

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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JVS MAGAZINE

Editor: Shirley Labelda

ADVERTISING RATES

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WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

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

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

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

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

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

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

Name (in full – clearly)

Tel. No

Address (clearly)

Occupation Fee enclosed £

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

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

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TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.

£7 Ms C.B.A. Prestwich, Manchester.

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 items are appreciated and put to good use.

£50 Mrs. B.K. London NW3. £28 Dr. W.L. Salzburg, Austria.

£25 Anonymous. £10 Mr. P.C-B. Dorchester, Dorset.

£8 Mr. E.P. London NW11.

BUILDING FUND DONATION – LONDON HQ.

£50 Mr. J.S.H.W. Bournemouth, Dorset. £10 R. & P.G. Poole, Dorset.

£7 Ms C.B.A. Prestwich, Manchester. \$20 Mr. G.M. I.M. IN. USA.



FRIENDSHIP HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa. POB 80. DN Safon Yehuda 90830 Tel: (972) 2 5337059 ext 112.

Visitors are always welcome. A phone call, email or letter is always advisable to ensure that a member of our friendly staff will be there to welcome you.

DONATIONS RECEIVED

£18 Mr. P.C-B. Dorchester, Dorset. £10 R. & P.G, Poole, Dorset.
£10 Mrs. B.P. Radstock, Bath. £8 Mr & Mrs J.C.B. Peeblesshire, Scotland.

£8 Ms M.M. Leeds. £8 Mr. A.R. Hadley Wood, Herts.

£7 Ms C.B.A.Prestwich, Manchester. \$50 Ms J.R. OR. USA.

SOCIETY NEWS

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.

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

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

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.

SOCIETY NEWS

Life Member Anna Olswanger Ties the Knot....

We extend all our good wishes and a hearty mazeltov to JVS Life Member Anna Olswanger and Sholom Silvestri who were married on February 1st 2009 at the home of close friends in Teaneck, New Jersey, USA. Rabbi Rafael Grossman, the bride's rabbi, is Senior Rabbi Emeritus of Baron Hirsch Synagogue in Memphis, Tennessee, officiated at the ceremony.



The bride lived at 855 Finchley Road in the late 1970s and worked for Philip Pick at The Jewish Vegetarian Society, and subsequently returned to the States where she graduated Phi Beta Kappa from Rhodes College in Memphis and earned a masters degree in creative writing, from the University of Memphis. A literary agent today with Liza Dawson Associates in New York, she is also the author of ***Shlemiel Crooks***, an award-winning children's book. For several years she coordinated the Jewish Children's Book Writers' Conference at the 92nd Street Y in New York and recently launched the website www.Host-a-Jewish-Book-Author.com.

Sholom was born in Bari, Italy and went to the States when he was twelve years old. He graduated from Fairleigh Dickinson University in Teaneck with a degree in accounting. Sholo presently operates an organic dry cleaning business in Bergen County, New Jersey, and has recently opened City Cleaners Organic in Newark.

Friends from as far away as Israel attended the wedding. Anna and Shalom live in Fair Lawn, New Jersey, where Sholom, although not a vegetarian, says he is happy to live with his wife in their vegetarian home!



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.

SOCIETY NEWS

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

NOTICE

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

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.

A DATE TO REMEMBER

A Date to Remember – April 8th, 2037

By Rose Friedman

Please make a note of this important date and try to remember it. Also, please accept my apologies for missing the printing deadline of the March issue and not drawing your attention to the 8th April 2009.

These dates are the beginnings of the 28 year cycle of the sun's circuit in the heavens drawing with it on its journey, our earth and its moon and the planets. Hundreds of thousands of Jews from every part of the world take the opportunity to say the special blessing confirming our faith and trust in the Creator of this wonderful universe in which we live, and thanking and praising Him for enabling us to see the sun in its original position at the time of creation, which was the third hour of the fourth day of Creation, when the luminaries were set in their places.

It is a time for reflection on the wonders which surround us. If the sun was slightly further or slightly nearer to us, we would either freeze or burn and this would be a lifeless planet. Through its heat and light, which cause amongst other phenomena, evaporation, winds, rainfall and photosynthesis, the earth and its population can live and flourish.

One of the sun's names is "Shemes" which means servant and so it serves Hashem – "the sun is like a groom coming forth from the bridal chamber rejoicing like a warrior to run the course" (Psalm 19:6). Another name is "Chammah" meaning heat, thus giving us warmth and ripening the grains and fruits of the earth to nourish its inhabitants.

Before the time of the great flood it is said that the climate was one of perpetual springtime, delightful and pleasurable, but mankind became corrupted and many worshipped the sun as a deity, confusing the Servant with the Master. After the flood the earth was tilted on its axis and the climate changed to the four seasons as well as times of extreme heat and freezing cold.

Our forefather Abraham looked at the world about him and using his immense intelligence and powers of perception recognised that there is a Creator of the universe and started bringing mankind back to monotheism. It has been said that around his neck he wore a wonderful jewel which had the power of curing the sick who looked at it. The parable is that it was hung on the sun after his death. Obviously this must not be taken literally so please **DO**

A DATE TO REMEMBER

NOT look at the sun as this could damage eyesight permanently. It seems to mean that faith in the master – the Creator, and not in the servant – the sun is a healing to the spirit of mankind.

An article by Y. Schonberg asks what is the significance of the number 28 in the 28 year cycle of the sun, and points out that 28 links man's potential with his ability, as the gematria (numerical value) of "koach", meaning strength or power is 28. The Rokeach points out that the opening passage of the Torah describing Creation has 28 letters. The opening passage of the Ten Commandments has 28 letters. The response in Kaddish has 28 letters. Let us endeavour to utilize our spiritual and physical strength for good.

If you have unfortunately missed saying the blessing of the sun on 8th April 2009, may you say it next time on the morning of 8th April 2037. In the meanwhile there is plenty of time to reflect on some of the messages that this blessing teaches – "Raise your eyes on high and see who created these" (Isaiah 40:26).

The wording of the blessing can be found in Artscroll and Feldheim publications. May all our readers rejoice in this blessing next time around.



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 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.

HALF PRICE BOOK SALE

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

THOU SHALT NOT EAT MEAT

Thou Shalt Not Eat Meat

By Richard H. Schwartz

Thou shalt not eat meat? Have I gone completely crazy? Am I not aware that the Torah gives people permission to eat meat and goes into some detail in discussing which animals are permitted to be eaten and which are not? And that the Talmud has much material on the laws of kashrut related to the preparation and consumption of meat? And that various types of flesh products have been strongly associated with Sabbath and festival celebrations?

Yes, but I still think that it is necessary, actually essential, to argue this case because our modern meat-centered dietary culture is doing great harm to Jews, Israel and, indeed, the entire world and is inconsistent with several important Jewish values.

Please consider:

Some climate scientists, including James Hansen of NASA, are warning that global climate change may spin out of control within a few years with extreme consequences, unless major changes are soon made.

Israel is especially threatened by global warming. It is now experiencing the worst drought in its history, and the reduced rainfall the last few years has so diminished the level of the Sea of Galilee that the pumping of water from it had to be stopped. In 2007 a report by the Israel Union for Environmental Defense projected that if current trends continue, Israel will experience major heat waves, storms and floods, a decrease in average rainfall of 20 to 30 percent and an inundation of the coastal plain where most Israelis live by a rising Mediterranean Sea.

Animal-centered agriculture also causes other environmental problems, including soil erosion and depletion, the rapid extinction of species, air and water pollution, and the destruction of tropical rain forests, coral reefs and other valuable habitats. An animal-based diet requires up to 14 times as much water as a vegan diet.

The many negative effects of animal-based diets was well summed up by the editors of World Watch magazine in their July/August 2004 issue: "The human appetite for animal flesh is a driving force behind virtually every major category of environmental damage now threatening the human future. Deforestation, erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilization of communities, and the spread of disease."

THOU SHALT NOT EAT MEAT

We have recently seen an example of that “spread of disease” as the close confinement of many farmed animals in very unsanitary conditions has resulted in a pandemic of swine flu, the latest example of diseases resulting from the massive factory farming of animals.

