mix of beans and vegetables, is a cut above the rest. They are popular in many supermarkets and health-food stores, which make it easy to whip up a healthy and tasty meal for the family and friends in minutes. Other tempting vegan treats in the Goodlife range include butternut squash roast and nut cutlets.

**Best Vegan Snack Product: Walkers' Prawn Cocktail Crisps.** A peckish vegan never needs to go hungry when out and about thanks to Walkers and their innovative range of vegetarian and vegan crisps. PETA is especially bowled over by Walkers' prawn cocktail flavour, which uses non-animal ingredients and is packed full of flavour. Walkers crisps are available at almost every newsagent and supermarket in the UK. Their accessibility is outstanding!

**Best Dairy Alternative: Alpro's Fruits of the Forest Yogurt.** For all your dairy-free dessert needs, Alpro Soya really is the best range available. Their soya yoghurts, flavoured milk and other products are great alternatives to animal milk and adorn the shelves of most supermarkets, which make it easier than ever to indulge in a sweet-toothed frenzy without having hurting cows or your health. The "Fruits of the Forest" yoghurt is especially delicious and perfect for sharing with friends after a dinner party.

"Going and staying vegetarian has never been easier thanks to an ever-expanding range of tasty, humane food products ", says PETA Europe's Alexia Weeks. "Walkers, Goodlife and Alpro cater to our desires to live compassionately without sacrificing quality or taste, and the PETA Europe

# PETA EUROPE AWARDS

Proggy Awards are our way of saying thanks."

**Almost 20 Proggy Awards have been given out this year. The other winners include a chocolate company, a compassionate politician, and producers and marketers of vegan foods and cruelty-free personal-care products. For more information and to see the entire list of Proggy Award winners, please visit [PETA.org.uk](http://PETA.org.uk).**



## CONSUMER CORNER

### ANYONE FOR AN EGYPTIAN CUPPA?

We drink over 165m cups of tea per day – on average three for every Briton – but as traditional as tea is to our culture, ethical whole food suppliers **Essential Trading** have invested in a new tea trend – bio-dynamic herbal teas from Egypt. **Essential Trading** has worked with an Egyptian farm since 1979 to grow and prepare bio-dynamic herbal teas and the farm has grown 28 fold from 70 acres to over 2,000 as Britain's thirst for these teas grows.

"Traditional" black tea contains caffeine so more and more people are switching on to the benefits of herbal teas. Herbal teas can have calming and soothing qualities and even act as a digestive aid primarily by not dehydrating the system.



Herbs have been used for centuries for their medicinal qualities. Peppermint aids digestion, whilst Camomile can be used to relax before sleep. Essential Trading herbal teas are suitable for those on a caffeine free diet and the biodynamic farming method ensures that the teas are of the highest quality. **Essential** Bio-dynamic Herbal Teas are 100% pure, containing nothing but the listed herbs. All are certified 100% organic and are demeter™ accredited.

**There are six herbal teas available – Camomile, Peppermint, Fennel, Hibiscus, Camomile & Spearmint blend and a Peppermint & Spearmint blend. For more information visit [www.essential-trading.coop](http://www.essential-trading.coop) or call 0845 458 0201.**

## CONSUMER CORNER



**Aldi is a leading global retailer and one of the world's largest privately owned companies. The first UK store was opened in 1990 and Aldi is now the fastest growing grocery retailer in the UK with over 375 stores nationwide.**

**Quality and Value for Money:** Aldi prides itself on offering quality products at affordable prices and has a unique offer, different to that of any other supermarket. Aldi's point of difference is that it prides itself on its absolute commitment to high standards, both in terms of quality products and well maintained stores, whilst at the same time offering incredible value for money.

**Each store provides a fantastic range of over 850 top quality products from food right through to fashion.** All sourced from the best suppliers by its UK based buying team, and virtually 100% of which are own brand.

Aldi's commitment to quality has been recognised by the industry and has won various accolades that include The Quality Food & Drink Awards, International Wine & Spirits Competition and The Grocer Own Label Excellence Awards. Aldi has scooped the prestigious 'Gold Q Award' at the Quality Food Awards.

