

The Jewish Vegetarian

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



לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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

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JVS MAGAZINE

Editor: Shirley Labelda

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WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

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

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

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

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

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

£25 Dr. & Mrs. T.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 items are appreciated and put to good use.

£25 Dr. & Mrs. T.B. London NW4. £20 Mrs. L.G. Prestwich, Manchester. £10 Ms D.G. Edgware, Middlesex. £5 Mr. R.F. London NW7. £5 Mr. H.G. Lelant St. Ives, Cornwall. \$50 Mrs. A.C. NJ. USA.

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FRIENDSHIP HOUSE

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

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

DONATIONS RECEIVED:

£25 Dr & Mrs. T.B. London NW4. £13 Ms C.H. Goteborg, Sweden.
£10 Ms D.G. Edgware, Middlesex. £10 Mr & Mrs D. S. London NW11.
£8 Mrs. Y.F. London N14. £8 Mr M.L. Ilford, Essex.

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

Rawfood Meetup

The International Jewish Vegetarian & Ecological Society – Los Angeles met on Sunday August 2, 2009 at 10:00 A.M. at Valley Beth Shalom Synagogue, 15730 Ventura Boulevard, Encino, USA, to present: “Conscience and a Vegetarian Rabbi, featuring Rabbi Paul Steinberg, author and Head of VBS Etz Chaim Learning Center.”



Picture of Rabbi Paul Steinberg, Valley Beth Shalom Synagogue, Aug. 2009

The discussion engaged in the many Jewish teachings regarding health, animal compassion, global warming and our continuously growing carbon footprint directly related to the current animal agriculture production and un-G-dly consumption epidemic.

Rabbi Steinberg spoke on vegetarianism and whether the vegetarian diet goes hand in hand with Judaism and Jewish teachings. “Judaism gives us all the intellectual freedom we want,” Steinberg said, but its emphasis is on “behavioral conformity.” For example: not taking the egg before chasing the hen from the nest; prohibiting hunting for sport; the ethical ban on fishing with hooks; not seething a goat in its mother’s milk, all of which exhibit Jewish understanding and compassion.

Our Jewish heritage leans towards seeking advice from Rabbis for Torah interpretations. Where there may be about 3000 debates in the Talmud, only 50 of them seem to be resolved. We therefore must continue to question Kosher supervision today, which is why we are developing Hechsher Tsedek. Among some of the many other rules in which we found good reason to make more compassionate changes, was stopping the practice of hoisting and shackling.

However, Kosher certification must continue to evolve, in order to keep up with the industrialization of our food, since it seems to apply to how the animal is slaughtered; while failing, too often, to take into consideration how the animal is raised, during its lifetime.

“The world we live in demands me to be a vegetarian!” said

SOCIETY NEWS

Steinberg emphatically, explaining how G-d doesn't dominate us. The clay doesn't do everything you want it to; it depends on the nature of the material being molded. How do we keep re-examining our unique relationship with G-d? We relate to G-d in an evolving relationship.

Hence, should we be in the same relationship with the laws handed down by our Rabbis as in for example let's say the years of the 1550's? Rather than overlooking the spirit of the law, through Tikkun Olam "Ki Mitzion Tetzeh Torah U'dvar Hashem M'Yerushalayim," in which we should be a light unto the nations, this involves our fixing of the world, now.

What has "Kosher" become, in your viewpoint? How can we better continue to understand how to define it today, and learn from this discussion further?

Let's continue to exercise our intellectual freedom to modify our behavior and continue to examine our conduct by asking more questions accordingly! The entire community is welcome to attend our casual monthly meetings, usually held on the first Sunday of every month.

RSVP Janine 1-310-358-9941
www.rawfood.meetup.com/317



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HOW VEGETARIAN ARE YOU?

How Much of a Vegetarian Are You?

By Harold Hillman

People are vegetarian for two main and different reasons. Some of them believe that it is morally wrong to kill animals. Others believe that a vegetarian diet is more healthy. Many believe both. Some Jews and Moslems say that they are vegetarians to avoid eating meat from animals not slaughtered ritually. Personally speaking, I do not consider the latter people to be vegetarians, nor those who eat white meat, fish or sea food. People who eat fish are not aware that when hauled out of the sea they suffer considerable stress, and die due to asphyxia. Anglers do not think about the cruelty of a hook stabbing the fishes' palates, when they bite, and again when the hooks are pulled out.

Many vegetarians drink milk and eat cheese, yoghurt, eggs, caviar etc., because the production of these foods does not require animals to be killed. This is true, but it does not take into account the following considerations: most male calves are killed because they will not grow up to produce milk; in many farms, cows are tethered all their lives, as it is more efficient that they do not 'waste' energy by walking around; the conditions of slaughter of animals are stressful and unhygienic; the lives of battery hens are grossly unnatural, stressful and unhygienic; even free range poultry are sometimes fed on fish meal; a small number of people are allergic to milk proteins. So, if one is a vegetarian, because one believes that it is wrong to kill animals for food the logical next step is to become a vegan.

Many vegetarians share a common ethic towards animals. They oppose 'sports', in which animals are harassed or killed. With more alternative sporting activities available than any previous epoch of history, they find it an unworthy way of obtaining pleasure.

Historically, few Jews have been involved in blood sports. Most vegetarians oppose hunting, shooting birds, hare-coursing, angling, bull-fighting, whaling and falconry. Most of them also oppose boxing, wrestling, cruelty to animals, use of animals in circuses. I believe that nearly all vegetarians oppose child slavery, female trafficking, capital punishment, torture and slave labour camps. Perhaps those who are vegetarians on health grounds do not share with the same intensity, as those on moral grounds, the antipathy to all the listed forms of animals and human cruelty. But, I would insist that vegetarianism should be a moral altitude to the world.

HOW VEGETARIAN ARE YOU?

There are plenty of well controlled dietetic studies showing that vegetarians and vegans are more healthy than the population at large. They are less inclined to: high blood pressure, heart disease, obesity, cancer of the bowel, salmonella infections and campylobacter infections. However, many recent studies have shown that in general, they eat less, drink less alcohol and smoke less, so their better health may result for their more ascetic regimes, rather than their vegetarian diets.

A topic which is usually ignored is whether vegetarians and vegans should wear and use materials derived from animals, especially when there are many alternatives available nowadays. These include – leather handbags, belts, purses, jackets and shoes, fur coats, hats and boots, soaps and food containing glycerine, gelatine capsules in medicines, animal fats in polish and glues. I am of the opinion that vegetarians should avoid these products. They appear to continue not to do so because either it has not occurred to them, or they wish to avoid the inconvenience of finding alternatives. The main ways of avoiding this problem are to examine the contents on the packages, to telephone the suppliers and to read vegan literature. Exploration by vegetarians of this aspect has not been enthusiastic.

Jews have a historic sensitivity to cruelty, and should never ignore the real consequences of their diets and consumption on the total pain of animal and human kind.

Harold Hillman, MB, BSc, PhD, was the Reader of Physiology and the Director of the Unity Laboratory of Applied Neurobiology at the University of Surrey, until his retirement in 1995.

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New IJVS

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A WORLD OF LOVE

“In A World of Kindness And Love”

By Derrick Cohen

How would one describe this world of loving kindness? Is it Paradise? Utopia? Fantasy? A world of dreams? The days of the Mashiach? The world to come? Impossible? Does it really exist? But of course it does and is here on this earth. G-d's created world is manifested by love and kindness. Our sages tell us that the Almighty who is good and only does good, wishes to bestow Himself on to something tangible and not allow the Universe to remain "Tohu". So he created this earth with the aspect of Chesed.

Everything in the Universe is thus imbred with the power of this love. G-d's mind and thoughts so to speak are for the perfect world and his Torah and Mitzvoth are His way of showing man how to achieve this by emulating those attributes of His.

In "Shaar Hayichud" Chapter 10 of "The Tanya" it quotes the following: - On the first day of Creation the attribute of kindness comprising of all G-d's holiness with His will, wisdom and knowledge clothed in it was revealed through the utterance of "Let there be light". The power of this primeval light continues to radiate to this very day. Unfortunately the picture we see of this world is of chaos and violence, full of hatred and greed, steeped in materialism and bigotry. We cannot deny that evil roams freely throughout this Global Society of ours. Man does not seem able to absorb the full power of the Almighty's blessings that pour down with this loving kindness and to reciprocate in the same manner.

