

# The Jewish Vegetarian



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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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

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**CONTENTS**

Why a Jewish Vegetarian Society?	3	Poem	27
Turning Words into Deeds	4	Mayor Launches 'Capital Growth'	28
Society News	5	News from Near and Far	30
Tu Bi Shevat – 2009	6	Consumer Corner	32
A Little Bit of Humour	7	'What's On' Diary	39
Elderly Couple Receive MBE	10	Kids Online	41
Inside Health	12	Gardeners' Corner	44
Chanukah Brunch?	16	Best Deal for World's Poor	46
Those Unwanted Gifts	18	Book Reviews	48
Going Online	20	Semi Display & Classified Ads	51
Cookery Corner	22	Display Advertisements	52

# WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

**Support the International Jewish Vegetarian Movement  
A Worldwide Fellowship**

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

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

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

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

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Donations gratefully received towards  
repayment of the loan on the freehold premises.  
£25 Mrs. R.B. London NW4.

## DONATIONS RECEIVED

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

£25 Mrs. R.B. London NW4. £20 Mrs. N.T. & Family in memory  
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**A phone call or letter is always advisable to ensure  
that a member of the friendly staff will be there to  
welcome you.**

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£5 Mr. R.F. London NW7. \$16 Rabbi S.S., P.A. USA.

# SOCIETY NEWS

We would like to extend a hearty mazeltov to Susie and Joby Blume on the birth of their little daughter Ellie-Noa. Susie is a life vegetarian and Joby became vegetarian in his teenage years. Susie is the daughter of Rita and Terry Bloomberg.



*Susie & Joby Blume with baby Ellie-Noa*

Rita has been a life member of the Society for many years, and together with Dr. Alan Long, campaigned against the cruelty of animals that were being sent to Guildford's Livestock Market for auction and slaughter. After countless meetings and demonstrations, the market was eventually closed. Rita is also associated with Animal Aid which is just one of the many groups that she supports.

We would also like to wish Rita and Terry a hearty mazeltov on this very happy event.

## JVEGOUT

### **Newly Formed Social Group for Jewish Vegetarians and Vegans**

**JVegout** is a newly formed social group for Jewish vegetarians and vegans of all ages started by Naomi Fellerman and Julie Rosenfield, who have both served for a number of years on the committee of the JVS.



*Julie Rosenfield at the Rootmaster Vegan Busterant*

We are currently having restaurant visits once a month and have now visited 3 restaurants in London. Our inaugural visit at the end of August was to Rootmaster the vegan busterant which is parked in Ely's Yard off Hanbury Street in London's East End and was attended by 8 people. Despite heavy rain we had a lovely evening of good food and lots of chatter. In September we visited 222 Veggie Vegan in West Kensington and our numbers doubled. October's trip to Vanilla Black attracted fewer people but those who were there had a good time.

Future events are in the planning stages but ideas include a visit to the Winter Wonderland in Hyde Park followed by a meal, a gallery or museum visit and afternoon tea, possibly days out or if we get enough interest a weekend away at a vegetarian b & b.

# TU BI SHEVAT – 2009

## TU BI SHEVAT- 2009

BY ROSE FRIEDMAN

Tu BiShevat, 15<sup>th</sup> day of the month of Shevat, falls on the 9<sup>th</sup> February in 2009. We celebrate the New Year of the trees. As one of the four Rosh Hashanahs of the year, it marks the beginning of the new year for the giving of tithes. It is also a time for judgment of trees, which will thrive and which will wither. I remember hearing somewhere that in biblical times farmers would tie a binding around a tree that was not flourishing and passers-by would pray for its welfare.

Although Tu BiShevat is not an official Yom Tov, it has a festive mood, in celebration and praise of the land of Israel and its fruit. There are tree planting ceremonies amidst delightful songs sung by school children. While in the northern hemisphere the soil may be hard and frosty, the land in Israel is well-watered from the winter rains and newly planted trees flourish.

Some people have special Tu BiShevat “seders”, but generally it is customary to eat 15 different fruits, giving preference to those for which the land of Israel is particularly praised; olives, dates, grapes, figs and pomegranates. What a wonderful opportunity to eat new fruits and invite friends and family to share the delicious treats, so beautiful in appearance, with their individual colours, fragrances, textures and tastes.

It has been said that after 120 years, when one reaches the World Above, one of the questions asked, will be, “Did you taste all of Hashem’s fruits?” It appears that one must appreciate and enjoy these gifts of creation and praise our Creator for his great kindness in giving them to us.

In Talmudic times the wise men used to go to a place called Ginnosar, near Tiberias, to taste its delicious fruits as they were known to be the choicest. Our sages of old were very close to nature and had a deep understanding and appreciation of our Creator’s works. It is not surprising, therefore, to find meaningful analogies from the natural world in many of their writings.

Our forefather Abraham was a paragon of kindness and generosity, full of compassion for his fellowmen. His hospitality to wayfarers was legendary. The eshel tree which he planted in Beer Sheva is a synonym for hospitality, and in fact the Hebrew word eshel, today means inn or hostel. The Hebrew letters of the word eshel are the initials for food, drink and lodging (some say also, escorting the traveller).

# TU BI SHEVAT

When one looks at the symbolism of a tree, with its wide spreading branches giving shade and shelter, its firm trunk a support for sitting and leaning, and its fruit providing nourishment, and open on all sides to welcome anyone passing by, one can understand the meaning of eshel.

Do join in celebrating Tu BiShevat in 2009 and for many more years thereafter.

## A LITTLE BIT OF HUMOUR

### THE JEWISH MOTHER'S ANSWERING MACHINE

Hello – This is Sadie here, I am not at home right now, but should you wish to leave a message, you may do so now:

If you are one of my children – press 1

If you want me to baby sit – press 2

If your car is still in the garage and you wish to use mine – press 3

If it's Friday and you haven't yet bought a chollah, so I must rush out to get one for you – press 4

If I need to take the grandchildren to school – nursery – soccer – cricket – ballet – swimming – little champs – playball – barmitzva lessons – press 5

If I am needed to pick up the grandchildren from anywhere – press 6

If you want that they should sleep over at my place even though it is my bridge night – press 7

If you are one of my friends – what are you thinking? Who has the time to talk to you???



## SOCIETY NEWS

### **WESSEX JEWISH VEGETARIAN GROUP**

(Affiliated to The Jewish Vegetarian Society, Golders Green, NW11)

The Wessex Jewish Vegetarian Group are proud to announce their  
**3<sup>rd</sup> Annual Chanukah Social**  
 on Monday – 10th December 2008 7 – 10 pm.

Bring a 'veggie' dish. Drinks will be provided. Donation only £2.00.  
 (Book early as numbers are limited). All ages welcome.

For details phone Ros Berzon (01202) 295895. The Venue will be on  
 the 'East Cliff' area in Bournemouth. Dorset.

*We would like to extend a hearty mazeltov  
 to Hannah Grace Levy  
 who celebrated her 97<sup>th</sup> Birthday in July.  
 Hannah, although we have always known her as Grace,  
 has been a member of the Society since 1967 and enrolled  
 as a Life Member in 1984.  
 She now resides at Nightingale House, London.  
 Best wishes from all of us at the JVS.*

*We would like to extend to Rita and Terry Bloomberg  
 a hearty mazeltov on the birth of a new grand-daughter,  
 Ellie-Noa Miriam Blume.  
 Ellie-Noa is the first child for their daughter and son-in-law  
 Susie and Joby Blume.  
 Once again, a hearty mazeltov and best wishes to  
 both families on this happy event.*



# SOCIETY NEWS

**This letter was received by Ruth Sheffi, a Life Member, Israel:**

## **DITCH THE FUR!**

Dear Ruth,

Your e-mail has been sent to Armani. Thank you for making your voice heard by telling Armani that cruelty to animals for the sake of fashion is unacceptable. By taking this step, you join thousands of people who are outraged that Armani has gone back on his word and continues to support the violent and bloody fur industry.

Please forward this information to your friends and family members. [[http://getactive.peta.org/campaign/armani\\_fur\\_investigation/forward](http://getactive.peta.org/campaign/armani_fur_investigation/forward)] Ask them to join you in making compassionate choices a part of their everyday lives.

Thank you for your compassion for animals.

Sincerely,  
PETA

### **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)

**New IJVS**

**E-mail Address**

**[jewishvegetarian@onetel.com](mailto:jewishvegetarian@onetel.com)**

# ELDERLY COUPLE RECEIVE MBE

## FOR THEIR DEDICATION TO ANIMALS ELDERLY ESSEX COUPLE RECEIVE MBE



Brentwood based Paula and Ernie Clark who have tirelessly run Hopefield Animal Sanctuary for 25 years have each been awarded a prestigious MBE.

**Paula and Ernie received their award recently at Buckingham Palace.**

“People like us don’t receive awards like this, we cannot believe it. We love working to save animals and the award is for the people who support us, donating to our running costs and for the animals.”

Nominated by Brentwood Councillor Russell Quirk, who fully supported Ernie and Paula with their battle last year with Tesco’s, when the supermarket giants threatened to sell the land that Hopefield uses. Tesco kindly have let Hopefield use the land for the time being and Paula and Ernie are extremely grateful.