**Food and Wine Range:** Aldi offers a full range of over 1,000 grocery lines. One in seven of Aldi's own brand products have won awards from leading organisations such as the International Wine and Spirits Challenge and the Quality Food Awards, as well as specialist media titles such as BBC Good Food magazine. The shopping environment at Aldi is simple, clean and highly functional. **Quality is kept high whilst costs are kept low.**

**For further information about Aldi and to locate your nearest store call 08705 134262 or visit [www.aldi-stores.co.uk](http://www.aldi-stores.co.uk)**

**N.B. Shirley Labelda and Valerie Allan attended an impressive Aldi presentation of their extensive product range (held in a four storey house) in London's West End. They both agreed that the products were of best quality and price. Starting at the top floor working their way down, they viewed bedroom linen, both men and women's fashion, bathroom accessories and linen, TV's, computers etc. , garden furniture and, finally, they visited the kitchen( at the basement of the house) where they tasted the Deli Continental Cheese Filled Aubergines in Vegetable Oil, Cheese Filled Red**



# CONSUMER CORNER

**Peppers and Sundried Tomatoes (very tasty!). To scintillate the palate even more were the specially selected Christmas Puddings, the Mini Puddings, Cranberry and Orange/Date and Walnut Christmas Puddings; Chocolate Logs, Belgian Truffles and Choceur Florentine; Ice cream Chocolates (all absolutely scrumptious!) and so much more....**

## OATLY

### **Delicious Chocolate Trifles**



A deliciously light but rich tasting chocolate pudding which won't pile on the calories: what more could you want? Quick and easy to make, Oatly Italian Chocolate Trifles are ideal for lunch with the girls, a family treat for supper or as an impressive finale for dinner with friends. With plain chocolate containing antioxidants and Oatly helping to lower your cholesterol levels, you'll feel virtuous just sampling this chocolate delight!

Oatly is available in four varieties (Oatly Enriched, Oatly Organic, Oatly Chocolate and Oatly Dairy Free Alternative to Cream) and are lactose, milk protein and soya free so they're great for anyone who suffers from milk protein allergy, lactose intolerance and/or an allergy to soya, but you don't have to have a food intolerance or allergy to enjoy the great taste and health benefits of Oatly.

**Recipes and further information about Oatly can be found at [www.oatly.com](http://www.oatly.com).**



**Divine Chocolate, the leading Fair-trade brand co-owned cocoa farmers, was unanimously selected, by a large by panel of judges, and named top 'Ethical Business' at the prestigious observer Ethical Awards, presented in association with Ecover.**

**Divine Chocolate** has also been awarded, in recognition of its delicious Divine Dark Chocolate with Mint Candy, a PETA Europe Proggy Award for the **Best Vegan Chocolate**.

Chocoholics everywhere love Divine Chocolate, which sells an ever-

## CONSUMER CORNER

expanding range of vegan bars with a rich but smooth texture and crunchy little pieces of mint to get the taste buds tingling. The bars are widely available throughout the UK and are certified fair-trade, too, so it was an easy choice for PETA's panel of judges.



### **HOLD ON TO THAT SUMMER FEELING WITH A HEAVENLY NEW PRODUCT FROM DIVINE**

**Discover Divine's White Chocolate with Strawberries** – a sublime new 100g bar from the UK's leading Fairtrade chocolate company

This delicious new addition to the Divine 100g range comes elegantly packaged in a pink, cream and gold wrapper, adorned with the Adinkra symbols of West Africa in celebration of Divine's Ghanaian heritage.

The smooth white chocolate is made from the creamiest cocoa butter enveloping crunchy pieces of strawberry crisp. As with the entire Divine range all the ingredients are natural and real strawberries are used to flavour the bar.

The Divine product range is continually growing and with the addition of White Chocolate with Strawberries, now includes nine flavours of the 100g bar, a bakery range of mini muffins, cookies and brownies, After Dinner Mints and seasonal goods. The full range is available in Oxfam stores and [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com) and a selection of the range is available from all major supermarkets and independent stores nationwide.



**All Divine products carry the Fair-trade Mark. This is an independent guarantee certified by the Fair-trade Foundation that the ingredients are sourced under internationally agreed fair trade terms and conditions.**

**N.B. The 'Ladies Who Do Office' at JVS and other tasters had the pleasure of sampling most of the 'Divine' chocolate range and was thoroughly enjoyed by all!**

# 'WHAT'S ON' DIARY

## **THE 5TH ANNUAL 'FESTIVAL OF LIFE'** **'Celebrating Live/Raw Organic Vegan Food and Holistic Sustainable Lifestyles'**

**The 'Festival of Life' is now a well-established event on the sustainable lifestyle scene and is the biggest living food festival in Europe** with a range of activities from music to meditation; feasting to fasting; dancing to chanting; children's entertainment to natural parenting; plus many methods to rejuvenate from the effects of 21<sup>st</sup> century living.