Loving kindness then is the true essence of man and just like his Creator He has to have something to bestow his benevolence upon. This can only be his fellow man. But this world of materialism, full of evil, prevents the majority of its inhabitants from exploiting their true nature. Yet there are many who create of world of loving kindness for themselves and by doing so realise the potential that lays deeply within them. By their unselfish ways they could be called the pioneers of the future when the words of our Prophets will be fulfilled and acts of Chesed dominate allowing peace and harmony to reign on this earth.

A child is born surrounded by all the love in the world, then grows up to adulthood and maturity, settles down, marries, raising a family and within this family structure, creates his own natural world of loving kindness. People form bands of groups, special guilds and communities all based on kindness

A WORLD OF LOVE

and goodwill specifically within their particular sphere, even the Kibbutz movement evolved out of "The Brotherhood of Man" and "The Love of Zion". Idealism creates a bond between equals. The Bible speaks of "The Essenes" who separated themselves from Society, living a life of togetherness and love. Later on in history the Mormons preached in a similar fashion.

There are many ways whereby people are giving of themselves in a wholehearted manner so raising their spiritual level to its highest peak. None more so than those doing so much to alleviate poverty in the poorest of nations. Then there is this tremendous bond between parent and handicapped children carrying their burden with such devotion and pride. Nor must we forget the dedication shown by children towards their parents in their old age. But the finest example of devotion and love is between husband and wife as they journey through their pilgrimage together. This has to be true essence. They are surely as one the Almighty.

Worlds of kindness and love are built in hospitals, nursing homes and other establishments of care for the needy. They can also be found in Friendship Clubs and Masonic Lodges where we can see at first hand the finest acts from man to his fellow man. Yes the world does contain these commendable acts that lay deeply within the bosom of us all showing the essence of man's soul but sadly they are just too few.

If only the majority on this earth who thrive on greed and materialism could realise the treasure that is hidden deeply within them and endeavour to find their true goal, by indulging in more acts of Chesed, thus helping to create the world ordained by the Almighty, then love and kindness would be manifest in all its glory before our very eyes and Paradise and Utopia would definitely be on this Earth and not buried in our imagination and our dreams.

On "Shavuot" when we celebrate "Mattan Torah" we also read "The Book of Ruth". Ruth epitomised the true essence of kindness and was blessed to be the ancestress of King David from whom the line of "The Mashiach" is destined to descend. Rabbi Abba Zaira quoted: - "The Book of Ruth contains neither Laws of Purity and Impurity nor precepts of permitted or forbidden." Then why was it written? "Because" he said of "Loving kindness. To teach us how greatly G-d rewards those who perform these acts.

Such is the power of Chesed for it is G-d himself. The Ultimate love then has to be the love of the Almighty and his Torah, for he is our Creator and our sustenance.

A WORLD OF LOVE

Wishing all readers a Happy and Peaceful New Year and well over the fast. May this coming year of 5770 bring to us all the power to enhance our spirituality and kindnesses.

Dooved Leib Ben Schlomo Zalman Ha Cohan (Derrick Cohen)



HUMOUR



"I'm sorry, I cannot reveal my sauces."

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.

ORGANIC HEALTH & BEAUTY

The First Harmonised Standard or Organic Health and Beauty

The Soil Association is pleased to announce a new EU-wide, harmonised standard for organic health and beauty products.

This is the first common standard in the world that will ensure clarity and transparency for both consumers and the trade at a time when the organic health and beauty market is experiencing extremely significant growth – in 2008 UK sales of organic health and beauty products increased an impressive 69% to £27 million.

Francis Blake, director of Soil Association standards said: *“This new harmonised standard is a real breakthrough for consumers and for the organic health and beauty industry and we hope it will be used as an international blue print. Application to use this standard is open to all certification bodies as of 30 Sept 2009.”*

The new ‘COSMOS-standard’ is a result of six years work in collaboration with five other European organisations. It also covers the regulation of ‘natural’ cosmetics. The objective of this new standard is ambitious and goes beyond all current requirements for organic and natural cosmetics.

After an international public consultation of three months (Nov 2008 to Jan 2009), the European Cosmetics Standards Working Group have now published the final COSMOS-standard online: www.cosmos-standard.org

Current organic brands will have a 3-year transition period [up to Sept 2012] if they need to alter formulations and labelling. Any new organic brands will have to adhere to these new standards immediately.

BEQUEST TO THE SOCIETY

Ensures its Future Activities.

Forms are available on request from
the Society’s Honorary Solicitors Communications
to Headquarters “Bet Teva”, 855 Finchley Road London NW11 8LX
Tel: 020 8455 0692

COOKERY CORNER



Denise Phillips

Delicious Autumn Recipes from Denise

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

Wholesome Beetroot and Carrot Soup

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



Preparation Time: 15

minutes

Cooking Time: 30 minutes

Parev

Will Freeze

Serves: 6 people

Ingredients

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

COOKERY CORNER

Garnish

Sprigs of parsley
6 whole coriander seeds

Method

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

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

Sicilian Baby Aubergine Salad

This is just the perfect salad for Shabbat and Yom Tov as it needs to be made in advance for the flavours to infuse and develop. Aubergines are particularly popular in Southern Italy and in this recipe the basil, extra virgin olive oil, and the lemon and garlic marinates the vegetable so that they are succulent and tender.

This is quick to prepare and is it is a tasty salad for a buffet table and does not spoil with time.

You can use regular sized aubergines if you cannot find the baby variety ~just slice thickly.

Preparation Time: 10 minutes **Cooking Time:** 15 minutes

Serves: 4 – 6 and may be served as a side salad

Ingredients

12 baby aubergines – halved lengthways
200ml extra virgin olive oil
Juice of 1 lemon

COOKERY CORNER

- 3 cloves garlic – peeled and finely chopped
- 2 tablespoons balsamic vinegar
- 25g pine nuts
- 2 tablespoons raisins
- 2 tablespoons granulated sugar
- Salt and freshly ground black pepper

Garnish: Large bunch of fresh basil

Method

1. Preheat the grill to its highest setting.
2. Place the aubergines, cut side up and brush with a little extra virgin olive oil.
3. Grill for 10 – 15 minutes until slightly blackened turning them over halfway through cooking.
4. To make the marinade, put the remaining oil, lemon juice, vinegar, garlic, sugar, pine nuts, raisins and salt and pepper in a jug and mix.
5. Place the hot aubergines in a dish and pour over the marinade. Leave to cool, turning the aubergine once or twice before serving.



To Serve the Stylish way: Garnish with sprigs of basil

Sweet Potato, Pomegranate and Pumpkin Seed Salad

This salad makes a lovely refreshing Rosh Hashonah starter before a dairy main course. I have mixed an unusual selection of vegetables to create a dish strong with vibrant colour and full of varied interesting textures and flavours.

Pomegranates are now in season. The taste differs depending on the variety of pomegranate and its state of ripeness; from very sweet to very sour or tangy. Be careful when you remove the white outer casing of the pomegranate to retrieve the red seeds, as the juice does stain!

On a health note pomegranates provide a substantial amount of potassium, are high in fibre, and contain vitamin C and niacin.

When pomegranates are not available substitute the seeds of

COOKERY CORNER

passion fruit to make this salad.

Preparation Time: 20 minutes **Cooking Time:** 25 minutes
Serves: 6 people

Ingredients

900g (about 2 large) sweet potatoes – peeled and cut into cubes
1 tablespoon olive oil
175g watercress
1 large pomegranate – halved and deseeded
75g pumpkin seeds
150g goat's cheese – crumbled
Salt and freshly ground black pepper



Dressing

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

Method

- 1) Pre-heat the oven to 200 C/ 400 F/ Gas mark 6.
- 2) Put the sweet potatoes in a roasting tin, drizzle with olive oil, salt and freshly ground black pepper.
- 3) Roast for 20-25 minutes turning once during cooking.
- 4) To make the dressing, mix all the ingredients together and season to taste.
- 5) Put the sweet potato in a bowl with the watercress, pomegranate and goats cheese.

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

Apple Pomegranate Cake

Every Rosh Hashonah we repent for our sins and wish for a happy and healthy New Year. Pomegranates have a symbolic connection as they are supposed to have 613 seeds which correspond to the

COOKERY CORNER

number of mitzvot, and they are also a cleansing healthy fruit.