A second major reason that Jews should avoid eating meat is that high meat consumption and the ways in which meat is produced today conflict with some of our basic Jewish teachings:

- Judaism mandates that people should be very careful about preserving their health and their lives, numerous scientific studies have linked animal-based diets directly to heart disease, stroke, many forms of cancer, and other chronic degenerative diseases.
- Judaism forbids *tsa’ar ba’alei chayim*, inflicting unnecessary pain on animals, most farm animals – including those raised for kosher consumers – are raised on “factory farms” where they live in cramped, confined spaces, and are often drugged, mutilated, and denied fresh air, sunlight or exercise, and any enjoyment of life, before they are slaughtered and eaten.
- Judaism also teaches that “the earth is the Lord’s” (Psalm 24:1) and that we are to be God’s partners and co-workers in preserving the world, modern intensive livestock agriculture contributes substantially to soil erosion and depletion, air and water pollution, overuse of chemical fertilizers and pesticides, the destruction of tropical rain forests and other habitats, global warming, and other environmental damage.
- Judaism mandates *bal tashchit*, that we are not to waste or unnecessarily destroy anything of value, and that we are not to use more than is needed to accomplish a purpose, animal agriculture requires the wasteful use of grain, land, water, energy, and other resources.
- Judaism stresses that we are to assist the poor and share our bread with hungry people, over 70% of the grain grown in the United States is fed to animals destined for slaughter, while an estimated 20 million people worldwide die because of hunger and its effects each year.

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

THOU SHALT NOT EAT MEAT

For many years I have argued that Jews have a choice in their diets, but that choice should consider the negative effects of animal-based diets on Jewish teachings, such as those mentioned above. Unfortunately, this has had less impact than I would like, as the world moves increasingly toward a catastrophe beyond anything since the great flood in the time of Noah. Hence, while it may initially seem very foreign to many Jews, I think it is consistent with Judaism and essential to argue that "Thou shalt not eat meat."

LETTERS

Dear Sir

Enclosed please find £20 to be used for the annual subscription 2009 together with a further £20 as a donation to support your precious work.

I have read with great pleasure and interest The Jewish Vegetarian Issue No. 168 and with great importance was the Israel reporting, especially the new activity of our Jerusalem branch.

Of great value are the thoughts of Derrick Cohen. No Human Right Convention ever reached the totality of life than it was presented by the Ten Commandments, the universal compilation of human duties as a basis for reaching human rights. Ideals and ideal values now have melted away everywhere, but the material world is not the total one.

It is a disaster to give up identities based on family tradition for money sake or disliking to be considered old fashioned. Vegetarianism is essentially linked with environmental protection and personal gardening and needs for lasting ethical basis, trees and woods. Gardens and trees are the succession of the paradise. The best food is local and seasonal, and living directly from one's own garden enriched by one's own good thoughts

Best wishes.

Yours sincerely

Dr. Wilfried Lindinger

Salzburg. Austria.

HEALTH AND BEAUTY



Add an 'Avo' this summer

It's summer so what better time to add a nutritious summer avocado to your diet and beauty regime? Summer Avocados start arriving fresh from the South African sun in May and are the perfect healthy addition to your diet.

The Foods Standards Agency recommends eating half an avocado daily, as it counts for one of your five fruit or vegetable portions, but also because it is low in saturated fat. Summer Avocados contain the 'good fats', including mono-unsaturated fat which has a positive effect on blood cholesterol levels.

And....

Good Things DO Come In Small Packages

Creamy rich 'Summer Avocados' are considered the world's healthiest fruit and are ideal to help maintain a well balanced diet. However, these fruits can often be mistaken as fattening but are in fact packed full of the good mono-unsaturated fats, vitamins and minerals.

Due to the high amount of nutrients and anti-oxidants avocados contain they provide many great health benefits, helping combat cardiovascular disease, cancer, poor eyesight and even bad breath – this truly is a 'fruit of the gods'.

As well as containing no cholesterol at all they are super rich in mono-unsaturated fats, an essential element in lowering bad cholesterol.

Avocados truly are a healthy addition to your diet and can help towards combating a variety of problems -

Cancer –Research from the University of California has shown that nutrients taken from avocados can attack cancer cells and prevent other pre-cancerous

HEALTH AND BEAUTY

cells from forming – this has been found to be true in mouth cancer, prostate cancer and breast cancer

Cardiovascular disease – Avocados protect against cholesterol-related heart disease thus reducing the risk of cardiovascular disease

Eyesight – Avocados have more lutein than any other commonly eaten fruit, this protects against eye diseases and may enable better vision for longer

Bad Breath – These super fruits can even help with bad breath as they effectively remove intestinal putrefactions or decomposition which is a cause of bad breath

Adding a Summer Avocado to your diet couldn't be simpler and is great to use as a fat replacement, instead of spreading butter or cream cheese on your bread/bagel, use some mashed avocado instead. Replace mayo in your sandwiches with sliced avocado. **You will not only save calories but will be cutting out saturated fat and increasing your daily intake of mono-unsaturated fats as well.**

And 'Noch Eine'...

Fruity Beauty Tips for the Hard Times Ahead

South African avocados can be used in a series of recipes which offer a thoroughly safe, chemical free approach to being more beautiful.

The Aztecs recognised their extraordinary properties; avocados feed the skin from the inside out and are a treasure chest of vitamins, minerals and natural oils which not only provide vital nourishment for better health but are also used as a key ingredient in many beauty treatments. Rich in beneficial oils avocados help to rejuvenate the skin, reduce eye puffiness, revive dull hair and much more.

Everyone is looking for the most natural beauty products at the best price. 'Summer Avocados' give the opportunity to develop your own spa beauty



HEALTH AND BEAUTY

treatments at home where you know exactly what you are applying to your skin at just a fraction of the price, this couldn't come at a better time.

Summer Avocados are not only nutritiously packed delicious fruit but in this current climate can be used for some great alternative beauty treatments, try buying a few extra next time and see how versatile they are.

Skin Benefits

Containing Vitamins E and C, avocados help improve the health of your skin, as well as preventing the premature formation of wrinkles, other vitamins in avocados also help moisturise skin and are simple to use at home. Just mash some avocado and mix it with some milk or oatmeal, apply the mixture to your face as you would with a masque and remove with warm water – achieving beautifully hydrated skin can now take only 10 minutes, at the expense of only ONE avocado!



Face Moisturiser

Surprisingly, the bit of avocado you would normally throw away is in fact just as valuable as the flesh. A precious oil, which makes a fantastic facial moisturiser, is hidden away in the avocado peel. The oil contains humectants, a substance which holds moisture. Using gentle upward strokes, lightly massage your face with the inside of the peel. Allow the oil residue to remain on your skin for about fifteen minutes before washing off.

Eye Treatments

Peel an avocado and remove the stone. Slice the flesh in half and then into quarter-inch crescents, lie down and secure a slice under each eye and leave to rest for around twenty minutes. The result is corrective magic!



Hair Benefits

Avocado pulp has previously been used as a hair pomade to help stimulate hair growth and its oil is still frequently used in many hair products. Create your own at home by mixing an avocado, egg yolk and 1 tablespoon of olive oil; apply this to roots and hair for around 20 mins and let the avocados do their work. Packed full of more than 25 nutrients they offer a hydrating effect that is perfect for warding off the effects of summer heat, in addition this treatment is rich with proteins and vitamins, which help hair regain its natural elasticity, shine and body.

I FOUND GINGER!

I Found Ginger!

By Derrick Cohen

No I am not talking about "The Ginger Tom" from next door who has been missing for ages and ages, after failing to return from one of his "Shaggy Nights Out", his owners becoming frantic with worry at the absence of their precious rare breed. Nearly every tree in the area now possesses a striking picture of their lost pet with a handsome reward to book.

Now if I had found "Romeo Ginger Tom" I would probably be on a world cruise enjoying that huge bounty. Mind you there have been rumours of sightings of a forlorn scruffy looking feline staring up at this handsome moggie hissing venomously! Nor am I telling the tale of any famous ginger by name, whose story may make thrilling reading.

I am sure many older jazz fans would remember the drummer Ginger Baker who rose to fame in the Soho clubs during the 60's by imitating the wild unconventional drumming of Max Roach. Eventually he stunned the world with his high profile performances with the band 'Cream' which also included Jack Bruce and Eric Clapton.

However, there was a Ginger who I fell in love with as a young lad who I am sure every teenage boy in the land felt the same about. the famous Ginger Rogers. How could any adolescent young man not be captivated by the magical feet and elegant legs of the most famous of Fred Astaire's dancing partners, their ten films together eclipsing all others. Indeed I found myself falling in love with all of Astaire's leading ladies, Cyd Charisse, Ann Miller, Vera Ellen, Mitzi Gaynor, Eleanor Powell, they all touched my heart whilst watching those fabulous musicals. Then at home I would become a budding Astaire and practice his routines with my two left feet dreaming of holding each of those lovely ladies in my arms. Until one day I was brought down to earth, for the snotty nosed kid from Form 2B had beaten me to it, bursting on the scene with his sister Joyce holding audiences spellbound during the war, dancing down in the tube stations, whilst people sheltered at night from the air raids. His name, of course, was Lionel Blair who found fame and fortune as "Twinkle Toes". There my dream was shattered! Lionel has recently released an album of Fred Astaire's songs from all his films, singing in that jazzy sound voice of his.