**Ernie, 82 and Paula, 75 say that being vegetarian as well as looking after animals keeps them young.**

Councillor Quirk says “There are few that are more worthy of recognition for doing than those who cannot do for themselves than Ernie and Paula Clark; hence it was my privilege to nominate them for an honour’s award. I am absolutely delighted that they have been acknowledged as two very special people indeed for the tireless work they do to save the lives of hundreds of abandoned and mistreated animals.”

Hopefield Animal Sanctuary currently looks after over 200 animals – many have been abandoned or abused. Paula and Ernie and their amazing team ensure that the animals have an enjoyable life.

**Working with Essex based presenter and vegetarian promoter Karin Ridgers has helped Hopefield secure a donation from Sir Paul McCartney** as well as funds raised from a national newspaper – although more financial support is always needed. Karin says, “We would

# ELDERLY COUPLE RECEIVE MBE

love for more businesses to get involved and support Hopefield financially. No one can imagine the stress that Paula and Ernie go through and they carry on regardless. They deserve the recognition for their work for animals and we can learn a lot from their passion and determination to make the world a better place”

## **How it all started:**

It was in the savagely bitter winter of 1983 that the story of abandoned, starving and neglected horses on Rainham Marshes hit the national newspapers and television screens. Watching in horror from her home in Goodmayes, Ilford, Paula Clark, a doctors receptionist, knew she had to do something. “Fifteen of them had already died from exposure and hunger and I just couldn’t ignore the plight of the others without doing something to help” she recalls.

Paula recruited husband Ernie, an engineer, and they launched a publicity campaign that enabled them to pay for the stabling and feeding of the horses for the remainder of that winter. With the same determination they have continued to provide for sick, abandoned and neglected animals to this day. They were given a tiny plot of land in North Benfleet to establish their first sanctuary. Paula gave up her job and Ernie took early retirement – the rest has been hard work, determination and many animals’ lives saved.

## **About Hopefield:**

Hopefield Animal Sanctuary is a non-profit organisation devoted to creating a better quality of life for sick, unwanted and mistreated animals. There are about 200 rescued animals at Hopefield at the moment (mainly horses, ponies, donkeys, pigs, sheep, cows and goats).

For more information please contact Paula and Ernie: Tel. 01277 201110 or visit [www.hopefield.org.uk](http://www.hopefield.org.uk). For a short film clip of an interview with Paula and Ernie please visit [www.veggievision.co.uk/progs/hopefield220.rm](http://www.veggievision.co.uk/progs/hopefield220.rm)

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## INSIDE HEALTH

### MAJOR ALTERNATIVE THERAPY STUDY PUT ON HOLD

Research into alternative medicine has received a major blow in the US, where a large-scale clinical trial – reportedly the largest-ever alternative medicine trial in the country’s history – has been dramatically suspended following fears over the therapy’s safety and effectiveness.

The \$30 million study, which involved more than 120 medical centers and doctors’ surgeries in the US and Canada, aimed to look at whether chelation therapy – the use of a man-made amino acid called EDTA – helps reduce the risk of heart disease. EDTA, claim some experts, binds with calcium in the arteries and helps remove it from the body (the build-up of calcium in the arteries may lead to the arteries becoming hardened, which increases the risk of cardiovascular problems).

Run by the National Center for Complementary and Alternative Medicine at the National Institutes of Health, the trial recruited more than 1,500 heart attack survivors. However, two of the volunteers are reported to have died, while some of the researchers working on the study have been found to have disciplinary or criminal records, and asked to quit.

Critics of the study have also suggested that volunteers have been misled over claims for the safety and effectiveness of chelation therapy, while others have singled out problems with the trial’s ‘inadequate’ consent form. As a result, the US federal authorities are investigating whether or not trial volunteers have received sufficient risk information.

#### Staying safe

The news is yet another example of the need to put safety first where alternative and complementary medicine is concerned. For instance, taking herbal medicines has its risks, especially if they are mixed with conventional medicines. St John’s wort, ginkgo biloba, valerian, liquorice, echinacea – all are popular herbal remedies, but each can cause problems if taken alongside certain conventional drugs.

Toxicity is also a potential problem. For instance, kava kava was banned in this country in 2002 after being linked to four deaths and almost 70 worldwide cases of suspected liver damage. Certain Chinese and Indian herbal remedies have also been found to be contaminated with dangerous substances.

The problem is that while the toxic profiles of conventional medicines have been extensively documented and publicised, the harmful effects of herbal

# INSIDE HEALTH

medicines – either taken on their own or in combination with conventional medicines – are not well enough known. According to a National Institute of Medical Herbalists survey, 96 per cent of qualified medical herbalists believed that conventional doctors do not know enough about herbs to give their patients advice.

Debbie Shaw, head of the Medical Toxicology Unit's Chinese Medicine Advisory Service at Guy's & St Thomas' Hospital in London, Dr Lakshman Karalliedde, who spent 10 years at the MTU and is now a toxicologist with the Chemical Hazards and Poisons Division of the Health Protection Agency and Indika Gawarammana, former registrar at the MTU, have brought their significant knowledge of traditional medicines and herbal remedies and produced a comprehensive compendium (Traditional Herbal Medicines). This covers traditional herbal remedies from around the world and includes those of Chinese, Afro-Caribbean, Unani and Ayurvedic origin; describing their sources, known effects and side effects, dosages, interactions and, most importantly, precautions.

## **FOR SHEER HEALTH APPEAL YOU CAN'T BEAT THE BLUES**

When it comes to superfruits, the blueberry is king – after all, this is the fruit that turned the muffin into a health food must-have. The delicious, deep purple-blue berry is bursting with disease-fighting nutrients, particularly antioxidants called anthocyanins that give the blueberry its distinctive deep colour.

Indeed, blueberries score highly on the ORAC scale – that's short for Oxygen Radical Absorbance Capacity, a rating system for antioxidant power – beating fruits such as oranges, raspberries and strawberries and even antioxidant-rich veggies such as kale, spinach and broccoli by miles.

To name the health benefits of blueberries would probably take up a small book. Anthocyanins, for instance, have been linked with numerous health-giving effects, including vascular system support – studies suggest that blueberries are far more cardioprotective than red wine, for instance – and boosting eye health too. They may also help protect against cancer, thanks again to their antioxidant action, as well as help relieve gastrointestinal and urinary tract health problems

Only recently, Canadian researchers writing in the British Journal of Nutrition

## INSIDE HEALTH

reported that just two cups of blueberries a day may reduce your cholesterol level by more than 10 percent.

“Flavonoids may act as antioxidants to inhibit LDL oxidation and thereby protect against vascular insult by oxidation,” says Wilhelmina Kalt of Agriculture and Agri-Food Canada. “Flavonoids may also reduce vascular inflammation related to atherosclerosis.”

Another recent study, conducted by Researchers at the University of Reading and the Peninsula Medical School, suggests that blueberries could reduce age-related memory problems. “This study not only adds science to the claim that eating blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future,” claims Dr Matt Witterman of the Institute of Biomedical and Clinical Science, Peninsula Medical School

Blueberries may even help prevent post-menopausal osteoporosis, say researchers writing in the Journal of Nutritional Biochemistry. Researchers in New Zealand and the U.S. say that Blueberries may also help dieters lose weight. They say that “Although the precise mechanisms which underlie the satiating effects of blueberry extract are not fully understood, it may trigger receptors for amino acids which have been detected in the wall of the upper intestine.”

### **AYURVEDIC HERBAL REMEDIES CONTAMINATED WITH TOXINS**

Researchers writing in the latest issue of the Journal of the American Medical Association say **“be aware of buying Indian herbal remedies on the internet”**. In tests, a fifth of Ayurvedic herbal treatments bought online and made by both Indian and US manufacturers contained dangerous levels of toxic metals, including lead, mercury and arsenic.

Indian herbal remedies are one element within the traditional health system of Ayurveda. Dating back thousands of years, Ayurveda also incorporates practices such as yoga, meditation and massage, and is still used by around 80 percent of the Indian population today.

The recent study, however, discovered that some Ayurvedic herbal remedies contain toxic substances in doses 10,000 times higher than acceptable levels. The researchers examined 193 Ayurvedic herbal products bought from 25

# INSIDE HEALTH

websites using a technique called X-ray fluorescence spectroscopy.

The herbal remedies that contained the highest amount of toxins belonged to a branch of Ayurveda called rasa shastra – which combines herbs with gems and metals such as cinnabar (mercuric sulphide), realgar (arsenic sulphide) and galena (lead sulphide).

The report concludes: "Public health and community organisations should consider issuing advisories to current or previous Ayurvedic herbal medicine product users, encouraging them to consult their physicians about heavy metal screening. Physicians should also consider Ayurvedic herbal medicine product intake in the differential diagnosis of unexplained heavy metal toxicity."

## **How to stay safe**

According to the report's authors, Ayurvedic herbal remedies containing such high levels of toxic substances should be banned from sale. However, it is not the first time the safety of herbal medicines has made the headlines. Toxicity problems with certain Chinese herbal remedies, for instance, have also been widely reported, not forgetting Western herb culprits such as kava kava and black cohosh.