Pomegranates have beneficial effects on heart disease, haemorrhoids, fertility and blood pressure. A single pomegranate provides 40 per cent of an adult's recommended daily allowance of vitamin C, and is a rich source of folic acid and vitamins A and E. One pomegranate also contains three times the antioxidant properties of red wine or green tea.

This cake is perfect for Yom Tov dessert served with ice cream, cream or custard or use at tea time when extra family / friends guests descend!

Preparation Time: 25 minutes **Cooking Time:** 50 minutes

Serves: 8 people

Ingredients

- 450g eating apples, peeled, cored and chopped
- 1 pomegranate – remove outer skin
- 1 tablespoon vegetable oil – to grease tin
- 225g Self-raising flour
- 150g dark soft brown sugar
- 110g Unsalted butter or margarine
- 2 eggs, beaten
- 100ml soya milk / single soya cream (Alpro)/ milk
- 2 tablespoons clear honey, warmed slightly
- 1 teaspoon ground mixed spice
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder

Garnish:

Icing sugar and ground cinnamon



Method

1. Pre-heat oven to 180°C: 350°F: Gas 4.
Line and lightly oil a deep 18 cm (7 inch) round cake tin with non-stick baking parchment paper.
1. Cream together the butter, sugar, until light and fluffy.
2. Add the eggs, a little at a time, beating constantly. Stir in the flour, cinnamon, spice, milk /soya milk / cream, baking powder and honey.

COOKERY CORNER

3. Add to the mixture, mixing thoroughly.
Fold in the apples and pomegranate seeds so that the mixture is a soft dropping consistency.
4. Pour into the prepared cake tin.
5. Bake for 50 minutes until well risen and firm to the touch.

Turn out on to a wire rack to cool.

SAVE £30!



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Yom Tov Favourites

Credit Crunch dinner Parties

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Friday Night Dinner

Wed 9th or Thurs 24th September

Sun 1st, Wed 4th or Thurs 5th Nov

Sun 22nd, Wed 25th or Thurs 26th Nov

Sun 26th Nov or Thurs 10th Dec

Sun 6th Dec or Wed 9th Dec

01923 836 456 or denise@jewishcookery.com

See www.jewishcookery.com for more details

Pleasure for Less



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– First Edition –

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NEWS FROM NEAR & FAR

Just For The Record!!! The Earliest Known Vegan?

Research on radiocarbon dating in the middle and lower Dnieper basin, Ukraine, involved a study of bones from Neolithic cemeteries. An individual was found whose isotope ratio indicates a vegan diet. ***Journal of Archaeological Science. Volume 36. Issue 2 (pp256-264) February 2009.***

Less Bone Loss

A new study funded in part by the US Agricultural Research Service (ARS) suggests that neutralising an acid-producing diet may be an important key to reducing bone breakdown, or ‘turnover’, (osteoporosis) while ageing.

The authors concluded that increasing the alkali-forming content of the diet – by consuming more fruits and vegetables – merits further study as a safe and low-cost approach to improving skeletal health in older men and women. ***Journal of Clinical Endocrinology and Metabolism.***

Vegan Buddhist Nuns Have Same Bone Density As Non-Vegetarians

A study comparing the bone health of 105 post-menopausal vegan Buddhist nuns and 105 non-vegetarian women, has found that their bone density was identical, and not lower for the vegans as is often assumed. The study was led by Professor Tuan Nguyen from Sydney’s Garvan Institute of Medical Research. He collaborated with Dr Ho-Pham Thuc Lan from the Pham Ngoc Thach Medical University in Ho Chi Minh City Vietnam Their findings are now published online in ***Osteoporosis International.***

“For the 5% of people in Western countries who choose to be vegetarians, this is very good news” said Professor Nguyen. “Even vegans, who eat only plant-based foods, appear to have bones as healthy as everyone else. .In this work we showed that, although the vegans studied do indeed have lower protein and calcium intakes, their bone density is virtually identical to that of

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people who eat a wide variety of foods, including animal protein.” The study did not measure Vitamin D levels (which is as important to healthy bone as calcium) and factors such as lifestyle and physical activity. These variables may affect the outcomes for vegetarians elsewhere **The Garvan Institute media release April 2009.**

Vegan Diet In The Treatment Of Type-2 Diabetes

Comparison of the effects of a low-fat vegan diet and a ‘conventional’ diabetes diet has shown that, while both diets were associated with sustained reductions in weight and plasma lipid concentrations, the low-fat vegan diet appeared to improve glycaemia and plasma lipids more than did the conventional diabetes diet. **American Journal of Clinical Nutrition. April 2009**

Meat More Of A Health Problem

There is no more denying it. Meat contains highly toxic substances that are responsible for many deaths and diseases. Heavy meat consumption increases your risk of dying from all causes, including heart disease and cancer, according to a federal study conducted by the US National Cancer Institute and featured in **Archives of Internal Medicine in March 2009.**

The study looked at the records of more than half a million men and women aged 50 to 71, following their diets and other health habits for 10 years. Between 1995 and 2005, 47,976 men and 23,276 women died. The researchers divided the volunteers into 5 groups or ‘quintiles’. All other major factors were accounted for – eating fresh fruits and vegetables, smoking, exercise, obesity etc. People eating the most meat consumed about 160 gm of red or processed meat per day

Women who ate large amounts of red meat had a 20% higher risk of dying of heart disease than women who ate less. Men had a 22% higher risk of dying of cancer and a 27% higher risk of dying of heart disease compared to those who ate the least amount of red meat, just 25 gm per day (a very small amount) The study also included data on white meat and found that

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a higher intake was associated with a slightly reduced risk of death over the same period. However, high white meat consumption still posed a major risk of dying. The study noted that meat contains several cancer-causing chemicals as well as the unhealthiest forms of fat.

These new findings support a study published in the ***Annals of Internal Medicine*** February 2009 which showed that eating meat boosts the risk of prostate cancer by 40%

Another recent study showed that children had a 60% increased risk of developing leukemia if they consumed meat products such as ham, sausages and hamburgers.

What we eat is very important for our health. According to the American Cancer Society up to 35% of the 900,000 new cases of cancer each year in the US could be prevented by following proper dietary recommendations. Researcher, Rollo Russell, writes in his ***Notes on the Causation of Cancer***. "I have found that of 25 nations eating flesh largely, 19 had a high cancer rate and only one had a low rate, and that of 35 nations eating little or no flesh, none had a high rate."

Could cancer lose its grip on modern societies if they turned to balanced vegetarian diets?

The answer is 'yes' according to two major reports, one by the World Cancer Research Fund and the other by the Committee on the Medical Aspects of Food and Nutrition Policy in the UK. The reports conclude that a diet rich in plant foods and the maintenance of a healthy body weight could prevent four million cases of cancer annually worldwide. Both reports stress the need for increasing the daily intake of plant fibre, fruits and vegetables and reducing the consumption of red and processed meats to less than 80-90 gm.



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.

POEM

*The following is another
delightful poem taken from
the book 'Reflections in Rhyme'
by Bertha Klug.*

Common Sense

*As you journey on life's highway
To hurdle every fence
The best thing to be equipped with
Is good, sound common sense*

*Of course you'll need loyal friends
And at times, pounds, shillings an pence
But a never failing asset
Is a good supply of common sense*

*If only one could give to children
When choosing for them presents
The gift to judge life's situations
Which is, the blessing of common sense*

*There are times when one has problems
Of a size that's so immense
And there's no one to give advice
Except good old common sense*

*So if you don't possess
Try from this day hence
To equip yourself for your sake
With good, sound common sense*

WHAT'S IN A WORD?

What's in a Word?

By Rose Friedman

Do you have any favourite words? Words that have special meaning or evoke pleasant memories or sensations for you? Moonlight, springtime, blossoms, oceans, sunsets open up vistas of the imagination and flood the mind with beauty and happiness. There are words which create and nourish friendships and words which can break friendships. There can be a world of meaning in a word.

There is a very special word, often neglected and sometimes forgotten, a very meaningful and powerful word, if understood properly – the word is Amen. It is said at the conclusion of a brochah (blessing) in shul or elsewhere. In Hebrew, the root meaning of the word is “emunah”, faith. Hand in hand with faith goes trust. Together they reinforce belief in the all powerful Creator.

There has been a re-awakening of the realisation of the quality of this word, as more and more people seek help and inspiration with difficulties facing them. Stories have been told about the beneficent effect of this one word on those who say it sincerely and with devotion at the appropriate time.