As for me – I am here to tell the tale of "Real Ginger". Think of Ginger Spice of The Spice Girls and you could almost be right. Indeed the word "Ginger"

I FOUND GINGER!

is synonymous with so many things and the nickname of practically anyone with a touch of red in their hair. There was even a prank played by kids in by-gone-days where you would dare to knock on neighbours doors and then scarper! "Knocking Down Ginger" it was called. But the Ginger I have discovered and I am sure many others also, is commonly known as "The Root of all Ginger" or should we say Ginger Root. Although actually a "Rhizome" (a perennial creeping plant) it is available in various forms such as whole raw roots, dried roots, powdered ginger and crystallized ginger. It is a native to India and China taking its name from the Sanskrit word "String a Vera" which means "Body like a Horn" as in antlers.

In China it has been important to Chinese medicine being a healing gift from God and is a component in more than 50% of traditional Chinese Herbal Remedies. It is also mentioned in the writings of Confucius and named in the Koran, the sacred book of the Moslems, indicating that it was known in Arab countries as far back as 650 A.D.

Ginger was one of the earliest spices known in Western Europe used since the 9th Century. A common article of Medieval and Renaissance trade, it was one of the curative spices used at the time of The Plague that engulfed Britain during the reign of King Henry VIII.

Today ginger is also grown in America, the West Indies and parts of Africa. The curative effects of this outstanding herb are many being used to help indigestion, morning and motion sickness, heartburn and in compress form for relieving congestion of the sinuses and chest. It is known as a diaphoretic causing one to sweat helping to eliminate fevers.

Ginger is also a carminative breaking up intestinal gas. The root of ginger contains cancer fighting anti-oxidants useful for fighting factors that cause blood clots. It is also beneficial for reducing cholesterol levels and offers relief in conditions of sore throats, coughs and common colds.

Ginger is also used for culinary purposes and essential to Asian and Oriental cookery and is used in pickles, chutney and curry pastes. It is favoured for cakes, puddings, jams and preserves, and is spiked in drinks such as Ginger Beer and Ginger Wine. Amusingly it has been said that in order to "gee up" a lazy horse it is the time honoured custom of Sussex Farmers to apply a pinch of ginger to the animal's backside! **You naughty boys!**

As for me I discovered ginger by chance. For it was only when an acquaintance who had been constantly suffering from viruses and colds

I FOUND GINGER!

during the winter months mentioned that his condition was now alleviated by the intake of ginger So being a fellow sufferer I decided to try out this "wonder herb". Today I am never without my quota of crystallized ginger contained in a Strepisils Box! and can vouch for its remedies. It certainly has a curative effect.

We have come a long way since early days of civilisation when those curative drugs and herbs were first discovered and cultivated. Yet even today their remedies are being put to good use. There is a lot to thank those ancient races for, especially their method of ensuring their health, for theirs was trial and error and it is we who reap the benefit. Nature has definitely been formed for the good of man. If only more people would take notice of what she has to offer and avail themselves of her favours.

So there you have the story and history of my discovery, highly recommended with a proven track record, she is indeed the essence of curative power. ***Am I pleased I found Ginger!***

By the way, if anyone comes across that "Ginger Tom" from next door grinning as always like a Cheshire cat, could you please give him a hug and return him to No. 10 where his cabinet is awaiting him.

Comment: I have just heard that the herb Aloe Vera can do the same trick, so say "Hello" to my friend Vera!



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ISRAEL REPORTING...

‘Climate Change’ The Jewish People’s New Challenge

**By EHUD ZION WALDOK
Jerusalem Post**

Can Judaism Provide A Solution To Global Climate Change? Jews Have Tackled Many Challenges Over The Past Millennia, But None Quite As Titanic As This.

In April 2009, fifty-five select experts, in a variety of fields, kicked off their first session in Jerusalem, with the aim of drawing up what has been called a “Seven Year Plan for the Jewish People on Climate Change and Sustainability.”

The initiative is being spearheaded by the New York-based Jewish environmental organization, Hazon (“vision”), and the Israel-based Jewish Climate Initiative (JCI). The goal is to have a plan with accompanying educational materials and strategy in place by September 2015, when the next shmita cycle starts and, according to Jewish law, all agricultural activity is prohibited.

“If we don’t move the world even a little bit within seven years, then it probably won’t be moved. Think of the Titanic trying to avoid the iceberg. We need to start now,” JCI head Dr. Michael Kagan told The Jerusalem Post. “What do we as a people and an ancient religion have to contribute to the world ecological challenge? We’re a small people yet we’ve had tremendous influence throughout history.”

The first meeting was held on Sunday, ahead of Wednesday’s Birkat Hahama, the Blessing of the Sun said every 28 years. It was the first of three meetings to brainstorm on the issue, and was attended by top scientists, business people, environmentalists, policy makers, rabbis and educators. The two next meetings will be held in New York and in London. In between, special working groups will tackle each section of the document separately. A final draft is to be presented at Windsor Castle in November at a meeting of the United Nations-affiliated Alliance of Religions and Conservation (ARC), along with plans from 11 other world faiths.

That meeting could certainly have an impact on the much-heralded conference of world leaders scheduled for Copenhagen in December to hammer out a successor agreement to the Kyoto Protocol for reducing emissions.

ISRAEL REPORTING...

ARC, a British NGO with ties to the royal family, had been tasked by the UN to organize the unique project involving 12 major religions.

Representatives of each religion have been set the task of drafting a seven-year plan on climate change and sustainability.

ARC believes that the world's religions have something unique to add to the discussion and can motivate billions of people to face one of the most serious crises the world has ever known.

Hazon's director, Nigel Savage, and JCI's Rabbi Julian Sinclair were assigned by the ARC to produce a draft document and then pull together the separate brainstorming groups to turn the draft into a strategic blueprint.

Hazon, the biggest Jewish environmental organization in the United States laid much of the groundwork for the project over the past decade, Savage said. The initiative is just taking its first steps, participants said after Sunday's meeting. There is still a lot that needs to be figured out, they acknowledged. Judaism has two unique aspects that make it different from other religions. Firstly, it is no central authority like the Catholic Church. Secondly, the people and the religion have a state - Israel.

"The conference revealed how hard it is to figure out how to get it to work more effectively," Savage said, "But it clarified that the goals and vision have to differ vis-à-vis Israel and the Diaspora. "Israel and the Jewish people are only a small part of the whole. We can't fix the world, but we have to do our part," he continued. "That said, Israel and the Diaspora are two different things. Israel is a sovereign state with an environmental movement. We need to further strengthen it and provide support for it from amongst US and UK Jews," Savage said. "In the Diaspora, we need to focus on a three-by-three grid. Education, action, and advocacy along one axis, and individual, family/institution and the wider community along the other. We need to move forward on all nine boxes, but encourage people to move forward in one or two," he said.

Theory aside, Sunday's meeting in Jerusalem focused on specific elements in Judaism that might be useful to the climate change debate, Kagan said. "Shabbat is all about conservation and awareness. We started to think about how we could translate Shabbat principles into everyday life, arguing that there were certainly lessons to be learned."

Kagan added: "They say religion and belief are supposed to be motivators

ISRAEL REPORTING...

- I'm not sure that's true. Does anyone listen to [and obey] religious proclamations? Perhaps we are more open to the idea that God gave Earth to the people to take care of it." In addition to running JCI, Kagan is the author of the Holistic Haggadah and has a cleantech startup called Algaenesis, which focuses on using algae for health products and biofuel purposes.

Jeremy Benstein, deputy director of Heschel Center - an NGO working in Israel towards the molding of strong leadership and the promotion of environmental education - pointed to a few areas where Judaism specifically had something to offer. "We've managed to convince most of the world to take a respite from production on the Sabbath, but we've yet to really convince people to take a break from consumption as well," said Benstein, who has written extensively on the connection between Judaism and sustainability.

A draft document prepared for Sunday's meeting quoted the exposition on the issue by Rabbi Steven Greenberg, who teaches at the National Jewish Center for Learning and Leadership (CLAL) in New York.

"We Jews have done a pretty good job in delivering nine and a half out of the Ten Commandments to the world," Greenberg was quoted as saying. "The half that we have delivered is the side of Shabbat that is about employment; the universal right to have one day off work each week. The half that we haven't is the part of Shabbat that is about refraining from shopping, driving, flying - the part that deals with our relationship to the created world. We need to deliver that half of the Shabbat commandment to the world now."