The festival takes place in **Holborn** on **27th September 2008** from 11am to 1am and welcomes people that are new to living foods and environmentally friendly ways of living, as well as those who are knowledgeable already.

The emphasis for the festival is on emerging culinary trends. Whilst organic, raw, live & vegan food has been around since time immemorial, now, with more awareness of the importance of nutrition in relation to health, such cuisine is making a comeback. Why not experience the food of the future – today?

A diverse selection of stalls will offer goods, products, services & information for the aspiring health-conscious, eco-minded soul. Additionally, an abundance of inspiring speakers will talk on an extensive & eclectic range of holistic subjects.

**'Festival of Life'** culminates in a celebratory, uplifting **dance party** with a line-up of talented performers & artists. This party is quite unique in not allowing alcohol, and instead offers healthier alternatives for increased energy such as raw cacao. Music covers classical devotional beats to deep trance/tribal grooves & cutting edge melodic electronica. There will also be a chill-out space hosted by InSpiral Lounge, the latest happening café in Camden. **For further information log-on to [www.festivaloflife.net](http://www.festivaloflife.net)**



### **HELP!!!**

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

**Computer skills would be an asset.**

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

# 'WHAT'S ON' DIARY

## Vegan Festival

**Sunday 7<sup>th</sup> September 2008**

Address: Kensington Town Hall, Hornton Street, London W8

(Underground: High Street Kensington)

Tasty food, speakers, music, stalls, children's activities and more

Time: 11am - 8pm Entry: £1 (under 10s free)

Organised by: CALF Vegan Campaigns  
 For further information log on to: [www.vegancampaigns.org.uk/festival](http://www.vegancampaigns.org.uk/festival)

**Sponsored by: The Vegan Society, The Redwood Wholefood Co., Bute Island Foods, Beenies Health Foods, Veggies Catering Campaign, Friends of Animals, Hebrew Israelites of Jerusalem.**



**(13<sup>TH</sup> - 19<sup>TH</sup> OCTOBER)  
 CHOCOLATE WEEK 2008**

**Divine Chocolate**, the leading Fair-trade brand co-owned by cocoa farmers, is sponsoring national Chocolate Week 2008. Launched in collaboration with the Academy of Chocolate and now in its fifth year, Chocolate Week is all about unadulterated chocolate indulgence, and because **Divine** is celebrating its 10<sup>th</sup> birthday, this year's line up is set to be the best yet!

**A host of other 'chocolatey' goings-on across the UK are in the pipeline and a full programme of 'Divine events' will start growing on the website soon: [www.divinechocolate.com](http://www.divinechocolate.com).**



**This is the Universal Symbol for Vegetarianism.**

It carries the message of peace and compassion wherever it is seen. Use it on your stationery, car, window or manufactured goods. Stickers and rubber stamps available – Stamp everything!

Send for circular (s.a.e. please) to Universal Symbol Committee  
 855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

# WAKE UP CALL

## VEGETARIAN SOCIETY WELCOMES GOVERNMENT'S WAKE UP CALL ON ENVIRONMENTAL IMPACT OF MEAT PRODUCTION



The Vegetarian Society recently welcomed the Cabinet Office report, *Food Matters*, as a positive step in addressing the impact of livestock farming on greenhouse gas (GHG) emissions. It highlights, for the first time, compelling evidence that a diet containing less meat and dairy products is not only healthier than current eating habits, but better for the environment

The report concedes that while consumers recognise environmental issues such as food miles and packaging, they are yet to make a link between meat production and global warming. A recent study by the Vegetarian Society also found that almost seven in ten people (68%) were unaware of the links between carbon emissions and the livestock industry.

Annette Pinner, Chief Executive of the Vegetarian Society said: "We are encouraged that the government has finally woken up to the devastating impact of livestock farming on the environment. However, it is hardly surprising that the public is unaware of the link, when the government's own flagship website, ActonCO2, fails to make a single reference to the carbon impact of a meat-based diet. We now need to ensure that meat and dairy reduction are part of a co-ordinated strategy to reduce our carbon emissions, individually and globally."