X

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

# CHANUKAH BRUNCH?

## CHANUKAH BRUNCH?

By: DR. ROSLYN KUNIN CM. OCD.D

**Life Member of the International Jewish Vegetarian Society.**

Celebrating the holidays with a non-vegetarian family can be a challenge. Chanukah is one of the easiest holidays on which to overcome this challenge. Since it is a post-Biblical holiday, rituals are more limited and traditions are more flexible.

A tradition that has developed over several decades at our house and that you may wish to start in yours is an open house brunch on Sunday Chanukah. Guests can drop in any time from 11.00am to 3.00pm. Family, friends and work associates are all invited. As many of my work associates work mainly electronically, this may be the only time all year we see each other face to face.

Since not everyone shows up at once, our relatively small house can accommodate the numbers. Coffee, orange juice and bubbly wine are the libations offered.

The main food at Chanukah is latkes. To make them I use a ratio of four unpeeled potatoes chopped in the food processor or grated, one chopped onion and one egg. Egg substitute or two tablespoons of tahini can replace the egg. To this, I add salt or seasonings to taste and enough flour so that the batter holds together when dropped into oil on a pan or griddle for frying. For my carbohydrate cautious friends who avoid white potatoes, I make a few latkes using zucchini (courgettes) to replace the potato. These need a bit more flour.

To garnish the latkes, there are sour cream, yogurt, apple sauce and cranberry sauce as well as ketchup for one friend whose family always put ketchup on their latkes. One must maintain tradition!

All else that is needed is an assortment of salads which can mostly be prepared in advance and served at room temperature. These can include coleslaw any cooked or roasted veggies in vinaigrette and Mediterranean salads and dips such as taboulouli, hummus and the olive based tapenade. Some pita is offered with the dips.

A simple dessert of the various kinds of lovely little oranges (e.g. tangerines, clementines, and mandarins) that are available this time of the year is all that I provide as a sweet, although if any guests offer to bring something, I



# CHANUKAH BRUNCH?

suggest a sweet or dessert.

The result is an easy vegetarian holiday party that is not too hard on the cook or the pocket. People look forward to it every year not only for the excellent food, but also for the chance to see each other and visit with people they may not have seen since the previous Chanukah. In fact, it is not unusual to still have some company around when it is time to light the Chanukah candles.

## DEAR SIR

Dear Editor,

Thank you for publishing 'The Roaring Forties' which I hope went down well with our readers. I very much enjoyed reading the contents of your Rosh Hashana edition, particularly the articles 'Dip the Apple in the Honey' and 'Sipahh is the Final Straw'. May The Jewish Vegetarian magazine go from strength to strength. Amen.

**Derrick Cohen**

### 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.**

### 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.

# THOSE UNWANTED GIFTS

## THOSE UNWANTED GIFTS!

BY: DERRICK COHEN

**It is now fashionable for couples to post wedding gift lists in departmental stores when they are getting married and these lists are then sent out with the wedding invitations. This mainly came about because couples were receiving more than one gift of the same item. The following is a letter sent by a newly married bride to her parents about such gifts, plus other matters.**

Dear Mum and Dad,

Just a few lines hoping that you are both well and fully recovered from the hectic period. It certainly must be nice and quiet at home without the rebel (me!) At last now you will be able to use the bathroom at leisure!

Thank you for allowing me to marry David, I know you didn't like him very much at first especially as he put me in the club! He is a good man and will make an excellent father. Getting pregnant was a big mistake, perhaps it was all the drink we consumed that evening!

Mum you always did say that the best way to snare a man is though his stomach so I cooked him a delicious meal plus a couple of bottles of Palwins and the rest as they say is history! Anyway you both acted admirably making us such a lovely wedding with not one single shotgun in sight!

Dad you looked swell taking me down the aisle. I was so proud of you and with me being all swelled up we were indeed "a couple of swells!" Mum you did a magnificent job with my tent cum-wedding dress, there was not a bump to be seen! Don't you think David looked cute behind his long black beard praying under the Chuppah, asking forgiveness for his sins of the flesh!

Mum I hope your bunions didn't give you too much trouble, you did do a lot of dancing! You know Dad I was worried about your ticker, your face went ashen white when you saw the caterer's bill!

Wasn't it hilarious when I went into labour whilst cutting the wedding cake. You should have seen the Rabbi's face, it was quite a sight, how he didn't notice under the canopy, he was close enough! Luckily cousin Helen the midwife was on hand, she did a marvellous job, the birth was so smooth, so natural! I think it was those gifts that induced the labour, the thought of unpacking all those boxes really irritated me.

# THOSE UNWANTED GIFTS

Anyhow, you now have a married daughter and a lovely grandson all in one day, with the Chuppah and the birth in the same hall!

We have now managed to unwrap the presents and you know those big boxes, well each one contained either a dinner service or a tea service all from David's family. I know that his mother's uncle has a giant cut-price warehouse but did they all have to get the same things. We now have 62 dinner services and 58 tea services! I had no idea that David has such a big family! The only one who didn't buy from that warehouse was his Auntie Freda. She didn't even turn up, nor send a present. The right out meanie wouldn't even give us a cup and saucer! Just wait until her daughter gets married, she's getting that rusty red enamel tea pot that is at the back of your kitchen cupboard!

Now we have decided to take up juggling, it will be one way to make use of all that crockery. I am sure we will have a smashing time! Must be very careful though not to pick up the baby whilst juggling!

At least our family were much more sensible, although we did finish up with sixteen sets of kitchen knives! One set was quite impressive, in solid gold, with a significant crest and the letters E.R. engraved on the handles! This came from Uncle Solly the tea leaf, it must be worth a fortune!

I am afraid that the Bris is still delayed for the baby continues to be jaundiced. He is getting bigger every day but is so yellow that I am not sure if he resembles David or that waiter from the Chinese Restaurant! And the way he bellows, what a pair of lungs, he will certainly be a Horatio Hornblower! How funny that he uttered his first cry in front of David just as the trumpeter was playing his solo of "Oh Mein Papa!" By the way we have decided to call him Bonio Chinoch (Benjamin Chaim) in loving memory of those bone china services we smashed! So cheerio for now. Do keep well, will let you know the moment the Bris can be held.

Your loving children,  
Zelda, David and Bouncy Bonio Chinky xxxxx

P.S. Mum, mum, help help please help. Do you know anyone who wants 16 sets of kitchen knives? I must get rid of them quickly for David is getting fed up with juggling and smashing crockery. Now he is thinking of a knife throwing act and guess who he wants as his assistant?

God bless, Zelda.

# GOING ONLINE

## GOING ONLINE

**[www.nehorapress.com](http://www.nehorapress.com)**

**“Sing Your Inner Song”**

**By Chaya Goodman (Nehora Press)**

Chaya Goodman has written a booklet to generate a healthy body and soul through sound and positive thought, based on the wisdom of the Torah Sages. Chaya Goodman cured herself of painful arthritis which deformed her hands and feet and left her nearly incapacitated. Using the techniques she describes in this little booklet she cured herself so she can now play the piano. Living in Jerusalem she passes on her hard earned knowledge to others, so all may benefit. The entire booklet may be downloaded free at **[www.nehorapress.com](http://www.nehorapress.com)** – click on “Home” then “Something New” where the booklet may be found.



**[www.extraordinaryfood.co.uk](http://www.extraordinaryfood.co.uk)**

**Extraordinary food launches – new ethical brand offers gourmet food boxes crammed with goodies that are sustainably sourced.**

**Extraordinary Food** is the brainchild of and set up by a talented husband and wife team, Leon and Sarah Arts. **Extraordinary Food** aims to provide consumers with an exciting new online option in hamper purchase and an extra avenue of choice in ethical shopping. The majority of the brand’s high quality food and drink products are organic, fair-trade and derived responsibly from sustainable sources, and all are available at [www.extraordinaryfood.co.uk](http://www.extraordinaryfood.co.uk)

The contents of the gourmet hampers are sourced from all four corners of the globe and only the finest quality products are selected. Moreover, the Extraordinary Food portfolio is constantly evolving and the brand invites suggestions from both consumers and trade suppliers regarding potential products for inclusion. The main criteria is that they are ‘extraordinary’ – not only with regards taste, but also they channel much of the funds from their sale directly back to the communities that have produced them. If you

# GOING ONLINE

happen to discover a new favourite indulgence within the hamper, you can purchase the item individually.

These truly extraordinary boxes are priced from £25 – £60 plus delivery. The sale of each box goes directly to Global Angels, supporting their 'Feed a Child for a Year' programme in developing countries.



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

**Be kind to the environment** by making your New Years resolution with Cotton Kids. These gorgeous, organic and exceptionally well made bags are only £3.99 or buy two for only £7.00

Denise Hughes, founder of CottonKids, is passionate about spreading the word to re-use bags and reduce the environmental impact of carrier bags. If everyone's New Years resolution in the UK is to use a CottonKids Eco bag, we could save over 500 million carrier bags a month; approximately 6 billion carrier bags saved from being dumped in landfill, and over 1 trillion worldwide.