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Tel: 020 8455 0692

COOKERY CORNER



Denise Phillips

Delicious Summer Recipes from Denise

Fattoush

Fattoush is a traditional Middle Eastern recipe for a classic and simple salad of herbs, vegetables and bread in an olive oil and sumac dressing and served on a bed of lettuce. It is typically served as an appetizer and is also wonderful for

barbecues. This is the alternative to Israeli salad!

This spice has a stunning burgundy colour and a delicious tangy, sour, slightly salty flavour. It is liberally used sprinkled over rice, bread and salads.

Preparation Time: 20 minutes **Cooking Time:** 10 minutes

Serves: 6 people

Ingredients

- 4 pita breads cut into 1.5cm squares
- 2 cucumbers -peeled and diced
- 6 ripe tomatoes, diced
- 12 radishes, finely chopped
- 4 spring onions, finely chopped
- 30g fresh mint, finely chopped
- 30g flat-leaf parsley, finely chopped
- Juice of 1 lemon – freshly-squeezed
- salt and black pepper, to taste
- 120ml olive oil
- 3 tablespoons ground sumac
- 2 heads of lettuce (eg. Cos or Romaine)



Method:

- 1) Pre-heat the oven to 200C/ 400 F/ Gas mark 6.
- 2) Place the pita bread squares on a tray lined with baking parchment paper and bake for about 10 minutes or until nicely browned then remove from the oven and set aside.

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- 3) Meanwhile, combine the cucumbers, tomatoes, radishes, spring onions, mint and parsley in a bowl.
- 4) Toss to combine and set aside.
- 5) In a separate bowl whisk together the lemon juice, salt, black pepper, olive oil and sumac until thoroughly combined.
- 6) Now arrange the lettuce leaves on a large plate (one with a slightly raised rim is best) then arrange the cucumber mix over the leaves and scatter the bread pieces over the top.
- 7) Drizzle the dressing over everything then season with salt and black pepper and serve.

Tomato and Basil Bread

I love everything about this bread; taste, colour and texture!

Homemade bread is easier than you think and a bread maker is not necessarily required as this recipe will explain: although if you have one, add the ingredients and follow instructions according to your machine.



There are a few essential rules:

- 1) Yeast needs warm water in order for it to rise, if it is too hot it will kill the yeast.
- 2) A warm place is required for the dough to double its volume.
- 3) A second rising, proving will guarantee a light texture.

Preparation Time: 20 minutes plus 1 hour 30 minutes for rising

Cooking Time: 30 minutes **Makes:** 3 loaves

Ingredients

- 2 sachets dried yeast
- 150ml warm water
- 800g strong white flour
- 2 teaspoons salt
- 1 teaspoon sun-dried tomato paste
- 300g ripe tomatoes

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- 1 tablespoon olive oil
- 2 tablespoons fresh basil – roughly chopped
- 1 teaspoon dried chilli pepper flakes or ½ fresh chilli finely chopped
- Glaze: 2 – 3 egg yolks

Method

- 1) Skin the tomatoes by immersing them in boiling water for 1 minute. Score the skin with a knife and peel away. Remove the cores and seeds and roughly chop. Reserve the flesh only.
- 2) Dissolve the yeast in some 100ml warm water and leave for 5 minutes.
- 3) Mix the flour and salt together. Add the yeast mixture, chopped tomatoes, tomato paste, basil and chilli flakes.
- 4) Knead the dough either in a food mixer or by hand. Add the remaining warm water slowly so that the dough is smooth and not too wet. Add extra flour if it becomes too sticky.
- 5) Grease a large bowl with a little olive oil. Transfer the dough, cover with cling film and leave in a warm place for 1 hour or until double in size.
- 6) Line a tray with non stick baking parchment paper.
- 7) Knock back the dough and divide into 3 pieces.
- 8) Lightly knead and shape into round loaves. Glaze with egg yolk. Leave to rise again for 30 minutes.
- 9) Pre-heat the oven to 200C/400F/Gas mark 6.
- 10) Bake for 30 minutes or until golden and hollow sounding when tapped underneath. Cool on a wire rack.

To serve: Cut into slices and serve with a dipping bowl of extra virgin olive oil and balsamic vinegar.

Garden Vegetable Quiche



This is a delicious herb short crust pastry pie packed with summer vegetables. The secret of a good quiche is to ensure that the pastry base is well cooked so that when you add the filling, the pastry

does not go soggy. There are endless choices of vegetables that you can use to ring the changes – but look at colour and texture so

COOKERY CORNER

that they blend well. I have used red and green vegetables that are in season.

Preparation Time: 20 minutes plus 30 minutes chilling time

Cooking Time: 1 hour **Serves:** 6 – 8 people

For the Pastry

250g plain flour

Pinch of salt

125g cold butter

25g Parmesan Cheese – finely grated

2 tablespoons fresh mint/parsley

1 egg

1 – 2 teaspoons cold water

Filling

110g runner beans, stringed, halved lengthways and sliced

110g fresh or frozen peas

300ml milk

25g plain flour

3 large eggs

110g log full-fat soft goat's cheese, sliced

3 small vine tomatoes, quartered

Garnish: Dusting of black pepper and torn leaves of fresh mint/parsley

Method

- 1) Put the flour, salt and mint or parsley into the food processor. Add the butter, cheese and an egg. Continue to whiz together until the pastry cleans the side of the bowl. Add the water gradually as required.
- 2) Wrap the pastry in cling film and leave in the refrigerator to rest for 30 minutes.
- 3) Lightly dust the work surface with flour and roll out the pastry so that it fits a 25 cm/10 inch deep loose based flan tin. (It needs to be approximately 8 cm/3¾ inches larger to accommodate the depth of the tin.)
- 4) Pre-heat the oven to 200 C/400 F/Gas mark 6.
- 5) Carefully roll the rolling pin over the tin to neaten the edges and trim the excess pastry. Line the pastry base with foil. Fill with baking beans and bake blind for 20 minutes in the pre-heated oven.
- 6) Place the beans and peas into a saucepan of boiling water. Cook for 3 minutes or until soft. Drain and put into the pastry case.
- 7) Using the same saucepan, add the flour followed by the milk stirring

COOKERY CORNER

- continuously over a low heat until slowly thickened.
- 8) Beat the eggs into the sauce and generously season. Pour into the pastry case and scatter with the goat's cheese and tomatoes.
 - 9) Bake for 40 minutes until the filling is set, turning golden.
 - 10) Cool for a few minutes before removing from the tin. Serve with a green salad.

Calzone



A Calzone is a pizza folded over to enclose its filling. It can be made large or small and stuffed with any of the traditional flat pizza fillings. It is one of the specialties' of Naples, Italy. The word 'Calzone' literally means 'trouser leg' in Italian and was so named because it resembled a leg of the baggy trousers worn by Neapolitan men in the 18th century. Calzone are now usually round but were originally made from rectangular pieces of dough folded over a long central filling. Although widely available in most Italian restaurants, making your own and putting in your special filling is quite a magical experience! Make them with the children as they will enjoy the fun too.

They can be eaten hot or cold and enjoyed any time, as lunch, a picnic, part of a lunch box or kept for Shabbat lunch.

Preparation Time: 30 minutes plus 1 hour 5 minutes rising time

Cooking Time: 25 minutes **Makes:** 6

Ingredients

2 sachets dried yeast/7g each
 225 – 250 ml warm water
 Pinch of sugar
 1 teaspoon salt
 550g strong white flour
 2 tablespoons olive oil

Filling

2 large onions – peeled and finely chopped
 1 tablespoon olive oil – for frying

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Large bunch of fresh basil
10 medium size tomatoes – skinned, de-seeded and chopped
350g ricotta cheese
250g mozzarella cheese – cut into cubes
6 tablespoons Parmesan cheese – grated
3-4 tablespoons pesto sauce or sun dried tomato paste or tapenade
Salt and freshly ground black pepper

Olive oil – for brushing

Method

- 1) Combine the yeast, 100ml of the 225ml – 250ml warm water and sugar. Leave for 5 minutes until the yeast starts to foam.
- 2) Mix the flour, salt and oil in a large mixing bowl. Using a dough hook for a mixer or the metal blade of the food processor, gradually add the yeast mixture and slowly add the 125ml water. Continue mixing until the dough is smooth and leaves the sides of the mixing bowl.
- 3) Remove the dough from the processor. Knead it for 2-3 minutes on a surface dusted with flour. Form into a ball. Return the soft dough to a clean, slightly oiled bowl. Cover and leave to rise for 1 hour.
- 4) Meanwhile make the filling. Place the tomatoes in a bowl and pour over boiling water. Leave for 2-3 minutes. Drain the water away and remove the skins. Cut the tomatoes in half, de seed and roughly chop the flesh.
- 5) Heat the olive oil in a frying pan. Sauté the onion until just golden. Transfer to a mixing bowl. Add the chopped tomatoes, mozzarella, basil, ricotta, Parmesan cheese and season with salt and freshly ground black pepper.
- 6) Pre-heat the oven to 240 C/475 F/Gas mark 8.
- 7) Knock back the dough and divide into 6 balls.
- 8) Roll each ball into a flat circle about 5 mm/¼ inch thick. Use the lid of 20 cm saucepan as a template. Spread the pesto sauce or sun dried tomato paste or tapenade on the flat circle leaving a 2 cm border.
- 9) Divide the filling between the 6 circles of dough, placing it on half of each circle and allowing a border of 2 cm/1 inch all around.
- 10) Fold the other half of the circle over. Crimp the edges of the dough together with your fingers or a fork to seal.
- 11) Line a baking tray with non stick baking parchment paper. Place the calzone on the tray. Brush the tops with olive oil.
- 12) Bake for 15-20 minutes until the tops are golden brown and the dough is puffed up.