# BOOK REVIEWS

## WILD GARLIC, GOOSEBERRIES AND ME

BY DENIS COTTER

Following the success of *Café Paradiso* and the award-winning *Paradiso Seasons*, Denis Cotter is back with **Wild Garlic, Gooseberries and Me** – an evocative, witty collection of tales and delicious vegetarian recipes.

Denis takes us through muddy fields, introducing the growers to the best produce imaginable. Heart-felt and charming, he informs and amuses in equal measure. A recipe for blackberry jam becomes a passionate argument for

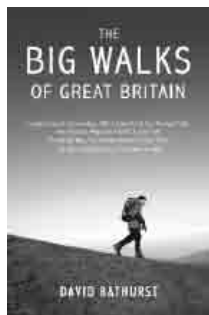
## BOOK REVIEWS

us to go into the countryside, and the sight of high-trailing borlotti beans ignites a discussion on the future of artisan growing.

Divided into four themes chapters, 'It's a Green Thing', 'Wild Pickings', Nature and Nurture' and 'Growing in the Dark', the book includes anecdotes about the vegetables that feature and, of course, many delicious recipes. There are simple salads and soups as well as more challenging main meals and mouth watering desserts.

Denis searches for new connections between food, people and the land. He also teaches you how to search for mushrooms, wild greens and sloes and how to celebrate local food whether wild or cultivated. Beautiful images of the landscape, the food and the finished recipes complete this delightful and unique recipe book.

**Published by Collins an imprint of HarperCollins Publishers Ltd. Hardback £20.00. plus P&P £4.50. Available from JVS.**



### **TWO NEW BOOKS BY DAVID BATHURST THE BIG WALKS OF GREAT BRITAIN**

**Including: The South Downs Way, Offa's Dyke Path, The Thames Path, Peddars Way and Norfolk Coast Path, The Yorkshire Wolds Way, The Pembrokeshire Coast Path, The West Highland Way, The Pennine Way.**

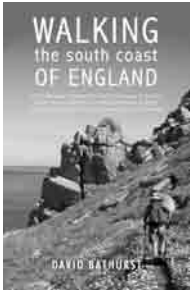
From the South West Coast Path to the Great Glen Way, from the Cotswold Way to Hadrian's Wall, and from the Yorkshire Wolds to Glyndwr's Way, there are big walks in this book to keep you rambling all year round. What better way to discover the landscapes of Great Britain, from green and gentle dales to majestic mountains and rugged cliffs?

An indefatigable walker, David Bathurst is an expert guide to the 19 best loved long distance footpaths. His appreciation of the beauty and history of the British countryside and his light-hearted style will appeal to experienced and novice walkers alike. The routes included in this book range in difficulty from the gentle 73 mile Great Glen Way to the massive 628 mile South West Coast Path.

**Price £9.99 plus P&P £2.00.**

# BOOK REVIEWS

## WALKING THE SOUTH COAST OF ENGLAND



**A Complete Guide to Walking the South facing Coasts of Cornwall, Devon, Dorset, Hampshire (including the Isle of Wight), Sussex and Kent, from Land's End to South Foreland.**

For this detailed guide to some of the best walking in Britain, David Bathurst has walked over 700 miles of coast, taking in breathtaking natural landscapes and significant landmarks on the way. With rugged cliffs and ancient cathedral cities, historic ports and wonderful wildlife, there is something for everyone; whether you are a seasoned hiker ready to take on the entire walk, or a summertime stroller who wants to experience these rewarding rambles in smaller doses. This complete guide with detailed descriptions of the route, includes fascinating historical and geographical information as well as practical advice regarding navigation and local amenities – plus recommendations for top ten weekend walks. A 'must have' book for anybody walking on England's South Coast

**Price £8.99 plus P&P £2.00. Both books are published by Summersdale Publishers Ltd. West Sussex. Paperback and available from JVS.**

## VEGAN LUNCH BOX

**150 Amazing Animal-Free Lunches Kids and Grown-Ups Will Love!**

**By: JENNIFER MCCANN**

When Jennifer McCann's son was about to start school, she found herself wondering what to pack him for lunch. She was inspired by her son's request for vegetarian sushi, she decided to create child-friendly vegan lunch recipes.