The smartest choice you'll ever make will be to ditch those plastic carrier bags and purchase a natural, strong canvas fashionable and functional cotton Eco bag from [www.cottonkids.co.uk](http://www.cottonkids.co.uk). Eco bags are available in fabulous designs and colours and are made from soft 100% cotton and are reusable day after day, week after week and year after year.

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## EMERGENCY BUILDING FUND

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

# COOKERY CORNER



Denise Phillips

## DELICIOUS CHANUKAH RECIPES FROM DENISE

### TOMATO AND AUBERGINE SALAD

Finding a delicious salad that can be prepared in advanced for Shabbat or Yom Tov is always good news. The ingredients blend well together and do not wilt when served the next day. In addition it is low fat and provides a fine source of vitamin C. Aubergines are one of those vegetables that give a

different taste depending on how they are cooked. In this recipe, all the vegetables are roasted and have a slightly smoked caramelised flavour. Use the finest olives and tomatoes for the final presentation and taste.



**Preparation Time:** 15 minutes **Cooking Time:** 30 minutes  
**Serves:** 6 people

#### Ingredients

2 aubergines – diced; 1 red onion – peeled and roughly chopped; 6 garlic cloves – kept whole; 4 tablespoons olive oil; 2 red peppers –deseeded and chopped; 4 vine tomatoes – chopped; 2 tablespoons sun – dried tomatoes – roughly chopped; 1 lemon – zest and juice; 4 tablespoons fresh mint – roughly chopped; 100g black olives – ideally pitted; salt and freshly ground black pepper – to taste

#### Method

- 1) Heat the oven to 220°C/425°F / Gas mark 7.
- 2) Line a tray with non stick baking parchment paper. Toss the aubergines, onion, garlic and peppers with the olive oil. Season with salt and freshly ground black pepper.
- 3) Roast for 30 minutes or until the vegetables are tender. (This can be done a day ahead.)
- 4) Add the tomatoes, sun-dried tomatoes, lemon zest and juice, then season again.

**To serve the stylish way:** Garnish with fresh mint and olives. Serve

# COOKERY CORNER

at room temperature.

## KASHA WITH MUSHROOMS

**Kasha or bulghur wheat/buckwheat grains which was a popular dish with the poorer Jews in Russia has now come back into fashion. It is a nutritious grain as it is high in fibre and low in fat. The secret of making good kasha is first toasting it until the grain gives off an aroma and then baking it. I love this vegetarian dish with a salad or add grated cheese.**



Bulghur wheat can be purchased in fine, medium or coarse grain, for a true authentic texture, the coarse grain is the one to use. Ready toasted is also available in some supermarkets which provide a useful short cut to the recipe.

**Preparation Time:** 15 minutes **Cooking Time:** 1 hour  
**Serves:** 8 people

### Ingredients

450g bulgur wheat/ buckwheat grains; 1 egg –lightly beaten; 1 teaspoon salt; 850 ml vegetable stock; 2 large onions – peeled and finely chopped; 450g white mushrooms – roughly chopped; bunch of fresh parsley – keep some back for garnish; 4 tablespoons vegetable oil; freshly ground black pepper

### Method

- 1) Pre-heat the oven to 180°C/350°F/Gas mark 4.
- 2) Toast the kasha grains in a large frying pan for 2 -3 minutes or until the grains start to give off an aroma.
- 3) Immediately add the beaten egg to the pot and stir vigorously into the kasha. Add the stock and stir.
- 4) Transfer to an ovenproof dish and cook covered for 45 minutes in the oven.
- 5) While the kasha is cooking, heat the vegetable oil in a frying pan. Sauté onions and mushrooms until soft and the mushroom liquor has been absorbed. Add the parsley and cook for a further minute. Season well with salt and freshly ground black pepper.
- 6) When the kasha is ready, stir in the onion and mushroom mixture.

# COOKERY CORNER

**To serve the stylish way:** Serve immediately with sprigs of fresh parsley.

## EURO POTATO LATKES

Potato latkes of all descriptions are popular over Chanukah as fried foods symbolise the miracle of the burning oil that lasted 8 days instead of one during the re dedication of the Temple. Unlike traditional latkes, which use grated potato, these are made with mashed potato rather like a potato croquette. I have flavoured them with lemon and smoked paprika.



During a recent trip to Prague, a similar recipe was on the menu. It is an amazing city to visit especially the 7 synagogues and the oldest cemetery in Europe. There are also several kosher restaurants worth checking out!

**Preparation Time:** 25 minutes **Cooking Time:** 30 minutes  
**Makes:** 20 latkes

### Ingredients

3 large potatoes (about 800g) – peeled and roughly chopped; 2 eggs; zest and juice of 1 lemon; 1 large tablespoon smoked paprika or to taste; 2 teaspoons salt; oil for frying

### Method

- 1) Cook potatoes until soft, drain and then mash.
- 2) Allow to cool and add eggs, salt, smoked paprika, lemon juice and zest.
- 3) Using wet hands form into patties the size of an egg.
- 4) Heat a shallow pan with vegetable oil and fry in batches for 3-5 minutes on each side until golden brown. Transfer onto some absorbent kitchen paper to cool.
- 5) Re heat in a warm oven (180°C/ 375°F/Gas mark 4) for 10 minutes or until hot and ready to serve.

## ORANGE CHANUKAH DREIDEL BISCUITS



# COOKERY CORNER

The dreidel is one of the best-known games during Chanukah. This 4-sided spinning top has 4 letters: Shin, Hey, Gimmel and Nun. These letters mean 'a great miracle happened there'. Each letter has a fate. Nun means nothing happens, and the next player spins the dreidel. Gimmel player takes all the tokens in the pot, Hey the player takes half the pot and Shin the player must put one token in the pot.



As well as playing the dreidel game with chocolate Chanukah gelt why not play with these Chanukah biscuits! These delicious dreidel shaped biscuits are light and simple to make. You can shape them using a dreidel cutter (I found some on the internet) but you can make them using a paper template and drawing round that. For an authentic look, you can also pipe a selection of Shin, Hey, Gimmel and Nun Hebrew letters using ready made colour icing. Little helpers will love making these!

To grind the Brazil nuts, place in a food processor for 2- 3 minutes until completely ground.

**Preparation Time:** 15 minutes **Cooking Time:** 8 – 10 minutes  
**Makes:** 60 biscuits

## Ingredients

100g margarine/unsalted butter; 2 tablespoons icing sugar; 1 egg; 1 tablespoon grated orange zest; 100g ground Brazil nuts; 200g plain flour; ¼ teaspoon baking powder; 1 teaspoon almond essence

**Topping:** Coloured icing, coloured sprinkles (Hundreds and Thousands)

## Method

- 1) Using a food processor, cream together butter or margarine and sugar until light and fluffy.
- 2) Stir in the egg, orange zest, and Brazil nuts.
- 3) Sift together flour and baking powder. Add to the creamed mixture.
- 4) Mix well. Stir in almond essence.
- 5) Pre- heat the oven to 180°C/350°F/Gas mark 4.

# COOKERY CORNER

- 6) Roll out dough 2cm thick on a lightly floured board.
- 7) Cut into dreidel shapes or other desired shape.
- 8) Bake on a lined tray with non-stick baking parchment paper for 15 minutes.
- 9) When cool, pipe a selection of Hebrew letters. Can be frozen or store in an airtight container for up to 4 days.



## 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:**

Sunday	7 <sup>th</sup> December	Gourmet Entertaining (6.00pm – 10.00pm)
Wednesday	10 <sup>th</sup> December	Gourmet Entertaining
Thursday	11 <sup>th</sup> December	Gourmet Entertaining
Wednesday	28 <sup>th</sup> January	Healthy Winter Dining
Thursday	29 <sup>th</sup> January	Simple Indian Cooking
Sunday	1 <sup>st</sup> February	Chinese Feast
Thursday	12 <sup>th</sup> February	Chinese Feast
Sunday	15 <sup>th</sup> February	Chinese Feast (6.00pm – 10.00pm)
Sunday	15 <sup>th</sup> March	Family Pesach
Wednesday	18 <sup>th</sup> March	Family Pesach
Thursday	19 <sup>th</sup> March	Family Pesach

**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**

# POEM

The following poem is one of the many taken from the book 'Reflections in Rhyme' by Bertha Klug.



*Coping*  
by Bertha Klug

Life certainly has a habit  
Of catching us unaware  
And of difficulties and troubles  
We all do have our share.

So it's good to be equipped with  
Apart from Faith and Hope  
The will to overcome  
And an ability to cope

A sense of humour helps  
Seeing things on the funny side  
And even if the joke's on you  
Being able to pocket your pride

We can't wish away the problems  
But let's stop the moans and groans  
And turn the stumbling blocks  
Into useful stepping stones

# MAYOR LAUNCHES CAPITAL GROWTH

## MAYOR LAUNCHES 'CAPITAL GROWTH' TO BOOST LOCALLY GROWN FOOD IN LONDON

**Project set to create 2,012 new food growing spaces for London by 2012**

Mayor of London Boris Johnson and Rosie Boycott, Chair of London Food, have launched an innovative scheme to turn 2,012 pieces of land into thriving green spaces to grow food by 2012.