COOKERY CORNER

Strawberry and Vanilla Tartlets

Most fruits can be bought all year, but you can't beat the true English strawberry that is in season between June and September. The Elsanta is the variety that takes up most shelf space in the supermarkets but of course the best of British strawberries can be picked yourself at numerous pick your own farms all over the countryside. It makes a fun family outing and provides an excellent way to encourage children to eat more fruit.

To enjoy strawberries at their best add a little black pepper or good quality balsamic vinegar and eat at room temperature. This magically brings out their superior flavour.

This tart is made with vanilla short crust pastry that is filled with cream cheese and Greek yoghurt and is topped with fresh strawberries. For a short cut buy ready rolled short crust pastry.

Preparation Time: 25 minutes plus 20 minutes for pastry to chill

Cooking Time: 20 minutes **Makes:** 10 individual tartlets

Ingredients

For the Pastry

- 600g plain flour
- 1 teaspoon vanilla essence
- 300g unsalted butter
- 3 tablespoons brown sugar
- 1 egg
- 2 egg yolks – to glaze pastry

For the Filling

- 350g cream cheese
- 100g Greek Yogurt or thick natural yoghurt
- 1 teaspoon vanilla essence
- 250g strawberries – hulled and halved
- 3 tablespoons icing sugar
- 6 tablespoons strawberry jam – to glaze.

Method

- 1) Combine all the pastry ingredients together in the food processor until it forms a dough. Wrap the dough in cling film, flatten slightly and put



COOKERY CORNER

- in the refrigerator for 20 minutes.
- 2) Pre-heat the oven to 200 C/400 F/Gas mark 6.
 - 3) Lightly flour the work surface and roll out the pastry. Cut out 10 rounds using a 10cm/6 inch plain cutter. Press the pastry into the section of a deep muffin tin or loose base tartlet case. Tear ten pieces of kitchen foil into 10 cm/ 6 inch squares and press one into each pastry shell. Fill with baking beans or rice to ensure a perfect pastry shell.
 - 4) Bake blind for 15 minutes, then remove the foil. Glaze the inside of the pastry with egg yolk. Return to the oven for a further 3-4 minutes or until golden.
 - 5) Remove from the muffin tins as soon as they are cool enough to handle and leave on a wire rack.
 - 6) Stir in the icing sugar and vanilla essence into the cream cheese or Greek yoghurt. Spoon into the pastry cases. Halve the strawberries and arrange on top.
 - 7) Melt the strawberry jam in a small saucepan or microwave with 1 tablespoon of cold water. Brush the strawberries until generously coated.

To Serve the Stylish Way: Dust with a little icing sugar.

Black Fruits in Lavender Honey Glaze

Lavender has been cultivated for centuries not just for its sweet smelling freshness and as a fragrance but also as a culinary herb with medicinal qualities. It is well known for treating insomnia, migraine, stress and depression.

Lavender is also delicious added to sauces, ice creams, milk puddings, to flavour delicate crème brûlées, to sweeten tarts.

To prepare lavender for cooking, simply pick off the little flowers from the stems and use as directed by the recipe. When recipes call for dried flowers like this one, simply put the flowers



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on a baking sheet and dry in a pre-heated oven 50 C/100F/ lowest gas setting possible for 1 hour.

Alternatively for those in a hurry, you can put the flowers between 2 sheets of greaseproof paper and microwave on medium for 1 minute. The paper will absorb the moisture. To store, keep lavender in an air tight container in the fridge.

Preparation Time: 10 minutes **Cooking Time:** 1 minute!

Serves: 6 People

Lavender Honey Glaze:

1 ½ teaspoons lavender blossoms
 4 tablespoons honey, warmed
 1 tablespoon fresh orange zest
 Juice of 1 orange

Fruit Salad:

400g Blue-black seedless grapes
 300g blackberries
 300g blueberries
 500g black-skin plums, sliced
 12 each fresh lavender blossom sprigs, for garnish

Method

- 1) Place the fresh lavender between 2 sheets of greaseproof paper. Microwave for 1 minute on medium heat.
- 2) In a small bowl, whisk together lavender honey glaze ingredients until well combined.
- 3) Slice the plums and cut the grapes in half. Place in a large bowl. Add the blackberries and blueberries. Pour the lavender glaze over the fruits and toss gently to coat.

To serve the stylish way: Garnish with fresh lavender blossom sprigs.



COOKERY CORNER



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LIBERAL JUDAISM DINNER

Liberal Judaism Dinner for Donors at the House of Commons

By Bee Klug and Tamsin Greig



Bee Klug and Tamsin Greig at the Liberal Judaism patrons' dinner

There was an Anne Frank theme to the Liberal Judaism dinner at the House of Commons, London, recently to thank patrons who had donated a total of £180,000 to the movement.

The guest speakers were actress Tamsin Greig – who portrayed Anne Frank's mother in the recent BBC adaptation of Anne Frank's diary – and Anne Frank Trust co-founder Bertha (Bee) Klug

Anne Frank's step-sister Eva Schloss was also among the 80 guests who enjoyed a tour of the House of Commons from Harwich and Clacton Tory MP Douglas Carswell. In the House of Lords, their guide was Liberal Judaism President Baroness Neuberger.

In his address, movement chief executive Rabbi Danny Rich summarised the achievements of the Liberal Judaism over the past year, highlighting the establishment of a community in Gloucestershire, before chairing a discussion between Ms Greig and Mrs Klug on the legacy of Anne Frank.

Bee (as she is affectionately known to her many friends) is not only the co-founder but also Honorary Life President of the Anne Frank Trust, having been inspired by meeting Anne Frank's late father Otto Frank in the 1960s, and hearing of his wish to see an educational organisation in his daughter's name in Britain.

Along with her late husband Sid, Bee hosted the launch of the Trust at the House of Commons in 1991, the reception followed the historic 50th Anniversary memorial service for Anne Frank at St. Paul's Cathedral in London, and the launch by the then Prime Minister and Mrs Blair of the Anne Frank – A History for Today exhibition at Southwark Cathedral in 1997. The travelling Anne Frank exhibition has already touched the lives of millions of British people.

Bee gives talks to community groups on the work of the Trust and has personally helped to plant some of the 500 Anne Frank Trees in town and cities in Britain that commemorate all children killed through wars and persecution in the twentieth century

POEM

Look Ahead

By Dr. David Ryde

*In life you must look
where you are going
So fix your eyes
on the road ahead
And plan your future thoughtfully
Since thoughtless being
lead the life of the dead.*

*Each person needs a history
and a purpose
We need to know who we are
We also should know
what we stand for
Since in life we all tee-off from par.*

*Choose your goal objectively
Be brave and make your decision
After considering the
confounding factors
Then aim for it with precision*

*Those who are successful in life
Rarely win from luck
Since serendipity is part of nature
And with it the boldest
are struck*

CONSUMER CORNER



Luxury Organic Cereals 'Food You Can Trust'

It's worth getting out of bed for one of Essential's brand new organic luxury mueslis, granola and cereals. Assembled from the finest organic cereals with generous amounts of organic fruit, nuts and other wholesome ingredients, any one of these will give you a healthy, nutritious start to your day.

Superfoods Muesli

A delicious wheat free medley of 20 ingredients crammed with highly nutritious blueberries, goji berries, nuts and seeds. Rich in antioxidants, vitamins and minerals, this muesli is nothing short of super.

Fairtrade Mango Muesli

This sweet creamy muesli is bursting with juicy Fairtrade mango and sticky dates. Certified to international Fairtrade standards, it provides a better deal for producers in developing countries – and a hearty breakfast for all the family.



Berry Crunch Muesli

Berries, cranberries, blueberries and strawberries are all tumbled into this muesli together with cashews, toasted coconut, flaked almonds and nutritious pumpkin seeds.