What wonderful, golden opportunities there are during the forthcoming Festivals of Rosh Hashonah, Yom Kippur and Succoth, when prayers intensify in all the shuls, to listen carefully to the brochahs and to respond with a clear and sincere Amen. It can be very difficult to concentrate and to understand everything, but at least let us affirm and join in with a clear Amen.

In many areas, in the past few years, parties have been organised for children, called Brochas Parties. Each child is given a package of five different foods and drink, each of which requires its own separate blessing. As each child says the appropriate words, the rest respond with Amen. At that time the Hebrew names of individuals who need help are called out, so no-one can be identified, and the merit of the blessing and response is invoked.

The children apparently love these parties. Apart from being educational, and, of course, enjoying the delicious treats, they are delighted when they hear of positive effects resulting from their blessing.

In a charming book by Esther Stern, published by Feldheims and called “Just One Word”, there are many stories and details about this word. In this book she explains that the numerical value of the Hebrew letters of the word Amen

WHAT'S IN A WORD?

is equivalent to that of malach or angel. The children apparently love this idea. Are we not all children at heart?

Wishing you a happy and fruitful year.



LAWS TO BE SCRAPPED

Laws on Fruit and Veg To be Scrapped ***'European Commissioner Earns Her Celery'***

A decades old political hot potato for the European Commission will finally be repealed when the EU lifts its ban on wonky fruit and veg, said Neil Parish MEP, the Conservative chairman of the European Parliament's agriculture committee.

Marketing standards for 26 types of fruit and vegetable, which governed the size and shape of many products and prevented healthy food being marketed, will be scrapped entirely. A further ten types of fruit and vegetable standards will remain in place but they can however be sold so long as they are clearly labelled as 'mis-shapen'.

Mr Parish said the rules themselves were utterly immoral and congratulated the Commissioner on her plum decision to scrap them and said:

- "Wasting healthy food simply because of its shape or size is immoral at a time of global food shortages.
- These rules should never have been put in place at all. I congratulate the Commissioner for scrapping them.
- Considering there will be more produce available for sale on our shelves, I trust the supermarkets will be able to bring down the price of produce. This decision should make fruit and vegetables cheaper.
- Repealing these laws is a great start to the Swedish Presidency of the EU and we look forward to many more interfering laws being scrapped over the coming months."

DEAR SIR/EDITOR

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.

* * * * *

Dear Editor

When it comes to feeding a family, price has always been an important consideration. With the global economic crisis hitting many family budgets, there's now, more than ever, a need to seriously consider the cost of the food we eat. Ethics also increasingly play a role in our food choices. But the idea has taken root that ethical shopping – eating meat-free in particular – is an expensive luxury. In fact, it is meat that has always been a luxury and one that we can no longer afford. Animal Aid's new and FREE recipe booklet – *'Meat-Free! Feed four for under a fiver'* reveals the hidden costs of meat that do not show up at the check-out but make it an expensive choice in the long run. With recipe contributions by well-known vegetarian cook Rose

DEAR SIR/EDITOR

Elliot, the booklet offers easy-to-make, tasty, nutritious, family-sized, meat-free meals for less than five pounds, and shows that eating meat-free needn't be expensive. Contact Animal Aid on 01732 364546 or visit www.animalaid.org.uk to order your FREE copy of the Meat-Free! Booklet.

Yours faithfully

Kelly Slade
Meat-Free Month Coordinator

Tel: 01732 364546 ext. 227 Web: www.animalaid.org.uk
Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW

* * * * *

Dear Editor

It is always nice to feel appreciated for one's endeavours and I was rather touched to read Dr. Wilfred Lindinger's comments in 'The Jewish Vegetarian' Issue No. 169.

I have always felt that if it is only one person that gets any enjoyment from my stories then my work has been worthwhile.

I whole heartedly wish to thank Dr. Lindinger for being that one person and offer to him my hand of friendship from across the seas and skies.

Wishing him a Happy New Year with all of Hashem's blessings.

Yours sincerely,

Derrick Cohen.



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.**

KIDS' CORNER



SavePlanetBlue.com is the Green Club Penguin

A Fun Way to Save the Environment

SavePlanetBlue.com has only been launched for a few weeks and has already picked up favourable reviews. One gaming column, Gadgets and Gizmos, says, "If your kids love Club Penguin then this site is going to appeal to them."

"It's more than flattering to be compared to Club Penguin," says SavePlanetBlue.com's creator, Victoria Lauren. "It is a prestigious site in the world of children's interactive gaming."

But Lauren is also proud of the differences between SavePlanetBlue.com and Club Penguin. "I think our animation sets us apart from most any other children's game site. And most importantly, the concept of teaching our kids about our planet and how to take better care of it is built right into every part of SavePlanetBlue. Making children as young as 3 years old aware of environmental issues is something I'm very excited about."

Children around the world are invited to register and become Planet Blue Savers for free. Kids will build their own personalized weeble-type character after joining and then be able to explore and play on Planet Blue. There are other Planet Blue Savers who will have conversational exchange, help them navigate the games, and share environmental facts with them. All they have to do is bump into them!

Kids can also start earning points with each game and acquire badges. A really unique aspect to this merit system is that when they acquire their highest badge, "The Tree Badge", SavePlanetBlue.com will adopt a tree in their name and have it planted in the rainforest.

For a nominal fee children will be able to explore Planet Blue more extensively and have access to an interactive gaming website that will continue to grow and evolve each month. At a time when our environment and our economy are crucial concerns, SavePlanetBlue.com is definitely a good entertainment value for children this summer.

For more information please visit: www.saveplanetblue.com or to

KIDS' CORNER

watch the sneak preview of the TV series, currently in development, visit <http://saveplanetblue.com/trailer>

We welcome children of all ages!



CONSUMER CORNER

***Here's Wishing You All
a Happy 'Choca' Holiday***

***New Real Belgian Chocolate Biscuit
Offers Low Fat Decadence***



Weight Watchers® has answered the prayers of chocolate lovers everywhere with the launch of a gorgeously decadent Belgian Milk Chocolate Biscuit.

These mouth-watering, crunchy chocolate biscuits are smothered in a thick helping of real Belgian milk chocolate – ideal for satisfying even the biggest chocolate cravings! Each biscuit is individually wrapped offering a perfect portion-controlled chocolate fix to eat on the go, at your desk as an afternoon pick me up or with friends.

Each Weight Watchers Chocolate Biscuit has a POINTS® value of just 1½ and 87 calories, plus each biscuit is free from hydrogenated vegetable oils, artificial colourings or flavourings and Genetically Modified Organisms.

Weight Watchers Chocolate Biscuits have a RRP of £1.49 for a pack of five and are available from Morrisons, Tesco and Waitrose. Visit our website: www.golleyslater.com

CONSUMER CORNER

Food of The Gods Fairtrade, Organic Belgian Chocolate

The new Food of the Gods chocolate bar from Organica is a rich, luxurious 72% cocoa solid Belgian chocolate bar with generous amounts of intensely flavoured cocoa nibs, which are crushed pieces of the cocoa bean that are roasted to give them a nutty and bittersweet flavor and crunchy texture.



In the earliest days of chocolate, cocoa nibs were so highly revered they were called 'food of the gods' and this name remains in South America where many cocoa beans are cultivated. Organica includes Fairtrade, organic cocoa nibs in its chocolate bar of the same name. Each bar is wrapped in luxury gold foil to keep it fresh. The outer wrapper clearly shows the Fairtrade Foundation and Soil Association logos that prove the integrity of this luxury chocolate bar.

Find the new Food of the Gods chocolate bar at good health food shops listed at www.seriouslyorganic.co.uk A 100g bar costs around £2.39.

Organica has also launched a slim dark Belgian chocolate bar. The 75g bar is perfect for people who prefer a cleaner 'snap' and delicate chocolate. The Dark Chocolate Bar is 72% cocoa solids and is approved by the Fairtrade Foundation and Soil Association. It costs £1.89 and may be found at good health shops and online stockists, which may also be found on www.seriouslyorganic.co.uk



Divine Receives Kosher Certification

Divine Chocolate, the leading Fairtrade brand co-owned by cocoa farmers, has been granted Kosher certification. The Kosher mark – or hescher – (a K in a triangle) is now carried on all nine flavours of Divine chocolate bar.