Capital Growth aims to identify suitable patches of land around London and offer financial and practical support to groups of enthusiastic gardeners or

organisations who want to grow food for themselves and for the local community. It is expected that a range of organisations will open up land to the scheme including borough councils, schools, hospitals, housing estates, utilities companies and parks. There are already community groups growing food on land across London – Capital Growth will help to expand these organisations whilst encouraging new ones.

### **The Mayor today announced the first organisations to pledge land to Capital Growth, these are:**

- Blenheim Gardens housing estate in Brixton, to be run by social housing residents
- A large privately owned residential garden in Morden, where local volunteers will grow and share the harvest
- Latchmere House resettlement prison in Richmond which will grow food for the canteen and run horticulture and catering training with prisoners to improve skills and employment prospects

Boosting the amount of locally grown food in London makes economic sense at a time of rising food prices. It also has a range of health and environmental benefits, such as improving access to nutritious food in urban areas and helping to increase flood protection. There is rising interest in self-grown food and inner London boroughs have waiting lists for allotments that can be decades long.

Boris Johnson said: 'Linking up currently unloved patches of land with people who want to discover the wonders of growing their own food delivers mas-

# MAYOR LAUNCHES CAPITAL GROWTH

sive benefits. It will help to make London a greener, more pleasant place to live whilst providing healthy and affordable food. This will aid people to reconnect with where their fruit and veg comes from and cut the congestion and carbon emissions associated with the transportation of food from miles away. Capital Growth is a win-win scheme – good for our communities and good for our environment.'

Rosie Boycott said: 'London has a good deal of green spaces – some derelict or underused – but not being used as well as they could be. We also have a veritable host of enthusiastic gardeners who are well equipped to turning derelict or underused spaces into thriving oases offering healthy food and a fantastic focus for the community. Capital Growth will identify spaces across the capital – often in surprising places such as roof gardens – and help London's communities grow their own food.'

Monty Don, gardening expert and TV presenter, said: 'Growing your own is the most direct route to delicious, healthy food. It is also immensely satisfying. Anyone can do it, anywhere, and if we all grow a little then together we can make a huge difference to our food supply.'

Capital Growth will be run by London Food Link, part of the charity Sustain who are working for better food and farming to enhance people's health and welfare and the environment. The pilot stage of the scheme running until March 2009 will identify and support the first 50 spaces, and is being funded by the London Development Agency. Beyond this, Sustain will be seeking future funding for Capital Growth, with the support of London Food.

Ben Reynolds, coordinator of London Food Link, said: 'We are delighted to be working with the Mayor of London to transform our city with 2,012 new food growing spaces. People from all over London are already contacting us, keen to be involved in Capital Growth.'

Bonnie Hewson, a housing estate resident from Blenheim Gardens, the first new food growing space in the Capital Growth initiative, said: 'Residents on my estate are very excited about Capital Growth – everyone from children to older people will be growing more of their own fresh food. Being part of Capital Growth will help to raise the profile of our work and get more people involved.'

**For more information on Capital Growth,  
visit: [www.capitalgrowth.org](http://www.capitalgrowth.org)**

**Capital Growth is coordinated by London Food Link [www.londonfoodlink.org](http://www.londonfoodlink.org)**

# NEWS FROM NEAR AND FAR

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

## **VICTORIANS ENCOURAGED TO "JUST ADD FRUIT AND VEG"**

A new campaign has been launched in Victoria, Australia, to encourage Victorians to "just add fruit and vegetables" to their favourite meals as a way to increase their consumption of fruit and vegetables in line with recommended daily amounts funded by the Victorian Government's 'Go for your life' strategy.

([www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)), the '**Just Add Fruit and Veg**' campaign is being coordinated by the Heart Foundation and Melbourne Wholesale Fruit, Vegetable and Flower Market (Melbourne Market Authority) in a unique partnership between the two organisations.

The project represents an innovative collaboration between the fruit and vegetable industry and the health sector to promote the consumption of fruit and vegetables by Victorians. A second aim of the campaign is to foster relationships between fruit and vegetables retailers and community groups in three partnering regions. Lunch, dinner and snacks launches will be held throughout 2008 at various locations in Victoria to promote the message **Just Add Fruit and Veg**. (Media Release. March 2008)

## **HEALTH WARNINGS ON CHEESE AND BUTTER**

Dairy products like cheese and butter could carry UK government health warnings in a bid to combat rising obesity and heart disease. The labels would urge shoppers to eat products with high levels of saturated fats only in moderation, said the UK Government's food watchdog, the Food Standards Agency.

It hopes the "shock tactic" will persuade people to cut down on the fats which clog arteries and can cause heart disease. (**Sunday Mirror 2008**)

## **VEGAN DIET GOOD FOR RHEUMATOID ARTHRITIS**

Switching to a gluten-free vegan diet may significantly improve the symptoms associated with rheumatoid arthritis, according to a new study by Swedish researchers at the Karolinska Institute in Stockholm, Sweden and published in **Arthritis Research and Therapy**. A diet free of gluten and animal products

# NEWS FROM NEAR AND FAR

was found to relieve some symptoms of rheumatoid arthritis by beneficially affecting the immune system.

The study involved 66 volunteers with rheumatoid arthritis who were randomly assigned to either a diet free of animal products and gluten (found in wheat, rye, oats and barley) or a well-balanced non-vegan diet for 12 months. 38 were assigned to the vegan diet and 28 to the conventional diet. Those eating a vegan diet were significantly better than those on the well-balanced, non-vegan diet. After 12 months, patients on the vegan diet reduced their weight from 66.4 to 62.2 kg while the other group decreased from 67.8 to only 67.1 kg. The rheumatoid arthritis symptoms of the vegan group also substantially decreased after just three months.

This study matches previous findings of vegan or vegetarian diets in patients without rheumatoid arthritis which showed a decrease in body weight, blood pressure and cardiovascular disease. Thus, a diet low in animal products can benefit people with a range of health problems.

## COWS' MILK IMPLICATED IN CROHN'S DISEASE

Cow's milk has been implicated in many health problems including allergies, asthma, bone and joint disease, constipation, type-1 diabetes, gastrointestinal disorders, nervous system disorders and skin rashes. Now research shows that cows' milk may also be the underlying cause of Crohn's disease.

Scientists at the University of Liverpool have found that a bacterium known to cause illness in cattle may cause Crohn's disease in humans. The disease causes chronic intestinal inflammation, leading to pain, bleeding and diarrhoea. Researchers found that a bacterium called **Mycobacterium paratuberculosis** releases a molecule that prevents a type of white blood cell from killing **E.coli** bacteria found in the body and which is known to be present in increased numbers within Crohn's disease tissue. It is thought that the mycobacteria make their way into the body's system via cows' milk and other dairy products. In cattle it can cause an illness called Johne's disease – a wasting, diarrhoeal condition. Until now, however, it has been unclear how this bacterium could trigger intestinal inflammation in humans. **(Gastroenterology. December 2007)**

## CONSUMER CORNER



## New Products Launched

### Linda McCartney Falafels – Vegetarian Roast Chicken Style Burger – Veggie Roastie

**An innovator and creative free thinker, Linda McCartney was an inspiration in a world yet to fully appreciate or understand a vegetarian lifestyle.**

Linda's ethics still remain and are even more relevant and valuable now as consumers tighten their belts, are more health conscious and have become more aware of the environmental impact of mass meat production. Linda's revolutionary cookbooks enabled people to have confidence, enthusiasm and know-how to prepare home-cooked vegetarian meals for all the family. They are the inspiration for these new products which include new meals, vegetable accompaniments and snack items.

**Linda McCartney Falafels** are a popular authentic Middle Eastern street food brought into the home for everyone to enjoy – a quick and easy light lunch with hummus, sliced red onion, shredded lettuce and yoghurt all in a warm pita. The Falafels also come in an 'oxo-biodegradable' bag, so not only are they delicious, they're better for the environment too.

**Linda McCartney Vegetarian Roast** with sage and onion stuffing, it's sliceable and therefore, the perfect meat free alternative for family Sunday roasts.

**Linda McCartney Chicken Style Burger** in a light crispy crumb with a selection of herbs. Enjoy the new burger in a ciabatta bun with crisp iceberg lettuce and tomato, or topped with melting mozzarella and basil, accompanied by a warm sour cream and chive potato salad. Mouth-wateringly good!

**Linda McCartney Vegetable Roastie** is packed with delicious 'superfoods' such as butternut squash, water chestnuts, pulses and seeds. As the main component of a dish or a vegetable accompaniment, the Vegetable Roastie is a great tasting, wholesome and nutritious vegetable treat.



# CONSUMER CORNER

**Linda McCartney Vegetarian Mince** is a tasty and nutritious option for anyone who simply wants to cook a delicious meat free meal. The Vegetarian Mince is made with succulent soya mince which is fat free, high in protein and rich in fibre.