Maple, Pecan & Cacao Cereal

This delicious cereal is a real treat. Sweet maple-coated barley flakes, creamy pecans and cashews are complemented by bitter sweet raw chocolate nibs.

Sunshine Crunch Cereal

General helpings of strawberries, apples and pumpkin seeds blend with a medley of flakes and puffed rice to produce a fruity, nutritious, nut-free cereal full of flavour and fibre. A light but tasty way to start the day, it is perfect for those days when you are in a hurry.

Forest Fruits Granola

Clusters of granola are infused with seven different juicy fruits including blueberries, cranberries, strawberries and apple with a touch of hazelnuts to add crunch!

CONSUMER CORNER

Fruit & Nut Granola

Tasty clusters of granola are mixed with juicy sultanas, nuts and super healthy pumpkin seeds. With no added sugar this is a healthy choice. This can also be used sprinkled on yogurt or added to crumble toppings.

All seven cereals are beautifully presented in 'stay fresh' wire tie paper bags with windowed draft paper to show the superior cereals inside. They can be found in all good health food shops listed at www.essential-trading.coop and online retailers.



Celebrates Twenty Years As A Vegetarian

Goodlife Foods, the award winning producer of delicious frozen meals for vegetarians and meat eaters alike, celebrates its 20th anniversary in 2009.

Goodlife began with just two simple ready meals – a nut cutlet and a falafel veg grill – both of which were trail blazing recipes in their time. Since then there has been a vast change in the nation's eating habits and as the Great British public became more adventurous, Goodlife responded with an ever increasing selection of mouth-watering meals.

Today you will find gourmet inspired dishes such as Butternut Squash Roasts with Oven Roasted Tomato Sauce, which are restaurant quality meals for you to enjoy at home, together with Fairtrade dishes in supermarket freezer cabinets across the UK.

According to Goodlife Foods, one of the most important changes over the two decades has been the growth in the number of people who have reduced their meat intake, perhaps for health reasons, and who are now committed to not eating meat on one or two days each week.



Back in 1989 – the year the Berlin Wall fell, Sky satellite TV was launched and Kylie and Jason stormed the charts, British palates were clearly more traditional. Over

CONSUMER CORNER

the years, Goodlife Foods has received awards from the Vegetarian Society, joined with Thunderbirds' International Rescue to promote the brand to youngsters, supported charities such as the World Land Trust and introduced a gourmet Bistro range created by celebrity chef, Paul Gayler.

Although the choice of meals has increased since 1989, Goodlife Foods remains true to the original belief that producing healthy and nutritious meat free meals which are full of flavour and packed with vitamins, leads to a well balanced diet.

This year, the company has sponsored a website: www.meatfreemondays.com which encourages people to try something different one day each week and which is full of tasty ideas and recipes.

Spruce Up Summer Food with 'Geo Organics'

Spruce up your summer dishes with a little help from Geo Organics. Its diverse range of spicy sauces, pickles, chutneys and relishes will perk up your picnics and barbecues and help you serve tongue-tickling sandwiches and salads. All are organic, vegan, gluten free, dairy free, non-GM and approved by the Soil Association.

Best for the Barbecue



Pep up homemade marinades with a few dashes of Geo Organics **Sweet Chilli Sauce** (£1.59 for 260g), which delivers a gentle kick of red chillies and cayenne.

Or save time and cut corners by simply spooning the luxuriously rich Geo Organics' **Mexican BBQ Sauce** (300g; £2.19) on food half an hour before cooking.

Both sauces double up as dips - mix with yogurt for a healthy and zesty alternative to high-calorie versions then serve with crudités and breadsticks for dunking.

Geo Organics' tangy **Veggie Relish** (200g; £1.79) made from tomatoes, peppers and onions, is a treat with both veggie sausages and burgers.



CONSUMER CORNER

Super with Sandwiches and Salads



Pack a jar of tangy Geo Organics' **Piccalilli** (280g; £2.19) in your picnic basket to perk up cheese sandwiches and salads. Choose a chutney (or three!) to dollop on 'ploughmans' and serve with salads: Geo Organics' **Spicy Tomato &**

Sultana Chutney, Tomato & Apple Chutney and **Apple Apricot & Ginger Chutney** are very tasty and a little unusual. But if you prefer to be traditional, pick **Geo Organics' Sweet Pickle** of fresh tomatoes, apples and plump sultanas in a rich malted base with warming spices (all 300g; £1.99).

For stockists, more information and more products at www.seriouslyorganic.co.uk

Buy Promotional Milk Packs and Discover the Beauty of Nature

Rachel's Organic, the UK's most delicious premium dairy brand, invites you to enjoy nature at its most stylish this summer.

As proud headline sponsor of this year's Hampton Court Palace Flower Show, Rachel's have teamed up with the Royal Horticultural Society to give you the chance to discover the beauty of nature with 2 for 1 entry to the RHS' four spectacular gardens, from May 1st to July 17th 2009.

With beautiful gardens across the country, the RHS' has something for everyone. Choose from **Harlow Carr**, a glorious garden in the heart of the Yorkshire countryside; **Wisley**, home to the RHS' charitable science and education activities and one of Surrey's most striking gardens; **Hyde Hall**, a simply stunning Essex Garden and a must see for all garden lovers and **Rosemoor**, an idyllic beauty spot nestled within a wooded Devon Vale.

The offer also gives you 2 for 1 entry to a number of additional RHS recommended gardens. Simply visit www.rachelsorganic.co.uk to discover more about all the gorgeous gardens you can choose from.

To take advantage of this very special offer all you need to do is

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collect five tokens from Rachel's promotional milk packs. Then visit www.rachelsorganic.co.uk for full details of how to claim.

Rachel's Organic produce a wide range of delicious dairy products including yogurts, divine rice, butter, cream – and the all important milk! Made simply and with care, using only the highest quality pure, organic ingredients, Rachel's is passionate about working in harmony with nature.

In fact, this year Rachel's Organic is celebrating 25 years of pioneering great taste with style by throwing a week long garden party at the RHS' famous Hampton Court Palace Flower show – we'd love to see you there

Cranks
Real feel-good recipes

Cranks, the original vegetarian brand, launched two new prepared meals at the National Vegetarian Week held in May this year, along with a new website.

The new prepared meals include their signature dish **Homity Pie**, which combines mashed potatoes, peas, onions, garlic & parsley in a short-crust pastry and is finished off with cheese & a touch of sour cream. Comfort food at its best, each pack contains two pies priced at £3.99.

And..

Spinach & Three Cheese Lasagne which combines spinach, ricotta and cream cheese, topped with béchamel sauce and Italian cheese. With hints of garlic, nutmeg and sun blush tomato, it truly is a lasagne with a difference. Two generous helpings are included in a pack priced at £5.49. Both products are available from selected Waitrose stores.

Following recent media reports that many UK breads lay claim to be suitable for vegetarians where, in fact, the breads contain animal enzymes. Cranks can confirm that its bread is 100% vegetarian and is available at all Waitrose stores and selected Sainsbury's stores with an RRSP of £1.39 for Wholemeal 800g and £1.49 for Honey & Sunflower 800g.

Cranks new website provides recipes for all Cranks products, where consumers are invited to upload and share their own ideas.

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To view the many recipes or to see the full list of products available visit www.crank.co.uk

Vegetarian Sourced Omega-3 offers Fish Oil benefits

'New vegetarian omega-3 brand *Echiomega* is 5 times more effective than flaxseed'

Igennus has launched *Echiomega*, a new vegetarian omega 3 supplement that offers similar health benefits to oily fish. While most vegetarian-derived omega 3 oils only offer the benefits of short chain fatty acids, *Echiomega*, made from Croda Health Care's *Incromega* V3 echium oil product, converts to long chain fatty acids up to 5 times greater than other vegetarian omega 3 oils.

Echium oil is obtained by refining oil extracted from the seeds of the Echium plantagineum plant, a species of the Boraginaceae family, cultivated in the UK (for more info see Notes to Editors).

Dr David Cherry, Vice President of Croda Health Care, said: "Now that Croda Health Care's *Incromega* V3 has its Novel Foods approval we are delighted that Igennus is using it in their new supplement *Echiomega*. *Incromega* V3, which goes through Croda's advanced Super Refining® process, was developed following years of dedicated research into alternative polyunsaturated fatty acids and fatty acid sources.

"Vegetarians, and particularly vegans, consume low levels of essential long-chain fatty acids in comparison to fish eating populations. Whilst supplementing with the oils found in flaxseed increasing their consumption levels slightly, they remain significantly lower than those of fish eaters. The nutritional industry has, therefore, long searched for a vegetarian polyunsaturated omega 3 fatty acid such as the type provided in *Echiomega*."