Divine Chocolate aims to bring delicious Fairtrade chocolate to as many people as possible and is delighted to be able to announce this now includes

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all those who wish to observe Kosher certification for the products they buy.

Sophi Tranchell, Managing Director of Divine Chocolate, says: "We are delighted to have been given Kosher certification as this will enable thousands more chocolate lovers to discover Divine. Faith groups have always been very important to Divine as they are amongst those who most actively campaign for fairer trade, and it is good to be able to support them in return."



The British Jewish community has embraced the Fairtrade movement with its principals of justice and fairness for all in the trading supply chain. British Jews have been particularly active in building support for Fairtrade, which last year saw sales of over £700m in the UK. Pioneering Fairtrade firm Divine has a long-standing relationship with the Jewish community, announcing its commitment to gain Kashrut status back in 2005. Divine looks forward to widening its involvement with the community and to continue co-ordinating with bodies such as the overseas development and educational charity Tzedek (www.tzedek.org.uk) and The Jewish Community Centre for London (www.jcclondon.org.uk).

Divine will be contributing to a Q&A panel at a performance of 'Elijah: First Action Hero' by Marcus Freed, hosted by The Jewish Community Centre for London at New End Theatre in Hampstead on 1st June.

Divine is **the** choice for chocolate lovers who are looking for high quality products *and* ethical credentials they can really trust. All Divine's chocolate bars and gifts are Fairtrade certified, grown by a collective of 45,000 farmers in Ghana who belong to the Kuapa Kokoo co-operative. And because the co-operative owns 45% of the company, the farmers share in Divine profits, so you can rest assured that Divine truly is the chocolate that makes everybody feel good.

The smallholder farmers who grow the cocoa for Divine take particular care in growing, harvesting, fermenting, and drying the beans. Only the real cocoa butter from the cocoa crop is used to make the chocolate – you won't see any vegetable fats substituted for cocoa butter from Divine! Entirely natural ingredients (and also Fairtrade where available) are used to flavour the chocolate, giving a truly heavenly chocolate experience. As revered chocolate expert and founder member of the Academy of Chocolate Sara Jayne-Stanes says, "a mouthful of intense, very smooth, delectable chocolate ... Divine is in a league of its own".

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The following Divine products now carry the K mark:

- **Entire 100g bar range** (RRP £1.49 for all bars except White with Strawberries (£1.59), selected range available from all supermarkets, full range at Oxfam)
 - 70% Dark Chocolate (Parev)
 - Dark & Mint Crisp Chocolate (Parev)
 - Dark Fruit & Nut Chocolate (Parev)
 - Milk Chocolate (Dairy)
 - Orange Milk Chocolate (Dairy)
 - Coffee Milk Chocolate (Dairy)
 - Milk Chocolate with Hazelnuts (Dairy)
 - White Chocolate (Dairy)
 - White Chocolate with Strawberries (Dairy)
- **Entire snack-size range:** 70% Dark Chocolate (Parev), Milk Chocolate (Dairy), Orange Milk Chocolate (Dairy), White Chocolate (Dairy). (45g, RRP 75p, available from Oxfam, AMT Coffee, Virgin Trains, Ambassadors Theatres)
- **Milk Chocolate Gold Coins.** These make perfect counters for playing Gelt in the run up to Hanukkah. (Dairy, 80g, RRP£1.69 from Lakeland, Oxfam)



In addition – the Divine Delights range – **Dark Chocolate covered apricots, mangoes and Brazil Nuts** and Divine mini eggs, thought not carrying the Kosher mark, have been included in The Really Jewish Food Guide 2009.



You can also buy all these products, as well as some delightful gift combinations that you won't find anywhere else, online at the Divine Chocolate Shop: www.divinechocolateshop.com



Introducing...**LetterBoxChocs** – a completely novel and convenient new gift which is part chocolate box and part greetings card!

Perfect for occasions when you want to send a friend, colleague or loved one something to show that you are thinking of them. LetterBoxChocs

CONSUMER CORNER

are cleverly packaged so they are instantly ready to post and fit through any letterbox.

LetterBoxChocs contain a tray of sixteen luxury Belgian chocolates that cleverly slide out the back of the card. After writing your message, the simple, but ingenious card folds back on to itself to double as a self seal postal packaging, complete with an address panel.

LetterBoxChocs cost just £5.99 and are clearly labeled when you buy with the postage costs for the U.K. and Europe so they can go straight in the post without the need for a visit to the post office. The concept has struck such a chord with consumers and retail buyers that in just a short time the company has grown phenomenally and **LetterBoxChocs** are now stocked all over the UK.

So next time you are looking to send that special someone something, why not combine a kind message with delicious Belgian chocolates?



The 'scatteringly good' healthy snack!

That diet has been going so well. You don't want chocolate, you *won't eat chocolate!*

Introducing the gorgeous new healthy snack – Munchy Seeds. Eat them on their own, scatter them on your breakfast or have them with your strawberries this summer, Munchy Seeds are the snack for you.

Available in 6 delicious flavours including Original Mix, Vanilla Pumpkin, Pumpkin Mix, Chilli and Omega Mix & Munchy Granola, Munchy Seeds are a fantastic healthy alternative to those boring run-of-the-mill snacks. Rich in Omega 6 & 9, high in iron, zinc and vitamin E, they are also cholesterol, dairy and gluten free, as well as being free from artificial colours, flavours and preservatives.

The whole range is available in a choice of individual 30g sachets or larger tubs of 125g, 200g or 500g. Their special Roasted Sunflower and Pumpkin Seed Oil, ideal for salad dressings and dipping sauces, is also available in a 250ml glass bottle. Prices range from 55p for a single sachet to £6 for a 500g tub.

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Munchy Seeds are available in all good Independent health food shops, Farm Shops, Delicatessens, Lakeland Limited, Waitrose and selected Tesco's stores across the UK. So whether it's seeds with your breakfast, on their own, or as a great healthy lunchbox snack for kids, it's clear that Munchy Seeds are not just for birds...

And...



Roasted Sunflower & Pumpkin Seed Oil

You may have seen the Munchy Seeds snack packets in Tescos and Waitrose but now they have brought out a new sunflower and pumpkin seed oil that is ideal for salad dressings and dips!

Made from a blend of Roasted Sunflower & Pumpkin Seed Oil which has an intensely nutty flavour and a rather distinct dark colour, nicknamed 'green gold'. The Pumpkin seeds used to produce this oil are roasted before they are pressed and this helps give this oil its wonderful nutty flavour. The oil is brimming with nutritional benefits including Magnesium, Iron, Selenium, Zinc and vitamin E. It also contains essential fatty acids and amino acids.

Ideally suited for salad dressing, dipping and drizzling over freshly cooked food.

Delicious drizzled over roasted potatoes with a pinch of rock salt and a squeeze of lemon juice. Large 250ml bottles available for £4 from www.munchyseeds.co.uk

A Healthy Choice

Coconut oil, cream and milk were once mistakenly considered to be unhealthy as they are high in fat. But it is now known that the fat in coconut oil is in fact a good fat with many health giving properties. Coconut oil comprises medium-chain fatty acids (MCFAs) that do not have a negative effect on cholesterol: in fact can help to protect against heart disease. The body uses MCFAs differently from other fats and it can actually help to reduce weight by increasing the metabolic rate: it is digested and assimilated readily and – unlike other saturated fats – isn't stored as 'fat' in the body.

BOTTLED WATER

Bottled Water in a Hot Car is Dangerous

A Cancer Update from Johns Hopkins University

Allowing bottled water to become heated in a hot car has been identified as a common cause of the high levels of dioxins found increasingly in breast cancer tissue. A US oncologist has declared that women should not drink bottled water that has been left in a car.

The heat caused the plastic of the bottle to release dioxins into the water, and dioxins, being highly toxic, cause cancer, especially breast cancer. Nor should plastic bottles containing water be frozen, as this also releases dioxins from the plastic. To avoid dioxins from other plastics, don't put food in plastic wrap or plastic containers in a microwave oven. This applies especially to foods that contain fat.

Recently, Edward Fujimoto, the Wellness Program Manager at Castle Hospital in the US, explained that the combination of fat, plastic and high heat releases dioxins into the food and ultimately into the cells of the body. Instead of plastic containers, he recommends using glass, such as Corning Ware or Pyrex or ceramic containers for heating food. We get the same results, only without the dioxin.