The complete Linda McCartney range can be found on the new Linda McCartney Foods website. [www.lindamccartneyfoods.co.uk](http://www.lindamccartneyfoods.co.uk) and is available in all major multiple retailers, independent grocers and health food outlets. Prices range from approximately £1.59 – £1.99.



## **New, Delicious Vegan and Vegetarian Soups Launched**

Organic, homemade-style soup in a jar has just become available with the launch of Essential's new winter warmer soup range.

Essential is a vegan and vegetarian specialist and has launched six new organic soups to warm even the coldest of noses this winter.

Suitable for everyone including vegans are the Lentil & Pumpkin, Pea and Lentil varieties. The Vegetable & Tomato, Mushroom and Tomato varieties suit vegetarian diets as they include a butter boost for extra flavour.

Each of the soup varieties uses only natural ingredients and is gluten free, non GMO and has no added sugar.

Essential Trading has achieved the genuine home made taste from a jar by using fresh, delicious and wholesome ingredients:

- Organic Lentil & Pumpkin combines lentils and pumpkin with leeks, onion, carrots, coriander, cayenne and ginger.
- Organic Mushroom uses champignon mushrooms spiced with nutmeg, turmeric and garlic.
- Organic Vegetable & Tomato is packed with winter vegetables including carrots, onions, leeks, celery, peas and haricot beans with a summer hint of honey.

## CONSUMER CORNER

- Organic Lentil uses green lentils subtly enhanced with bay leaves.
- Organic Pea includes onions, carrot, celery and garlic.
- Organic Tomato is literally half tomato (49%) flavoured with the classic Mediterranean herbs of basil and oregano.

**Each 680g jar is perfect for two generous servings.**

The Essential Organic Soup range is available in 680g jars, priced £2.35. Find them in good independent health food shops and online at [www.face-of-flowers-organic.co.uk](http://www.face-of-flowers-organic.co.uk). Look out for the Essential leaf logo on the label that shows you this is food you can trust.

### **A Nutritious Colourful Burst With Red Quinoa** **'Essential' – Food You Can Trust**

**Quinoa (pronounced keen-wah) is a seed grain that's bursting with nutrition. It originates from the fruiting body of the Quinoa plant that is native to the South American Andes region**

**Packed with goodness** Red Quinoa is a source of complete protein and is also a source of the essential fatty acid known as linoleic acid (omega 6) and is packed with minerals and B vitamins.

Red Quinoa can be used in much the same way as rice or cous cous. It fluffs up on cooking and can be enjoyed hot or cold. The seeds can also be sprouted and used in salads and in the sprouting process they will release all 22 essential amino acids.

Essential Red Quinoa is available at good health food shops and many online stockists priced around £1.93 for 500g. Look out for the Essential leaf logo on the label that shows you this is food you can trust.

#### **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

## MOOD FOODS

**Mood Foods** is for people who love chocolate and enjoy nourishing themselves. Always using natural and nutritious ingredients **Mood Foods** products are certified organic with the Soil Association and perhaps most importantly they taste incredible! **Unprocessed and RAW – Mood Foods** brings you a new era in chocolate products – scrumptious chocolate bars that not only contain SUPERFOODS, but do not contain any scary unpronounceable ingredients.

**No refined sugar, No hydrogenated fats, No artificial ingredients. Just simple, honest ingredients that create the best ever tasting raw chocolate – that is suitable for everyone - freshness and quality are paramount.**

**Mood Foods** make their own chocolate using as many fair-trade products as possible and is registered with The Vegan Society. The team is launching 3 super flavours with more being developed.

**Honest, Real and Really Tasty  
'Chocolate with Integrity'**

**Goji & Lucuma Raw Chocolate**



**Organic Banana & Hempseed Raw Chocolate**



**Cashew & Coconut Raw Chocolate**



**The products are available on line [www.moodfoods.biz](http://www.moodfoods.biz), and coming shortly to Planet Organic, Fresh and Wild and most independent Health Food Stores**



**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**

# CONSUMER CORNER

## LIFE FREE FROM HELP IS AT HAND – ‘FREE FROM’ FOODS MORE WIDELY AVAILABLE IN SUPERMARKETS.



**Parmazano** is a dairy-free vegetarian grated mature cheese replacer. It is based on non-genetically modified soya and is gluten free. It makes a welcome, versatile addition to the kitchen store cupboard and comes in 60g shaker packs. Parmazano is free from colourings and preservatives and is approved by the Vegetarian Society and Vegan certified.

**Florentino Red Pesto and Green Pesto** are both dairy-free, making them a popular alternative with allergy sufferers as well as Vegetarians and Vegans.



Made with the finest extra virgin olive oil, basil and other herbs there has been no compromise on quality and taste in producing these versatile Italian-style dressings. Both pesto sauces come in 170ml jars.



**Life Worcester Sauce** is free from fish (anchovies), wheat and gluten and makes an ideal vegetarian alternative to traditional Worcestershire Sauce. It is made from traditional spices and tamarind and significantly reduces the salt content. Life Worcester Sauce is made using Lo Salt.

**Life Soya Sauce** is wheat, gluten and yeast-free and contains no GM ingredients or

MSG. It is the lowest salt on the market. **Life Soya Salt** is the perfect way to make tasty, aromatic stir fry dishes, both sauces come in 150ml bottles.

### 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**

# CONSUMER CORNER

## New Creamy Dreamy Vegan Chocolate Bar

**New from Organica is a Chocolate Couverture Bar with Raisins & Almonds. Made with an alternative to dairy milk, it comprises 41% cocoa solids for a creamy chocolate. Tumbled into this are plump organic raisin pieces and flaked organic almonds to give a delightful fruit and nut chocolate bar to suit vegan diets.**

The fairly traded, organic ingredients of this new chocolate bar will treat your conscience as well as your taste buds. Every bar of chocolate sold raises money for monkeys with 5% donated to The Monkey Sanctuary Trust in Looe, Cornwall. The Chocolate Couverture Bar with Raisins & Almonds brings the range of 100g Organica chocolate bars to 10. As with the entire range, this vegan bar is organic, gluten free and non-GM. It comprises 66% ethical ingredients derived from Third World ethical trading projects.

The 100g Organica Chocolate Couverture Bar with Raisins & Almonds costs around £2.39 from a number of online stockists and good health food shops listed at [www.seriouslyorganic.co.uk](http://www.seriouslyorganic.co.uk).



**Discover the delicious Divine Chocolate range. Whether it's for giving, sharing, cooking or just indulging, there's something for everyone.**

The newly packaged **Divine Tropical Collection** of 70% chocolate covered exotic fruits and nuts are another fantastic way to experience Divine and make an exotic addition to a party or dinner table. They are available from Oxfam and [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com) and Waitrose. (RRP£3.50).



**After Dinner Mints** Delicate slim squares of delicious Divine dark chocolate, with smooth natural peppermint fondant centres. Available in 200g boxes from Oxfam and [www.ethicalsuperstore.com](http://www.ethicalsuperstore.com) (RRP £2.99)

## CONSUMER CORNER

### THREE BEARS TRADITIONAL SOFT LICORICE

**This ancient sweet treat** – which comes from the root of a flowering pea plant that originates from countries such as Turkey, Iraq and China – has been eaten for thousands of years.

The Chinese, for instance, believed that licorice made you strong and help you to live longer. Licorice root was used by Roman soldiers to stave off thirst, and Napoleon also allegedly liked to chew a stick of licorice root before he went into battle to help calm his nerves.



Traditionally licorice root is used to ease congestion and a sore throat, which makes it an ideal treat for reducing the symptoms of winter colds. Some herbal practitioners also recommend it for headaches and the symptoms of allergies such as hayfever. If you need any more reasons to indulge in the black stuff, health experts claim licorice root, which provides the licorice extract in Three Bears™ Traditional Soft Licorice, is good for you too.

However the licorice sweets we're familiar with today were developed in the late 18th century by Yorkshire apothecary George Dunhill, who added sugar and flour to licorice extract to make it last longer; and if you or your kids have a sweet tooth – which can be a serious liability – eating licorice may help keep your teeth healthy. According to Israeli scientists, licorice root could help reduce plaque, which causes tooth decay by reducing cavity-causing bacteria in the mouth.

**Three Bear Traditional Soft Licorice is available from health food stores or by mail order (01782 825 323) priced £1.69 for 200g.**

### DRINK TO YOUR HEALTH WITH DR STUART'S

Dr Stuart's has a range of deliciously refreshing herbal brews which are made with all-natural ingredients. Each tea has been blended by the medical herbalist Dr Malcolm Stuart using 'Active Botanicals', medicinal standard herbs taken from the most prized parts of the plant rich in valuable essential oils.

Why not enjoy a revitalising cup of Dr Stuart's Peppermint next time you feel like a bit of a lift or if you're in need of a warming treat, why not try Apple and Ginger?

# CONSUMER CORNER

When things get a bit hectic, unwind over a cup of soothing Chamomile tea brimming with pure chamomile flowers.

Finally, give your body a cleansing treat inside and out with Wild Nettle, made with fresh nettle leaves and nothing else.