Dr Jav Nazemi, CEO of Igennus, said: "As Igennus already produced *Vegepa*, a pure pharmaceutical-grade fish oil supplement, we identified a great demand for a plant-based omega 3 source to cater for vegetarians, and those who prefer not to consume their recommended weekly intake of oily fish. *Echiomega* caters perfectly for this market, and is already approved by the Vegetarian Society." *Echiomega* is priced at £11.70 for 60 softgel capsules.

BOOK REVIEWS

Personal Health Guides

'Migraines – Eczema – Insomnia – Menopause'

Four small books tackling four big topics

By Wendy Green

These four little books (the first in the series) provide jargon-free, no-nonsense, practical tips including simple lifestyle and dietary changes (as well as natural remedies) to help alleviate distressing symptoms and help sufferers to get the most from life again. Concise, friendly and readable, these books are ideal for people with busy lives who want easy-to-follow, accessible advice, as well as helping sufferers to understand conventional and alternative treatments, and encouraging them to take control of their symptoms as far as possible.

Migraines are one of the most serious disabling medical conditions according to the World Health Organisation. In the UK around one in five women, one in nine children and one in twelve men suffer from them.

Eczema is an uncomfortable and often distressing skin condition which affects one in five children and one in twelve adults in the UK. **Insomnia:** Good quality sleep is vital for wellbeing, yet one in ten adults in the UK experience sleep problems at some point in their lives, affecting mood and general health. **Menopause:** While the menopause is a natural occurrence, it brings with it unpleasant symptoms and can be a distressing time for women. While they are coming to terms with the biological changes, women also receive conflicting advice about the risks and benefits of HRT and natural alternatives.

The Personal Health Guides are published by Summersdale Publishers Ltd. and available through all good bookshops or direct from JVS. Price £4.99p each plus P&P £1.50.

***t h e m o d e r n* VEGETARIAN**

By Maria Elia

With food to stop you in your tracks, this debut book from chef, Maria Elia gives vegetarian food the treatment it deserves. Gone are the uninspiring dishes served up time and time again, these new dishes are

BOOK REVIEWS

full of sensational flavours, colours and textures that show the astounding versatility of vegetables.

Whether you have made a choice for ethical, health or religious reasons or simply want to cut down or cut out meat or fish in your diet, it doesn't mean you have to sacrifice your taste buds. From Chilli-roasted Feta and Watermelon Slab to Artichoke and Goats Cheese Ravioli (using wonton wrappers) Maria's recipes combine world flavours with her ingenuity in the kitchen. If a fruit or vegetable is out of season she shows how easy it is to adapt and improvise.

With over 120 recipes, and beautifully illustrated photographs from Jonathan Gregson and without a nut roast in sight, **the modern Vegetarian** is the perfect contemporary cookbook that will appeal to vegetarians, carnivores and pescetarians alike, and would make an excellent gift and look good on a shelf in the kitchen.

Published by Kyle Cathie Ltd. London. Hardback. Price £16.99 plus P&P £2.50.

Good Housekeeping's *easy to make!* **Meat-free Meals**

Over 100 triple-tested recipes, in a new full-colour cookery series featuring the most popular recipes from the GH Institute Kitchens.

- Step-by-step photography of essential cooking techniques* Nutritional advice and information – clear symbols where recipes are wheat, gluten and dairy free
- Clear preparation and cooking times, serving quantities
- Menu ideas and weekly shopping planners – meals and budgets
- Temperature and measurement conversion charts
- Recipe grading from easy and a little effort to advanced levels

Published by Collins & Brown an imprint of Anova Books. Paperback, Price £5.99 plus P&P £2.00. Available from JVS.

BOOK REVIEWS

Dig that Garden, Save the Planet



'Your First Steps to Becoming an Eco-gardener'

**By Johnnie Dominic
Colour cartoons by Gray Joliffe**

Have you ever wondered what you could do to help save the planet? We can begin that battle in our own back garden if we are lucky enough to have one! Beautifully illustrated and brimming with ideas, this practical and entertaining guide helps you make those first steps to becoming an eco-gardener.

- Make your own compost and natural fertiliser
- Learn the benefits of companion planting
- Create a wildlife-friendly garden
- Grow your own organic herbs and seasonal produce

Here is a gardening book that is not complex or daunting for the casual or young gardener. It suits all ages – and would be a great book for young people who are just starting to take an interest in gardening.

So Get Your Wellies On. We Have A Planet to Save!

THE ACCIDENTAL GARDENER

'How to Create your Own Tranquil Haven'

**By Michael Powell
Colour cartoons by Chris Bianchi.**



This book is for inept armchair gardeners everywhere. Month by month it gently guides the reader through the seasons, showing what are weeds, and what are not (even if the weeds are pretty), how to dig holes and how to squish unwanted insects.

BOOK REVIEWS

With this humorous book anyone can create a tranquil haven in their own back yard that they will then be too exhausted to appreciate!

These two delightful books are published by Summersdale Publishers Ltd and available through all good bookshops and internet booksellers. www.summersdale.com Price £7.99. plus P&P £2.00 each book

Ani's Raw Food Desserts

'85 Easy Delectable Sweets and Treats'

By ANI PHYO

You can have your cake and eat it too! Chef Ani's easy-to-make sweets are wheat-free, gluten-free, dairy-free, processed sugar-free and cruelty-free.

Deceptively simple, these treats pack loads of flavour and nutrition into every bite and are a healthy substitute for traditional baked desserts. With lists of essential tools, key ingredients (including "super foods" that enhance flavour and nutrition), it contains full page colour photos and beautiful design.

Recipes include, Raspberry Ganache Fudge Cake. Lemon Pudding. Filled Coconut Cupcakes with shaved Coconut Topping. Mango Sorbet on Macaroon Tartlets. Oatmeal Raisin Cookies. Pear Ginger Crisp and many many more. **Ani's Raw Food Desserts** proves you don't have to sacrifice taste or style to reap the benefits of raw foods.

Published by The Perseus Books Group, London. Paperback. Price £10.99 plus P&P £2.00. Available from JVS.

NB. We would add that a lot of the recipes mention 'Agave Nectar or Syrup'. This is Diabetic Friendly, Organic and Kosher Certified and used as a sugar substitute, but is four times sweeter than ordinary sugar.



GARDNERS CORNER

Gardners Corner SUMMER 2009

In 1921 Dr Erich Yaros landed in Israel from Prussia. In those days life for the new settlers was hard and the work of transforming the inhospitable land was arduous and not without great dangers

from health threatening conditions such as Malaria, which was prevalent wherever there was water. It took him a long time to establish himself and on his travels in the North Galilee, he chanced upon an arid bit of hillside near Rosh Pinah, one of the earliest settlements.



Locals said that the land was good for nothing, as it had no water and barely supported scrub. However, Yaros fell in love with it and was able to purchase 115 dunams (about 30 acres). From this high point he could see the Sea of Galilee and Lake Hula so he called it Mizpe Hayamim, literally "view of the seas".



As a very strict vegetarian he toiled to make this into an organic garden and small holding. At first, water was transported in containers carried by donkeys and later water was piped to it from neighbouring Rosh Pinah.

As a medical doctor, his aim was to establish a clinic where very sick people could come.

With an atmosphere of calm, among idyllic views, including the distant snow capped Mount Hermon, and with a diet of home produced vegetables and fruit with the produce of milk and cheese from their own goats, cows and sheep, this was the perfect place to lose stress and regain health.

Today the place is a hotel and spa, but largely run along the strict organic lines that Dr Yaros was able to found.

He lived there until he was 92 and only sold it on condition that the new owners adhered to his principles.

Walking through the gardens one sees fine vegetables such as salads, fennel, cole rabi, artichokes, celery and leeks and many more.



GARDNERS CORNER



The growing plots are terraced into the hillside and the crops are strictly rotated to add vigour where no artificial fertilisers or poisonous sprays are used. As it was the year of Shmita it was possible to sample fruit from the orange and lemon trees which were truly delicious.

In the grounds is a bakery to produce bread for home consumption only as well as a dairy, run on totally compassionate grounds, making butter and a large variety of cheeses.

The farmyard consists of pens for the goats and sheep and cows where all the animals have no fear of humans as they are treated with kindness and respect. They are able to roam the surrounding fields in the day and at night they are safe from predators, guarded by two loveable (though fierce looking) dogs who live with them, so the lambs really do lie down with, well, big dogs if not lions.



All of the produce is consumed in the spa, and the spa makes this an economically viable project.

Relaxing in this idyll one imbibes the atmosphere that Dr Yaros strove so hard to create.

Cares and worries fade away and you are reminded of Proverbs 3:17 – “Her ways are ways of pleasantness, and all her paths are peace”...