From the simple to the sublimely gourmet, **Vegan Lunch Box** offers an amazing array of meat-free, egg-free, and dairy-free options that will forever change the way you look at lunch. All the recipes are organised into well-balanced menus to help mums pack nutritious, irresistible animal friendly lunches, including:

- ◆ Quick lunches that are ready in a flash
- ◆ Easy recipes that older kids can make themselves
- ◆ Exciting themed menus for special occasions
- ◆ Adventurous lunches with fun foods from around the world.

## BOOK REVIEWS

**Vegan Lunch Box** also features tips for feeding even the most finicky kids, includes handy allergen-free indexes identifying wheat-free, gluten-free, soy-free and nut-free recipes to suit every family's needs, and product recommendations that make shopping so much easier.

**Published by The Perseus Books Group, London. (Paperback) Price £9.99. plus P&P £2. 00. Available from J.V.S.**

### TOTALLY VEGETARIAN

**Easy, Fast, Comforting Cooking For Every Kind Of Vegetarian**

**BY: TONI FIORE**

**Host of the public television show – Delicious TV's Totally Vegetarian**

The health benefits of vegetarianism are well known, but to many, the art of easily preparing tasty vegetarian food remains a mystery. Toni Fiore, a vegetarian for over twenty years, and the host of a popular cooking show, has become one of America's best known and most trusted guides to fast, tasty and comforting vegetarian cooking.

In her first ever cookbook, she presents 200 recipes that emphasize healthy, delicious and easy to prepare food using familiar and readily available ingredients – whether you are cooking for vegans, vegetarians or carnivores. Toni Fiore is particularly gifted at formulating 'great tasting' vegetarian adaptations of popular classics, with recipes such as aubergine 'meatballs', tempeh fajitas and polenta con funghi porcini that can be made in less than thirty minutes.

**Published by The Perseus Books Group, London. Hardback, Price £15.99. plus P&P £2. 50. Available from JVS.**

### A VOYAGE ROUND THE WORLD IN PAINTINGS

**The Art of Julie Askew**

In a world where an ever increasing number of environments and species are under threat, it is an artist's duty to capture and preserve the diversity of our planet's landscapes, people and wildlife. Julie Askew has travelled all over the globe to paint the world as it is and portray its stunning beauty and contrasts presenting her work in this fantastic new book **A Voyage Round the World in Paintings.**



# BOOK REVIEWS

In this stunning book there are over 300 sketches, painting and plein-air works, featured from dramatic African landscapes and traditional Aboriginal scenes to India's magnificent wildlife, as well as the idyllic beaches of the Caribbean and the distinctive architecture and coastlines of Iceland and Scandinavia.

**A Voyage Round the World in Paintings** is a celebration of the planet in our time and with Chanukah just around the corner, this would make a delightful gift for art and wildlife lovers as well as anyone wishing to improve their own artistic techniques. This gives a rare and invaluable insight into the artist's mind, and perfect for those looking for inspiration for their own work, as well as for those who simply love to know the story behind the art.

So why not treat this book to someone special, it would certainly make a lovely present to be enjoyed by the whole family.

**Published by New Holland Publishers (UK) Ltd. Price £24.99. Hardback. Plus P&P. Available from JVS.**

## **ALLOTMENT GARDENING**

**An Organic Guide for Beginners**

**BY: SUSAN BERGER.**

This book is aimed at those who have not had an allotment before. **Allotment Gardening** is packed with advice, from choosing and planning your allotment through to harvesting and storing your produce.

**Part One** covers: Tools, planning and clearing the site; soil crop rotation, planting and protecting plants; design, growing techniques, common problems. Gardener's calendar.

**Part Two** includes an A-Z of vegetables, fruits, herbs and flowers; companion planting, storage tips, directory of organic seed suppliers and other useful organisations.

Each fruit and vegetable features easy recipes such as Pumpkin Soup, Borlotti Beans and Garlic, Frizzled Brussels Sprouts, Roasted Beetroot and Thyme, Sprouting Broccoli with Aioli, Blackcurrant Sorbet and Rhubarb Jam just to name a few.