To get the best out of your herbal tea, cover your cup or mug or try using a little teapot to keep even more of the goodness inside while the tea's brewing. And make sure you brew for at least five minutes to give the herbs time to release their precious essential oils. It's the ideal opportunity to put your feet up too!

**Dr Stuart's teas are available in all good health food shops, including Fresh and Wild, Planet Organic and Infinity Foods, Julian Graves stores nationwide, major supermarkets and from [www.baldwins.co.uk](http://www.baldwins.co.uk) and [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk), priced from £1.09p for a pack of 20 bags.**

## WHAT'S ON DIARY

### Massive Veggie Event in London

**EUROPE'S largest vegetarian event comes to London in April 2009**, featuring everything you have ever wanted to know about being or going veggie or vegan – or simply cutting down on meat.

Hosted by leading vegetarian campaigning group Viva! The Incredible Veggie Show takes place on April 18th 2009 at The Royal Horticultural Halls, Lawrence Hall & Conference Centre, Greycourt Street, from 10am-6pm.

The 2009 extravaganza will provide inspiration and information for all-and everything at the show will be suitable for all, 100 per cent vegan and 100 percent cruelty-free. It promises to be a fun day out for people looking to improve their health, save animals and protect the environment.

The 2009 Incredible Veggie Roadshow is organised by Viva! and is sponsored by Beanie's Health Foods, Bute Island Foods, Plamil Foods, The Redwood

## 'WHAT'S ON' DIARY

Wholefood Company cook Vegetarian, Ecotricity, SPEAK Political and The Vegetarian and Vegan Foundation.

**Admission is £4 – under 18s free and you can save 25% by booking your tickets in advance. For more information visit [www.viva.org.uk/london](http://www.viva.org.uk/london) or contact Angie Greenaway at Viva! on 0117 944 1000**



### Opens at Westfield Shopping Centre London

**tibits**, the groundbreaking vegetarian restaurant which recently opened in Mayfair's Heddon Street, opened its second UK restaurant at Westfield Shopping Centre, London on Saturday 1 November 2008. The launch at Westfield London, the capital's largest ever shopping centre, follows that of 'tibits' first ever UK outlet, which opened on 3rd October in Heddon Street, W1.

**tibits** is an all day vegetarian restaurant and bar that will trade from early morning with coffees, patisserie, a breakfast buffet and freshly squeezed juices through to lunch and late evening where customers can choose from a mouth-watering selection of 35 salads and 12 hot dishes to late evening, all of which is complemented by a selected range of cocktails, wines and beers.

The restaurant boasts a stunning interior by London's Designers Guild, which has been involved in all tibits' restaurants. Tibits is situated in Westfield London's Southern Terrace, a vibrant south-facing, pedestrianised street adjacent to the covered mall. Open independently from the rest of Westfield, Southern Terrace has 24 hour accessibility, its own security, excellent parking and easy access to Shepherd's Bush tube station.

**tibits** was launched in 2000 by the three Frei brothers and the oldest vegetarian restaurant in Europe, Hiltl which has been in Zurich, since 1898.



## SWEET CHILD ONLINE

Food companies are still not doing enough to curb their marketing of unhealthy food to children, despite 88 per cent of consumers thinking they should be more responsible. Social networking sites, text messaging competitions and viral promotions are just some of the new mediums companies are using to influence 21<sup>st</sup> Century children.

Some of those who have introduced policies committing to stop marketing to children under 12 persist in targeting youngsters through traditional techniques like cartoon characters, film tie-ins, celebrity endorsements and fun freebies, proving their pledges lack bite.

Which?'s latest report Food Fables – the second sitting, reveals that although there are notable improvements from some, such as Weetabix and Kentucky Fried Chicken, many major food companies are taking advantage of lax regulations and are still using irresponsible approaches to negatively influence children's food choices. The report found that despite restrictions on TV, traditional techniques are still on the menu:

**Film tie ins** – e.g. McDonald's Happy Meals had a tie in with Kung Fu Panda and Burger King linked up with Indiana Jones

**Sporty schemes** – e.g. Coca Cola sponsorship of the main school football tournament in Scotland, branded Coca Cola 7s

**Celebrities** – e.g. Wayne Rooney's promotion of regular Coke; child-appealing football stars like David Beckham promoting Pepsi products

**Fun freebies** – we found lots of companies using free give-aways, incentive schemes and competitions to promoting less healthy products to children

**Catchy characters** – e.g. Kellogg's cartoon character Tony the Tiger is still used to promote high sugar Frosties and Quicky the Nesquik Bunny features on all Nesquik products and on the website

The rise in mobile marketing saw Kellogg's ring the changes by encouraging people to text to receive a free ringtone as part of their zookeeper competition on high sugar cereals. Coca Cola also introduced a Fanta branded mobile phone game, sent to all entrants of the 'Want it, Win it' competition.

Online activity was prominent with food companies utilising popular websites such as BEBO, Facebook, You Tube and ClubdTV to reach children in

## KIDS ONLINE

their masses. Cadbury websites included links to child-focused games and competitions, and Mars and Pepsicola developed more sophisticated 'cool' brand sites, often linking promotions with popular social networking sites. A recent Ofcom report (Social Networking: a qualitative and quantitative research report into attitudes and behaviours and use, April 2008) found that nearly 49 per cent of children ages 8-17 have a profile on a social networking site.

A Which? survey in February 2008 found that 88 per cent of consumers think food companies need to be more responsible in the way they market food to children, and 84 per cent think the Government needs to do more to control the way unhealthy foods are marketed to children.

Sue Davies, Chief Policy Adviser, Which? said: "We're not against treats and we're not against marketing, but we are against irresponsible company practices and hollow company commitments. You just have to walk around any supermarket to see the wealth of cartoon characters persuading children to pick the less healthy option."

Tackling the obesity problem demands action in many areas to make healthy choices easier. It's time all food companies started to fully play their part and focus their vast array of creative and persuasive marketing techniques on selling healthier foods to children.

If current trends continue it is predicted that 70 per cent of girls and 55 per cent of boys will be overweight or obese by 2050, and that the obesity will cost the economy over £45 billion (Foresight Tackling Obesities: Future Choices – Project Report, Government Office of Science, October 2007)

### **What Which? wants:**

Which? wants to see the healthy choice become the easy choice for UK consumers. Consumers want clear, easy to understand information about what makes a healthy diet, and to be able to distinguish between healthier and less healthy products. They do not want to be conned into buying products that are misleadingly presented as healthy and they don't want to see pressure put on children to choose less healthy foods, making it so much harder for parents to encourage their children to eat well balanced diets.

Our research shows that, despite supporting social responsibility, many companies are still putting their efforts into heavily promoting less healthy products whether its through cartoon characters aimed directly at children or the health claims and confusing labelling aimed at reassuring or bamboozling

their parents. This isn't good enough. **Which? want to see responsible food companies using their creativity to help their customers to make healthy lifestyle choices.**

We'd love to see the need for regulation erased because all food companies had cleaned up their act. We want to see all food companies using their ingenuity and expertise to develop and market healthier options, supported and prompted by a government that acts on its commitment to tackle obesity

Which? is the leading independent consumer champion in the UK, providing up to date, impartial, expert information on thousands of products and services to help make individuals as powerful as the organisations they have to deal with in their daily lives. To find out more visit [www.which.co.uk](http://www.which.co.uk)

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## CHARITY FINALLY CALLS TIME ON MORALITY

The RSPCA has finally decided that breeding animals for their looks, rather than their health or welfare is cruel and morally unjustifiable, and has accordingly withdrawn its support for Crufts.

Its new position on the issue follows a BBC documentary Pedigree Dogs Exposed which highlighted the medical problems faced by a number of breeds. These included the Cavalier King Charles spaniel which commonly has heart problems and an agonising condition caused by its skull being too small for its brain. Also suffering heart problems is the boxer which additionally has a very high rate of cancer, particularly brain tumours. Bulldogs, reportedly cannot mate without help, or give birth naturally and Basset Hounds, bred for long ears, have a very low-slung belly and skin folds on legs, often suffer arthritis.

The RSPCA, which has supported Crufts for the last four years now says that this "intentional breeding of deformed and disabled dogs" has to stop and that shows such as Crufts are "fundamentally flawed".

Crufts organisers, the Kennel Club say the documentary was "highly biased" and are threatening to "review" their exclusive multi-million pound contract with the BBC as a result, a relationship that the BBC are also reportedly reviewing, despite the 3 million viewers it has attracted every year for 40 years.

# GARDENERS CORNER

## Gardeners Corner Winter 2008

It is often said that we will get frost before the end of October and it nearly always comes. What a surprise this year when we had snow in the last week of October and the frost did not lift for 3 days. Because the trees and

deciduous shrubs were still in almost full leaf the weight of the snow and ice did great damage, snapping branches and in extreme cases bringing large trees down. The last time that snow fell in October in London was 1934. The weather has the power to give surprises and the lesson is to be prepared and protect any tender subjects which will be harmed by the cold, such as fuchsias and citrus plants which you may have on your patio. It is also the signal to take into shelter dahlia tubers and begonia corms. Dahlias which are now blackened should be dug up, cleaned and cut off with about 6 to 9 inches of stem attached to the tuber. It is from these stems that next years shoots will come, it is best to store them upside down in a frost free dry place. This allows any dampness to drain away, rather than collecting in the stem and causing the plant to rot.