Hampton Court Palace Flower Show 7-12 July 2009



The world's largest annual gardening event set to fuel the nation's appetite for grow your own

Whet your appetite at the world's largest annual gardening event. An allotment, food growers, cookery theatre, sustainable gardens, chicken run and gardens brimming with

GARDNERS CORNER

edible delights make the 20th Anniversary Hampton Court Palace Flower Show the destination to help you grow your own and bring a taste of the good life into your home.

The major plot to plate Growing Tastes feature makes a return after its debut last year with 14 grow your own exhibits including Cookery Box Nursery's "munch your way through the crunch"; a no waste display, where even dead heading can provide a meal. The central feature is a family allotment and a key focus in the cookery theatre will be on natural, organic, locally sourced and British dishes.

"Last year we positioned Hampton Court Palace Flower Show as the event for growing your own fruit and vegetables and this year we're building on that success with even more foody features and good life attractions than before." Explains Mandy Almond, RHS show manager for Hampton Court Palace Flower Show.

"The nation is hungry to grow fruit and vegetables for health, economic and taste reasons; at Hampton expert and beginner gardeners can fill up on ideas and take home everything they need to grow great tasting food."

For allotment owners looking for inspiration, the family themed allotment, by Winchester Growers, will include fruit and vegetables, a cutting garden, children's growing area, beehive and chickens. Environmental initiatives are also a concern.

Specialist growers are bringing something for all appetites to The Growing Tastes Marquee, sponsored by New Covent Garden Food Company. British fruits can be found in Blackmore Estate's exhibit and Dorset Blueberries and the RHS will create a mosaic of produce promoting 'five a day'. More exotic varieties will be found in Marshalls display of summer sowing oriental vegetables and Beans and Herbs will have Indian and Mediterranean cookery herbs.

A visit to the Growing Tastes Cookery Theatre, sponsored by NS&I, will provide inspiration to cook up a feast, with demonstrations by chefs from The Grove and Rhodes restaurant chain. Other highlights include Peter Wheedon cooking with UK wild food varieties and James Walker with British food. There will also be talks from growers and practical advice on growing an allotment.

Amongst the gardens demonstrating how fruit and vegetables can look

GARDNERS CORNER

beautiful in your outside space is the show sponsor's Rachel Organic's 'Rachel's Passion for Taste' garden, which includes an abundance of organic produce that go into Rachel's products. The garden, designed by Paul Stone, will feature strawberries, rhubarb, blackcurrants, raspberries, blueberries and fruit trees.

Whatever your palate the Hampton Court Palace Flower Show, 7-12 July, offers something for everyone with a beautiful setting, hundreds of plant displays, stunning gardens, shopping in abundance, demonstrations, advice and fun activities for all the family.

**Tickets now on sale www.rhs.org.uk/flowershows
Sponsor: Rachel's Organic.**

Plant the Seed of Savings with your Soft Fruit

New research released recently by NS&I shows that gardeners are reaping the financial benefits of growing their own fruit and vegetables. Seventy eight per cent of those who grow their own said that people should consider nurturing their own home-grown produce as a way to save cash.

As NS&I announces the second year of its sponsoring the Royal Horticultural Society's (RHS) 'Grow Your Own' campaign, it is urging Brits to give growing a go – with even more money benefits than simply boosting savings. The study also revealed that growing your own can teach valuable lessons about looking after personal finances.

Nine out of ten (90%) people said that growing your own was similar to saving, as you need to plan ahead, and a similar number (92%) stated that for both disciplines you only reap the benefits through patience and regular effort.

Last year NS&I and the RHS joined forces to help improve the nation's health and wealth through the Grow Your Own campaign – and this year the campaign returns with a new flavour as NS&I and the RHS encourage Britons to give fruit growing a try.

Tim Mack, Head of Marketing and Communication at NS&I, explains: "We're

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proud to actively support and sponsor the 'Grow Your Own' campaign, because we know that growing your own is just like saving in many ways – it helps you financially and your initial investment benefits from good planning and nurturing. Growing your own fruit or veg is not only worthwhile but is also something that can be done almost anywhere."

The sponsorship builds on the successful relationship that NS&I has had with the RHS for many years, including NS&I's involvement in the Hampton Court Palace Flower Show where in 2009, NS&I will again be supporting the *Growing Tastes Cookery Theatre*.

Richard Hunt, Corporate Development Manager at the RHS, adds "NS&I is an ideal partner for the Grow Your Own campaign, and we're delighted that these two national institutions are working together. We hope we will inspire the British public to use whatever space or means they have to get growing."

The RHS will be running a series of events throughout the year, demonstrating how easy and worthwhile home-grown produce is, which kicked off with a free open day on 7 March 2009 across all four RHS Gardens (Wisley, Rosemoor, Harlow Carr and Hyde Hall), the Grow Your Own campaign offers curious gardeners and keen amateurs top advice on how to grow and care for vegetables and fruit – with growing starter kits available to the first 2,000 visitors to each garden.

For further information regarding the campaign or events being held at each of the gardens, and to sign up for the monthly e-newsletter, visit the Grow Your Own website at **www.rhs.org.uk/growyourown** or **www.nsandi.com/rhs**.



VEGAN COMMUNITY

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NEWS FROM NEAR AND FAR

Hospitals to Take Meat Off Menus to Cut Carbon

Meat-free menus are to be promoted in hospitals across the UK National Health Service (NHS) as part of a strategy to cut our global warming emissions. The plan to offer patients menus that would have no meat option is part of a strategy that will cover a number of proposals. Dr. David Pencheon, director of the NHS sustainable development unit, said that the amount of NHS emissions meant it had to act to make cuts, and the changes would save money, which could be spent on better services for patients.

Last year the NHS published what it believes is the biggest public sector analysis of carbon dioxide, the major greenhouse gas, which showed the organisation's emissions in 2004 were 18.6 million tonnes and rising. This accounts for more than 3% of all emissions in England, and, if the NHS was a country, it would have been ranked as the 81st biggest polluter in the world that year, between Estonia and Bahrain.

Among the most talked-about is likely to be the suggestion that hospitals could cut carbon emissions from food and drink by offering fewer meat and dairy products. The German federal environment agency went further, advising people to eat meat only on special occasions!

Last year the NHS served 129 million main meals, costing 312 million pounds, according to the Department of Health figures. "We should not expect to see meat on every menu" said Pencheon, "We would like higher levels of fresh food and probably higher levels of fresh fruit and vegetables and more investment in a local economy. ***The Guardian. January 2009.***



Companions in Vegetarianism

UK insurance provider, Liverpool Victoria (LV), reports that health concerns have led to a surge in pet owners changing their pets' diets and swapping meat for vegetables and fruit. 40% of pet owners now feed their pets up to three portions of vegetables and fruit a day. The company says that there are now more than 145,000 cats and dogs in the UK on vegetarian diets.

One of the main reasons for the trend in vegetable-heavy diets is the perceived health benefit, with 42% of pet owners who have increased the number of

NEWS FROM NEAR AND FAR

vegetables in their pets' diets saying that they have done so to improve the health of their animal



Turn Veggie to Save the Planet, says Sir Paul

Sir Paul McCartney has teamed up with a Nobel Prize-winning scientist to urge people to become vegetarian to save the planet from the greenhouse gases created by raising livestock. In a letter to the UK newspaper, ***The Independent***, the musician joins Dr. Rajendra Pachauri, the chairman of the Intergovernmental Panel on Climate Change (IPCC), to blame worsening global warming on a rise in the number of people who eat meat.

Sir Paul and Dr. Pachauri, who are both vegetarians, also believe that global food shortages are exacerbated by the planting of cereal crops for animal fodder. A mass switch to a more vegetarian diet will they say, help the poorest people in the world. Becoming vegetarian, or at the very least eating less red meat, is "the single most effective act" anyone can take to reduce greenhouse gas emissions.

As well as producing the greenhouse gas methane, the livestock business uses up increasingly scarce resources of fresh water and increases other forms of pollution through its need for agricultural chemicals, they argue. "Unfortunately, with higher incomes societies in developing countries, are turning to greater consumption of animal protein, which reduces the availability of food grains for direct consumption by impoverished human beings," they say". Already 60% of food crop production in North America and western Europe is being diverted for the production of meat."

Sir Paul and Dr. Pachauri also suggest that people switch off lights, turn down their central heating, buy compact fluorescent lamps and use bicycles. They cite a 2006 report, 'Livestock's Long Shadow' by the United Nation's Food and Agriculture Organization which stated that livestock are one of the most significant contributors to climate change because 70% of former forests in the Amazon have been turned over to grazing, and livestock now use 30% of the world's land surface. ***The Independent. November 2008.***

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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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\$275

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£40 (\$60)

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.