Packaged foods such as TV dinners and soups, etc., should be removed from the container and heated in a safe container. Paper is not bad, but the problem is that we don't know what is in the paper. It is safer to use tempered glass like Corning Ware, etc.

Edward Fujimoto said that some fast food restaurants have moved away from using foam containers and use paper instead. The dioxin problem is one of the reasons. He pointed out that plastic wrap is just as dangerous when placed over foods to be cooked in a microwave. As the food is irradiated, the high heat causes poisonous toxins to melt out of the plastic wrap and drip into the food. Instead of plastic wrap, the food can be covered with a paper towel.

So please be careful to avoid drinking bottled water that has been left in a car and avoid cooking food in a microwave in plastic. Pass this information on to your family and friends.

CHOLENT IN OUR FAMILY

Cholent in Our Family History

By Rabbi Raymond Apple

Cholent has quite a place in our family history. In my youth in Melbourne, we were regulars at a kosher restaurant near St Kilda beach, and were often there for Shabbat lunch. I shall not tell you the exact details of the restaurant, which in any case has closed down like so many others, but if I were to have chosen its name I would have suggested “Cholent With Everything”. There was cholent with the entrée, cholent with the soup, cholent with the main course, and for all I know cholent with the dessert, though we were too full by that stage to try any “afters”. It was a *fleishig* cholent; not for many years afterwards did I give up meat.

When I was a student in London and got engaged, I became acquainted with my mother-in-law’s (*pareve* – non-meat) cholent which was so highly regarded in Stamford Hill that she had the nickname “Mrs Cholent”. My wife saw that a cholent without meat could be extremely delectable, and her own vegetarian cholent has been part of our life for decades now. One of her sisters lives in Belgium, and on a visit there we found that Antwerp has a park that the Jewish community calls “The Cholent Park”, because that’s where everyone strolls on Shabbat afternoon to get over the effects of a heavy cholent. Some people even define life after death as the ability to wake up after eating cholent...

Cholent has many names: *chont*, *schalet*, *chulent* and still others. The principle of cholent is that in order not to do any actual cooking on Shabbat, the ingredients are part-cooked before sunset and left to simmer until lunchtime; the name may mean “*chaud lent*” (“hot slow”), or if you prefer a Hebrew derivation, “*sheyalin*” (“that which tarries overnight”). Some even think the name is Yiddish, “*Schulende*” (“after services”). Every Jewish group has a version of cholent, with as many names as recipes – examples are “*hamim/hamin*” (“hot food”) and “*adafina/alafina*”. Some groups put unshelled eggs in the cholent; some get the brown appearance by dangling tea bags in the pot.

Meat-eating Ashkenazim often use beef and bones, barley, beans, potatoes, onions and carrots, plus oil, sugar, garlic, condiments and spices. Sephardim frequently use lamb, rice, cracked wheat, chickpeas and even dates and cinnamon. A Syrian version cooks the cholent inside a hollowed-out pumpkin or squash. My wife’s vegetarian Cholent manages quite well without meat, though she uses baked beans and a few other secret ingredients.

CHOLENT IN OUR FAMILY

But, back to our family history.... Our daughter Riva has, together with her husband Davoru, brought up five children to be strict vegetarians, but when one or two of the children are out they allow themselves chicken or other meat. The oldest son, now grown-up, is at a meat-eating yeshivah and tells his grandmother, "You can't have cholent without meat!" One doesn't argue too much with grandchildren, but on this issue Marian is adamant. About cholent she knows more than he does, and though no-one calls her "Mrs Cholent", there has never been any complaint that her Cholent lacks substance or taste. Her brother, when at Oxford University, was president of the Oxford Cholent Society; I hereby offer myself to be president of the Vegetarian Cholent Fan Club, and I expect to be elected without opposition.



WHAT'S ON DIARY

WFV Show 2009 gets support from top UK retailers and wholesalers

The World Fruit and Vegetable Show 2009, to be held in London in October, has been successful in securing a great deal of support from major British supermarket chains and wholesalers. The show has been going from strength to strength since its launch in 2007, and since it has enjoyed increasing support this year, the exhibition is set to be bigger and better yet.

Organisers of the show have been working hard to get active participation from big players in the British fresh produce commercial community, and have been rewarded well thus far. They have successfully engaged with participants to prepare the buyers' desk, innovation awards, best packaging awards, and the reception ceremonies.

With the hard graft already put in, and that still to be done before October, prospects for WFV 2009 look every bit as fertile as the fresh produce to be celebrated there.

The 2009 show will be at least three times larger than in 2008, and the organisers will be mailing over 100,000 vouchers to visitors from all over Europe.

For more info please visit www.wfvexpo.com

WHAT'S ON DIARY



Seven Days of Chocolate Heaven from Divine

Divine Chocolate has hooked up with top chefs, hip hotels and leading restaurants, to make this the best Chocolate Week yet.



Chocolate Week 2009 12 – 18 October

Chocolate Week is going from strength to strength, and Divine Chocolate, the company co-owned by cocoa farmers, is once again delighted to be co-sponsoring this nationwide celebration of fine chocolate. Top chocolatiers and chocolate companies are creating a programme of total chocolate indulgence, and Divine, along with a host of lovely partners, has some really special experiences lined up and exclusive new recipes to share. For news of Divine's new products out this autumn, and a continually updated list of Chocolate Week events and promotions visit www.divinechocolate.com/chocolateweek.

This year Divine has asked celebrities, top chefs and restaurateurs to come up with their perfect Divine chocolate pudding recipe exclusively for Chocolate Week. The list so far includes two-Michelin star chef **Michael Caines**; TV chef **Alan Coxon** who recently presented the BBC2 series *Ever Wondered About Food*; Ireland's best known chef and food writer **Clodagh McKenna**; renowned baking & chocolate expert **Linda Collister**; young chef **Sam Stern** who's fifth cookery book for students is due out early next year; Michelin-starred chef **Rob Rees MBE**; and bestselling children's author **Anne Fine**.

With cupcakes being the hippest treat this year, we're planning a bit of a **chocolate cupcake fest**. Couture cake-maker to the stars (everyone from Madonna to David Beckham to the Queen) Mich Turner, of **Little Venice Cake Company**, will be among the experts creating their tribute to this little baked chocolate icon. Divine is hosting a cupcake masterclass at top cookery school **The Bertinet Kitchen** in Bath.

Michael Caines is an avid supporter of Divine and the pudding he designs for Divine will be on the menu at each of his hotels and restaurants across

WHAT'S ON DIARY

Britain during Chocolate Week. Michael says, "I love working with and supporting Divine Chocolate as they are a farmer-owned Fairtrade company and all their products use natural flavourings which are perfect for making great tasting recipes".

Divine is joining forces with longstanding partner **The Pudding Club** in the Cotswolds. Made famous through Rick Stein's BBC series Food Heroes, The Pudding Club at Three Ways House Hotel was set up to celebrate traditional British puddings like Spotted Dick and Jam Roly Poly!

- Divine's resident chocolatier will be heading down to Gloucestershire to host Divine chocolate masterclasses for the Pudding Club's **Chocoholics Weekend** on 17-18th October.
- An exclusive **Divine Chocolate à la carte and set menu** will be on offer to guests staying at the hotel throughout Chocolate Week, with chocolate featuring in every course. With last years menu featuring *Pan seared scallops with white chocolate risotto; Partridge with bok choy, roasted walnuts & dark chocolate sauce; and White chocolate & vanilla cheesecake*, guests are in store for some seriously decadent spoiling.
- Guests and non-guests alike can also visit the hotel each day during Chocolate Week for a **Divine Guilty Pleasure Afternoon Tea** featuring delights such as *Chocolate & banana cake* and *Luxurious hot chocolate with cream & chocolate flakes*.
- Free Divine chocolate bars will also be supplied in the hotel's 48 rooms and guests will receive a free jute bag with chocolate shortbread, a bar of Divine chocolate and a chocolate pudding made on site making their stay a trip to remember.
- Please visit www.thepuddingclub.com or contact Jill at The Pudding Club on 01386 438429 for further information.

Restaurants across the country are teaming up with Divine to offer Divine-themed Chocolate Week menus – these include winner of the Observer Food Award's Best Vegetarian Restaurant 2008 **Terre à Terre** in Brighton, **Urban Angel** in Edinburgh, and **Fusion Brasserie** in Worcester. Divine tasting sessions will be taking place at cafés, bookshops and stores across the country, including London's most prestigious department store **Liberty**; the **Eden Project** in Cornwall, and at the launch of the John Lewis Foodhall at **Bluewater** in Kent with opportunities to sample.