The dried tubers can be put into compost (the right way up) in Spring and then the new shoots will emerge. It is also possible to plant the tubers straight into beds, but this will be less successful than planting out growing plants. With the begonia corms, again these should be cleaned and the dead



tops removed completely as next years shoots will come from the corm itself. The corms should be stored in a dry frost free place and started again in compost in the Spring, for a spectacular display in Summer.

This year we visited Romania in September. This is a country where the people have had hard lives for many years due to the ravages of the Second World War and then the Communist era. Here growing ones own food has been not a luxury, but an essential for survival. The summer climate is kind to agriculture and the summers are hot with just enough rain to water the crops. A network of canals and rivers also make irrigation possible with the mighty Danube flowing out into the Black Sea through a delta teeming with wild life such

# GARDENERS CORNER



as water fowl, herons and cormorants. Fish leap out of the water and the heron stalks them from the bank.

Village life in Romania is as it has been for generations. Each little house has a small plot and this is filled with most of the vegetables for home consumption, with surpluses being taken to market or more probably sold by the side of

the road. Each village or region has its own special produce so in one area every house has a chair and small table with luscious bunches of grapes. Another area will have tomatoes and marrows. This was the season for plums and walnuts, these grow along the borders of the highway giving shade and adding beauty to the scenery while having the fruits as a bonus. On another area every house is selling garlic or onions. These are all attractively



displayed on home made stands with bulbs hanging in shiny plaits.



Honey producing also is an important practice. The beekeepers vary from single hives in the garden to mobile vans containing up to 90 or so hives stacked in three layers and brightly painted, to help the bees to find their own colonies. Roadside vendors sell

honey and other bee products such as wax candles, soaps and creams as well as bee-based medicines.

This was a way of life which died out here 3 generations ago. Although the people are poor, they have contented faces and enrich their lives with nature's harvest.



# BEST DEAL FOR WORLD'S POOR

## **Do Best For World's Poor No Time To Lose To Seal Fairer Trade Deal says UK Minister**

- **Freer trade is part of the solution to rising food prices**
- **Minister met Ghanaian farmers that won UK Queen's award**

A UK International Development Minister called for more effort to conclude trade negotiations that will enable developing countries to trade their way towards growth and prosperity.

Gareth Thomas made his call at a UN meeting of International Trade Ministers in Ghana. He said: "We are weeks away from a make-or-break point in WTO trade talks. If the world wants to do its best for the poorest countries, it needs to banish protectionism and seal a deal now – or we will lose that opportunity for at least two years. This will pave the way to giving developing countries more opportunities to trade overseas. The benefits are clear on both sides: trade will boost incomes and support growth in developing and developed countries alike.

Fairer trade means getting rid of export bans, reducing agricultural subsidies that distort trade and lowering tariffs. This will help farmers to respond better to the current high global food prices and increase production, but this is only part of the solution. We also need more investment to boost agricultural productivity – if farmers are able to get the higher prices then they will invest."

Gareth Thomas also congratulated nearby farmers for winning an award from the Queen for their contribution to sustainable development. These farmers sell pineapples and coconuts to UK supermarkets and the Minister will see first hand how trade with Africa and UK consumer power can help fight global poverty without tariffs or duties.

The Minister also challenged consumers at home that buying from Africa can help poverty and does not have to cost the environment.

Gareth Thomas continued to say: "This award is proof that developing countries can export a product and take care of the environment at the same time. The UK imports over 2000 tonnes of prepared pineapple from Ghana every year contributing £2.6 million to the local economy through wages alone. This helps farmers and their families live a better life."

Nana Otu Bram, who runs Ahuntem Farms in Ghana which exports

# BEST DEAL FOR WORLD'S POOR

pineapples to the UK, said: "Blue Skies has provided us with a ready market for our crops by helping us to trade with countries like the UK. We now get more money for our pineapples and can afford to send our children to school."

## **CASE STUDY – BLUE SKIES**

'Blue Skies Ghana' provides training and support for over 150 farmers in Ghana, 78 of whom are small-holder organic farmers.

Blue Skies fresh-cut fruit factory employs 1,700 people and, through salaries alone, injects over £2 million into the local community every year. The company accounts for around 1% of Ghana's total exports.

It is vital for Blue Skies and for Ghana itself that this trade continues, without obstacles.

Blue Skies have adopted an approach which takes into account every aspect of sustainability; from land conservation, composting and reforestation to investing in social projects and health care. By adopting a culture based on fairness, trust and respect, Blue Skies have demonstrated that pineapples grown in Ghana help protect the planet and their people.

## **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.**

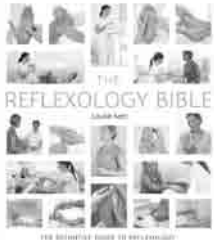
**Looking forward to meeting friends we have yet to meet!**

**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.**

# BOOK REVIEWS

## THE REFLEXOLOGY BIBLE

By LOUISE KEET



Learn all about the healing powers of reflexology within this definitive guide, **The Reflexology Bible**. Reflexology is a safe, gentle therapy that boosts the body's healing systems and helps combat stress.

With a detailed directory providing instructions to relieve common ailments, from digestive problems to skin complaints, plus specialised treatments to suit children and the elderly, this is the only guide to reflexology you will ever need.

reflexology you will ever need.

This comprehensive book contains everything you need to know about the subject, including:

- Zone Maps of the hands and feet.
- Techniques for working the reflex points.
- Advice on how to prepare for a reflexology session.
- A step-by-step routine to treat the whole body.

**Published by: Godsfield Press a division of Octopus Publishing Group. Paperback. Price £12.99 plus P&P £2.50. Available from JVS.**

## KEEPING BEES

### A COMPLETE PRACTICAL GUIDE

By PAUL PEACOCK



Keeping bees is a wonderfully relaxing and rewarding pursuit. Whether you have a large garden, small backyard or roof terrace, there is enough room for a hive or two – and that is all you need to produce delicious honey.

More popular than ever, beekeeping is a fascinating craft that is fun to learn and the perfect antidote to the stress of modern life. This practical guide covers everything a new beekeeper needs to know, from buying equipment to harvesting your very own honey.

With easy to follow step-by-step instructions on handling and checking your



# BOOK REVIEWS

bees, helpful trips and advice on keeping them healthy and productive, **Keeping Bees** is illustrated with colourful pictures, as well as featuring a collection of tempting honey-based recipes for you to try.

**Published by Gaia Books, a division of the Octopus Publishing Group. Paperback. Price £10.99 plus P&P. £2.00. Available from JVS.**

## **THE RED BODYGUARD THE AMAZING HEALTH PROMOTING PROPERTIES OF THE TOMATO**

**By RON LEVIN WITH GERARD CHESHIRE**

Ron Levin qualified in pharmacy and joined the pharmaceutical industry as a research pharmacist. Having completed a career involved exclusively with the **treatment** of illness, once retired he turned his attention to the **prevention** of illness.

One would be surprised to discover that several hundred medical and nutritional scientists, in at least 24 countries, had spent up to two decades investigating the apparent health defence properties of the tomato!

Many fruits and vegetables are claimed to have positive health benefits, some with justification. However, none have, as yet, generated anything like the weight of evidence already available for the red fruit which is tasty and pleasant to eat and relatively inexpensive.

**Published by Icon Books Ltd. The Old Dairy, Brook Road, Thriplow, Cambridge. SG8 7RG. Paperback. Available direct from the publishers. Price £5. 95. Post-Free.**

## **THE HOLISTIC BEAUTY BOOK**

**WITH OVER 100 NATURAL RECIPES FOR GORGEOUS HEALTHY SKIN**

**By STAR KHECHARA**

**The How and Why of Making Your Own Cosmetics**

Do You:

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- Have sensitive skin and need very pure beauty products?
- Want to use ethical and environmentally friendly cosmetics?

Then why not make your own? DIY skincare is 100% natural, organic, eco-friendly skincare with potions you can make at home that are luxurious yet affordable.

**The Holistic Beauty Book** includes recipes for lip balms, face creams, body butters, massage bars, bath melts, scrubs, cleansers, baby care products, moisturizers, facial toners, masks and packs and much more.

Star Khochara teaches workshops on how to make your own 100% natural, earth-friendly skincare potions and offers skin-health consultations and a bespoke potion-making service for those who want individual formulations.

**Published by Green Books, England. Paperback. Price: £12. 95 plus P&P Available from JVS.**

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### 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.**

### NOTICE

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

**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

**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.

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**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.**

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**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)

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

#### **ALEXANDERTECHNIQUE.**

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Golders Green & Old Street.

**David Glassman, 020 8455 1317.**

**VEGFAM** feeds the hungry without exploiting animals  
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#### **On-line giving**

[www.charitychoice.co.uk/vegfam](http://www.charitychoice.co.uk/vegfam)

**Please visit our website: [www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk)**

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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)**

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## 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.

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**£175**

### Israel Life Membership

**\$275**

### American Life Membership

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