**Published by Green Books Ltd. Totnes. Devon. Paperback. Price £9. 95. Plus P&P £2.00. Available from JVS.**

# BOOK REVIEWS

## SUMMER OF MAGIC HORSES

By: **KIMBERLY WICKHAM**



This delightful little paperback book is the story of Tina and her beloved horse Dancer. Tina's indomitable spirit, together with Dancer and ever present angel have helped her through a time of great adversity, and now she is free to enjoy a few weeks away from home at Summer Camp.

Tina was the first to arrive at her cabin, so she decided to take Dancer for a stroll before going to bed. She was worried about her mother who had been ill, but thankfully she was now on the mend, and had promised Tina she would ride every day whilst she was away at camp, so that she would continue to build up her strength.

Tina intended to spend time riding and learning new horsemanship skills, but this is the least of what Tina learns while she is away. From some unconventional teachers she learns the secrets of the universe, including the Law of Attraction and Quantum Physics. In a surprising twist, she forms an unexpected friendship that opens the door to animal communication. Her fascinating journey amazes and delights both Tina and her readers.



*Kimberly Wickham*

**Published by Trafford Publishing.**

**Available from [www.kimberlywickham.com](http://www.kimberlywickham.com) or [www.Amazon.co.uk](http://www.Amazon.co.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.**

## SEMI-DISPLAY & CLASSIFIED ADVERTISEMENTS

**PLEASE MENTION “THE JEWISH VEGETARIAN”** when replying to adverts

Pre-payment only.

Rates:- UK: 20p per word (minimum £2.00)  
Semi-display £5.00 per single inch  
Box Number £1.00 extra

USA: 30 cents per word (minimum \$4.00)  
Semi-display \$8.00 per single inch  
Box Numbers \$3.00 extra.

To: The Jewish Vegetarian, 853/855 Finchley Road, London NW11 8LX, England.

### HOLIDAYS

**BLACKPOOL WILDLIFE\$HOTEL**, 100% Vegetarian and Vegan. Special diets catered for (non-meat). No Smoking. All rooms en-suite. Two minutes Promenade and amenities. Good food and cleanliness assured. For further details please phone Audrey, **Tel: 01253 346143**.

**NORTH DEVON.** Award winning exclusively vegetarian/vegan guest house. En-suite, non-smoking rooms. Cordon Vert host. 01769 550339. [www.ferntor.co.uk](http://www.ferntor.co.uk)

**BATES** method for natural vision improvement and relaxation.

#### **ALEXANDERTECHNIQUE.**

Details of lessons and courses.

Golders Green & Old Street.

**David Glassman, 020 8455 1317.**

### NOTICE

We are often being requested to send a Speaker to an outside organisation, sometimes for an evening meeting, as well as the afternoon.

We are desperately looking for someone who would be willing to give a talk on either vegetarianism or health, or any subject relative to our cause.

If anyone ‘out there’ is able to help, it would be much appreciated, so perhaps you could contact the office on 020 8455 0692, Monday to Friday, 10am – 4.00pm with your name, etc.

**VEGAN COMMUNITY.** New venture. Needs people any age with energy, vision and humour. Spacious garden with land (live in or nearby). Business possibilities. Write to: Malcolm Horne. Brynderwen, Crymlyn Road, Llansamlet. Swansea SA7 9XT. Tel: 01792 792 442.

## SEMI-DISPLAY & CLASSIFIED ADVERTISEMENTS

### **CLARIDGE HOUSE** Lingfield, Surrey

#### **Quaker Centre for Healing, Rest and Renewal**

Offers midweek breaks throughout the year Mon-Fri from £160 to £220  
(Full Board)

- Delicious vegetarian food
- Warm, peaceful welcome
- Emphasis on spirituality not religion
- Convenient for Surrey/Sussex and Kent countryside

We also run weekend & midweek courses on various subjects including:  
Creative writing, yoga, circle dancing, poetry, Chinese brush painting...

**Please call Alison or Keith for details on 01342 832150**  
**or email: [welcome@claridgehouse.quaker.eu.org](mailto:welcome@claridgehouse.quaker.eu.org)**  
**or visit: [www.claridgehouse.quaker.eu.org](http://www.claridgehouse.quaker.eu.org)**



Registered Charity No: 228102

## **LIFE MEMBERS**

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

**UK Life Membership £175**

**Israel Life Membership \$275**

**American Life Membership \$275**  
**or 5 annual payments of £40 (\$60)**

### **HALF PRICE BOOK SALE**

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