Divine's two brand new flavours: **Dark Chocolate with Raspberries** and **Butterscotch Milk Chocolate**. Divine will be hosting a tasting workshop

WHAT'S ON DIARY

for families at **Eco Age**, the chic ethical shop owned by Colin Firth's wife in London, on Saturday 17th October. The exclusive Divinitini cocktail inspired by and using Divine will be on offer at the chic **Sanderson Hotel** in London's West End.

A full list of partners and programme of events will be available soon on www.divinechocolate.com/chocolateweek

Divine will also be hosting a **chocolate debate** on 15th October which will see some of the industry's leading experts discuss the history, sociology and politics of the chocolate trade.

Make the moment Divine



FOOD vs SUPPLEMENTS

Food Versus Supplements: Has Britain's Pop A Pill Culture Gone Too Far?

With a strict emphasis on implementing a strict diet to coincide with Governmental initiatives like 'Change For Life', health supplements have come under increased scrutiny- after all can taking a pill once a day take the place of wholesome nutritious foods? According to the experts at 'Creative Nature', superfoods are the only way to five a day.

Pop a pill culture encourages us all to take tablets to overcome everything from weight loss to a healthier lifestyle, but should this be the message we are giving to our next generation? What happened to Sundays sat around the dinner table looking forward to mums home cooking and encouraging healthy eating from within the home?

Greg Shaw, who helps run 'Creative Nature' a firm who offer Apricot Kernels, Goji berries and Spirulina amongst other foods and supplements said, "A common tool used by supplement firms is to offer scare-mongering tactics. Some firms have even started claiming that food is no longer giving us the nutrients we need for a healthy lifestyle!- it is bizarre to think that one day

FOOD vs SUPPLEMENTS

we stopped getting the vitamins previously available from the foods we have always been eating.”

It is a proven fact that the human body can only absorb a fraction of the contents of most supplements, mainly down to the density and concentration of some pills, but also down to your digestive transit. That is not to say that supplements do not have their place however, some supplements can be used very effectively as a means of correcting a deficiency or if you have a medical condition, which improves from a higher vitamin intake.

The ‘size zero achievement’ has almost become a badge of success in today’s society with top models all over the world going to great lengths to reduce their food intake by whatever means necessary. All too often, those looking to make it in the fashion industry fall victim to a cocktail of slimming pills and supplements, assuming that supplements can replace food almost entirely. The question is this- how many models will fall victim to this diet idea before healthy eating in its traditional form is recognised as the only way to achieve a healthy existence? Luisel Ramous, famously shocked the world’s media after she collapsed in 2006 during Uruguay’s Fashion Week, later dying of heart failure, but still diet pills and supplements reign as the ‘skinny essential’.

Mr Shaw from the online health food supplier who distribute their products to several hundred retail outlets including Waitrose, Selfridges, Wholefoods and Planet Organic, added, “superfoods should be used to aid healthy living as they contain sufficiently high levels of phytochemicals, minerals and vitamins. The benefits of some ‘superfoods’ such as Goji berries, are now being recognised by celebrities like Victoria Beckham, Kate Moss, Liz Hurley and Mischa Barton, for their skin smoothing benefits, ability to increase energy levels for the improvements in overall health, which will hopefully create a uber-cool image for them amongst our younger generations.”

Popular ‘superfoods’ to run alongside a brand new exercise regime and a healthier look on life include, Barley Grass, Cacao products, Manuka Honey and Maca Root.

Mr Shaw added, “Superfoods have often been utilized by indigenous communities for literally hundreds of years. Due to the symbiotic relationship between plants and humans, that has evolved over millions of years, all of Creative Nature’s natural plant products are also easily assimilated by the human body. Let’s hope that Britain turns its hand to encouraging our youngsters to try new foods rich in vitamins and minerals rather than reaching for the nearest bottle of pills. In 2009 this really shouldn’t be too much to ask”

GARDENERS' CORNER

Gardeners' Corner
AUTUMN 2009

In July this year we lost two of our oldest citizens, Henry Allingham at the age of 113 and Harry Patch who was 111. Their passing greatly moved the nation as they were the last links

with a bygone age. They brought to my mind another Harry, who had fought at Ypres during the First World War.

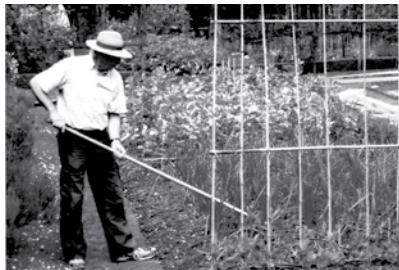
Harry Trim was born in Somerset, also in the 1890's. He was trained in those early days as an estate gardener and enlisted in the Great War. Unlike so many of his contemporaries, he was lucky to survive as did Henry Allingham and Harry Patch.



I was fortunate to get to know him in the 1940's and 1950's when he became my father's gardener and as I knew him from my early days, one of the first friends I made. Harry was a kind and modest man and as I like to think of myself, a "son of the soil", I spent many an hour with him, either helping or hindering his efforts.

Gardening and growing food plants was absolutely vital in those days of food rationing and constant shortages so it is not surprising that I absorbed a great deal from Harry who was as kind to me as a boy, as he was to his beloved plants.

I thought now is a good time to pass on some of his hints, especially as he trained in a time when to obtain work one had to be skilled and capable in an era when amateurism did not get a job.



When Harry got the seed potatoes – they were always scotch seed as these would be free of viruses and do well in the south of the country. When he chitted the potatoes, any large ones were neatly sliced in two, provided each half had eyes. Harry's beds were always well dug and incorporated compost or if it was available, well rotted manure. March was when he planted and his

spacings were fifteen inches between plants in a row and 27 inches between

GARDENERS' CORNER

rows. He always planted with a dibber made from an old fork or spade handle. With proper spacings, earthing up took place regularly and ensured that the emerging green shoots were not exposed to the frosts. When it was time to harvest the crop, he made a clamp into which all the root crops, including carrots and beetroot, would be stored. Crop rotation was a big thing to get the most out of the land and to put the most back into it.

In the greenhouse, Harry used to prick out the seedlings and explained how they should only be handled by the leaves, and never to touch the tender young stems, as they would bruise and soon die if treated roughly. There were always masses of tomatoes and cucumbers to eat and preserve. When planting out leeks, Harry trimmed the roots and the tops, just a little as he said this made the plants grow stronger.



Liming the soil was an important practice and this was done every third or fourth year and the white powder looked like frost on the black earth. He told me that this reduced the acidity and helped to eliminate some of the pests in the soil.

He was good at pruning and made sure that the soft fruits were well cared for, reducing the white and red currents by a third and cutting out the old fruiting branches of the blackcurrants.

In the autumn Harry took runners from the strawberries, setting the little plantlets into small pots which he sank into the ground, cutting the umbilical cord when the new plants were well rooted and making a fresh strawberry bed every three years to prevent viruses.

While Harry's efforts in the kitchen garden kept a family of five well fed, his flower beds were always a joy to the eye. He always took cuttings of geraniums in June when they were growing well and rooted within weeks. His planting of colours was something to be admired and when the Second World War was won in 1945 he planted the Union Jack in flowers in our front garden, something which amazed me at the time.



GARDENERS' CORNER

Today, while such gardeners do exist, they are few and far between and modern gardener icons often practice a way of gardening based on modern fashion rather than well tried and tested ways.

It was a great privilege to have known Harry and to learn from him as I did.



'Window Food' campaign Launched

A new National Trust initiative was launched in July this year, to challenge urbanites to transform their window sills into beautiful, tasty vegetable gardens. People living in the UK's five million flats have the biggest challenge when it comes to finding space to grow food at home, but there are over 600 acres of growing space available on window sills in the UK.

Amidst high food prices and concern about sustainable food, it's the perfect time to grow your own delicious, cheap and local 'window food'. Even with just two window boxes you can grow your own meal.

Gizzi Erskine, chef and food writer is supporting the campaign from her East London flat by undertaking an experiment to create mouth-watering recipes from ingredients grown on her window sills. She is growing radishes, beetroots, rainbow chard, spinach, various lettuces, new potatoes, tomatoes, courgettes, cabbages and a variety of herbs (One of Gizzi's favourite window dishes below).

Gizzi says: "I'm on a mission to dispel the myth that cooking is difficult and time consuming – and I now want to do the same for growing your own vegetables and herbs. I love cooking with fresh ingredients – it makes all the difference to the taste of food and you can't get fresher than picking straight from your own windowsill. Living in a flat, I never thought I could grow so much without a garden but my windowsills look pretty and are really productive. Hopefully I'll never find a soggy supermarket bag of leftover lettuce at the bottom of my fridge again – everyone should give window food a go!"

Fiona Reynolds, Director General of the National Trust, says: "Here's proof that you don't need an allotment or garden to grow your own food – we've got the equivalent of 344 football pitches worth of growing space right on our windowsills. Growing 'window food' is an easy way to ensure your vegetables

GARDENERS' CORNER

are local and bursting with flavour without breaking the bank – and when it's pouring with rain outside, there's no need to brave the weather – you simply open the window and pick what you need."

Window Food is part of the National Trusts' *Food Glorious Food* campaign to show everyone they can grow their own. To support this drive, over three hundred special events are taking place from now until October 2009 where National Trust experts will be giving growing advice and free seeds. To find your nearest event visit www.foodgloriousfood.org.uk

Food Glorious Food supports the National Trust's overall commitment to sustainable food production, and the use of quality, local, seasonal and sustainable food in its kitchens and 150 restaurants.

Gizzi's top tips for the best window food

1. Pick the windowsills which get the most sun during the day for your window boxes.
2. Watching your vegetables grow every day is really fun, but be careful not to water them too much.
3. Plant pretty rainbow chard and lovely smelly herbs for the most beautiful, fragrant windows.
4. Start with the vegetables you eat the most like tomatoes (the tumbling kind for window boxes) and lettuce and you'll notice the difference in taste straight away.
5. Root vegetables like beetroot and chard are really easy to grow and don't need much attention. It is so easy to tell when they are ready as the pink or purple bulbs pop out of the soil.

Top four vegetables to grow in window boxes

1. **Lettuce** – Cut and Come Again varieties can be harvested over and over again straight from your kitchen window to your plate throughout the summer.
2. **Radishes** – some of the easiest vegetables to look after, these take just five weeks to grow into crisp and peppery mouthfuls
3. **Beetroot** – hardy and reliable, deep pink beetroot not only looks pretty on a summer plate but its leaves and young shoots in salads are deliciously sweet.
4. **Rainbow chard** – this plant is beautiful, delicious and versatile – the multicoloured stalks can be used to brighten up salads along with the young, tender leaves. Mature chard makes a tasty steamed green similar to spinach.

BOOK REVIEWS

Herbs For Home Treatment

*A guide to using herbs for first aid
and common health problems.*

By Anna Newton

Herbs for Home Treatment is a comprehensive guide to the use of herbal remedies to cure common ailments and improve your general health. It includes advice on:

- preventing and treating common illnesses
- creating your own tinctures, oils and ointments
- Maintaining your energy levels and physical stamina
- Basic herbs to have at home and those that are useful but not essential
- Where to buy good-quality herbal products and find a professional herbalist

There are detailed sections on the common problems of the digestive, respiratory circulatory and nervous systems, as well as chapters on slowing down the ageing process, reviving libido and recovering from a serious illness.

If you want to look after your own health, ***Herbs for Home Treatment*** gives you all you need to do so in a user-friendly way and will inspire you to create your own medicines from your own herbs.

**Published by Green Books. Paperback. Price £14. 95 Plus P&P £2.50
Available from JVS**

Fresh Food From Small Spaces

***The Square Inch Gardener's Guide to Year-Round Growing,
Fermenting and Sprouting***

By R. J. Ruppenthal

Fresh Food from Small Spaces is a practical, comprehensive and downright fun guide to growing food in small spaces without relying on complicated and energy-intensive systems like indoor lighting and hydroponics. Readers

BOOK REVIEWS

will learn how to transform their balconies and windowsills into productive vegetable gardens, their countertops into sprout and mushroom farms and their patios into a haven for honeybees.

R.J. Ruppenthal, an attorney and professor at Evergreen Valley College in San Jose, California, worked on an organic vegetable farm in his youth, but his expertise in urban and indoor gardening has been hard-won through years of trial and error experience. In the small city homes where he has lived with his family, they have been able to eat homegrown food 365 days of the year.

Published by Chelsea Green Publishing, Vermont USA. Paperback. Price \$25. (or equivalent in Sterling) Plus P&P £2. 50. Available from JVS.

Vegan Brunch

By Isa Chandra Moskowitz

Brunch has always been about comfort and calories, and for vegans everywhere, a feast of foods they cannot touch. Until now! America's bestselling vegan chef Isa Chandra Moskowitz is here to change all that. She unleashes her flair and ingenuity to give you recipes you won't find anywhere else, for a brunch that will bring you back from a late night on the town or wake you up for a meal you won't want to forget.

Recipes range from Banana Flapjacks, Buckwheat Pancakes, Peanut Butter Waffles, Old Fashioned Chelsea Waffles, Rosemary Tomato Scones, Tofu Omelets, Curried Cauliflower Frittatas, Blueberry Ginger Spelt Muffins and Pain au Chocolat with Fresh Fruit.

With over 75 recipes (many of which are gluten-free and soy-free) perfect for one or for a crowd, with full colour photos throughout, **Vegan Brunch** is the ultimate cookbook for the most important meal of the day.

Published by The Perseus Book Group. London. Paperback. Price £11. 99 Plus P&P £2. 50. Available from JVS.

BOOK REVIEWS

The Last Jews Of Kerala

By Edna Fernandes

There was no plague on their houses, no war, nor famine; the Keralan Jews had lived in earthly paradise. In the end, death came not at the hands of others, but one another. The question is why?

The Keralan Jews were the first of their people to settle in India, coming from the Holy Land during the time of King Solomon, and for many centuries their community thrived there. However, the arrival of a new wave of Jewish settlers to the region in the sixteenth century created a bitter divide – between those Jews with white skin and those with black.

Over the years both have been worn away by this feuding and fighting and now they lie on the verge of extinction as their last two members of child-bearing age refuse to marry. The three-thousand-year-old community will die in our lifetime, possibly even in the next decade, as synagogues crumble into disuse and weddings disappear, leaving only funerals.

In ***The Last Jews of Kerala*** Edna Fernandes retells their stories and provides a deeply human account of what has really happened to those people, and why it has all gone so tragically wrong.

Published by Portobello Books. London. Paperback. Price £8.99 plus P&P £2.00. Available from JVS

The 30 Minute Vegan

*Over 175 Quick, Delicious and Healthy Recipes
for Everyday Cooking*

By Mark Reinfeld and Jennifer Murray

This is the first vegan cookbook with delicious everyday vegan recipes that can all be prepared and completed in 30 minutes or less.

BOOK REVIEWS

The 30-Minute Vegan is for people who want to cook fresh and healthy vegan cuisine, but don't have a lot of time. With at-a-glance cooking charts, delicious raw food recipes, child-friendly dishes and exciting menu suggestions for every occasion, **The 30-Minute Vegan** is an essential and everyday cookbook for vegan cooks everywhere.

Sections include Smoothies & Satiating Beverages, Snacks, Childrens Favourites, Uplifting Appetizers, Side Dishes, Light Dinners, Guilt-Free Comfort Foods and Divine Desserts.

Vegan Lunch Box Around The World

*125 Easy International Lunches Kids
and Grown-Ups will love!*

By Jennifer McCann

*From the creator of **Vegan Lunch Box** comes a new cookbook featuring international menus for easy, exciting, and child-friendly vegan lunches.*

This new book by Jennifer McCann includes exciting, well-balanced menus from all four corners, with over 125 African, Chinese, Indonesian, Australian, Indian, Mexican, Japanese and American recipes.

Jennifer's recipes come with special icons, letting you know which recipes are especially quick and easy, child-friendly and free of wheat, gluten, soy and nut allergens. Complete with colour photos and helpful hints. So why not take a trip around the world with your own vegan lunch box!

The 30 Minute Vegan and the Vegan Lunch Box Around the World, are both published by The Perseus Books Group, London, Paperback, Price £10. 99p each plus P&P £3.00. Available from JVS.

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The League Against Cruel Sports is a Registered Charity No. 1095234

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.

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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.