

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

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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

THE JERUSALEM CENTRE 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.

£10 Ms D.G. Edgware, Middlesex. Mr. B.R.C. Moseley, Birmingham.

BUILDING FUND DONATION – LONDON HQ

£10 Ms D.G. Edgware, Middlesex. £5 Mr. B.R.C. Moseley, Birmingham.



Friendship House

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Ganir Center, 2.Hahar Street, Har Tuv Aleph, Industrial Estate, Beit Shemesh 99067. Tel (972) 2 9936900. Fax (972) 2 5337074 email: nfo@orr-shalom.co.il, www.orr-shalom.org.il

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:

£10 Ms D.G. Edgware, Middlesex.w



With regard to the article that appeared in the June issue 'Top Chefs Support Essential Healthy Eating' it seems that the third line on Page 35 has been mis-interpreted.

"Swap mince beef for turkey or Quorn mince"

This should of course stated either a Quorn or Tival product. Sorry for the 'bad' wording.

SOCIETY NEWS

We would like to extend a Hearty Mazeltov
to our Honorary President of Australasia

Stanley Rubens. LL.B

Who will reach the ripe 'old' age of 80 years on
19th November 2011.

Before going to Australia with his family, Stanley
(who is a founder and life member of the Society)
was our Honorary Solicitor for many years.

*We would like to wish him a Happy Birthday,
Good Health and much joy with his family*

VEGETARIAN MAN 35

Traditional Judaism – London

Would like to meet Vegetarian Lady

Please reply with email/phone number Box No: 101

Every Monday: 7.00 – 10.00pm

SUPERVISED RUBBER BRIDGE

at The Jewish Vegetarian Society
853 Finchley Road. NW11.

£2.50p including refreshments.

Why not come along, just ring the bell marked 'Nursery'

**Tel: JVS Office Mon-Fri 10.00-4.00pm or
Laurence – 07933 326 182**

SOCIETY NEWS

CONGRATULATIONS

We would like to extend a Hearty Mazeltov to Michael and Frances Freedman on the occasion of their daughter Simone's wedding to Richard Levinson, son of Shirley Levinson and the late Len Levinson which took place on 3rd July 2011. The Chupah was held at Auberge du Lac, Brocket Hall, Welwyn, Hertfordshire and was followed by a delightful reception and tea which was of course a totally vegetarian affair!

We thought that you might like to see the menu from their wedding just to show that you can hold a delicious and imaginative vegetarian wedding reception.

English Strawberries & Devon Cream



Vine Ripe Tomato, Basil Mayonnaise, Cucumber and Cream Cheese
Lemon Marinated Avocado & Rocket

Apple, Celery & Beetroot
Chargrilled Courgette & Aubergine



left to right: Richard, Ronit, Simone, Arthur and Ilana



Home Made Bread
Pudding
Banana Bread
Summer Berry Tart
Chocolate & Raspberry
Ganache
Pistachio Oriental



left to right: Ilana, Simone and Frances



Home Made Raisin Scones
Home Made Jam, Lemon Curd & Cornish Clotted Cream.

We would like to extend to Richard & Simone a very hearty Mazeltov and wish them a long and happy life together.

We would mention that Michael and Frances are both founder members of the Jewish Vegetarian Society as well as Life Members, and that Michael has been our Honorary Treasurer since the formation of the society.

SOCIETY NEWS

THE 46TH ANNUAL GENERAL MEETING OF THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY TOOK PLACE AT H.Q IN APRIL LAST

Michael Freedman (Treasurer) extended a warm welcome to members and friends attending, and gave the following report.

The Society was founded in the 1960's as a result of a letter from Vivien Pick to the Jewish Chronicle asking if there were other like-minded vegetarians who would like to meet up. We met in Philip and Minna's house in Highgate and, as they say, the rest is history. I am delighted that Minna is here today with us.

Philip was a guiding light for me and many others. At that time, I knew very few vegetarians and even fewer, if any, Jewish Vegetarians. Sadly Philip passed away in 1992. He had done much, but there is still a great deal for us to do.

I knew as a boy it was against my principles to kill an animal to eat or get someone else to do this for me and while I seemed to flourish without meat or fish, it was refreshing and enlightening to learn that I was not alone in my thinking and actions, and here was someone who could cogently and eloquently express what I had come to believe in.

Soon we found that we were more than just a few, with members joining in the UK and many Countries around the world. Branch Societies or Chapters as Philip like to call them, sprouted across Europe, South Africa, Australia, USA and Israel. We had members in Mexico and other less likely places. So what had happened as a result of that letter and meeting, went on to develop worldwide.

Philip aimed to spread the word of a kindlier Society, free of pain and cruelty to other sentient creatures. This fits in well with the tenet of the Torah where we are told "The herb of the field" have been given to us as food. We were part of the creation and should treat the creation of life in other species, with respect and recognize the sanctity of life and the blessings of the fruits of the earth as ours to benefit from, and pass on to future generations.

Today, the world faces fresh crisis of Global Warming, Climate Change and the spectre of being unable to feed the ever growing human population, with the depletion of sea life, the poisoning of the land with herbicides and insecticides (mainly to grow food for animals to be slaughtered), the

SOCIETY NEWS

destruction of the forests which were the lungs of the earth, and where sanctuary exists for countless species of plants and animals.

We know that to feed a meat eating person requires ten times the land area than to feed a vegetarian. Thus up to 90% of the present land area could be freed up to help maintain the balance of nature and the overstretched natural resources of our fragile eco system.

With this background, it is a privilege to help to continue the work which Philip started.



GINGER – THE VEGETARIAN COMMUNITY CENTER

**8 Balfour Street. Jerusalem. Tel: 02-56655737
www.ginger.org.il**

The following functions were held recently at 'Ginger'-The Vegetarian Community Centre Jerusalem. Unfortunately we only received these after the event.

THURSDAY JUNE 2nd

7.00 pm pre-Shavuot Meal

The milk industry tries to market Shavuot as the “milk holiday”. Actually, the holiday’s roots are different. It is an agricultural holiday celebrating the beginning of the harvest season. The meal will include holiday dishes, plenty of fresh fruit and vegetables, and a variety of white dishes with no animal-based ingredients.

This is a good opportunity to share holiday recipes. Dressing code (not obligatory) as white as possible.

25 NIS recommended donation for the food – or bring a dish (preferably with pre-co-ordination)

FRIDAY JUNE 3rd AND JULY 1st

11.00 am-2.00 pm. Free-cycling Market.

Get rid of your junk and collect other people’s junk...at the same time, enjoy great vegan food too!

Admission free.

SOCIETY NEWS

MONDAY JUNE 27th

7.00pm Natural Ice Cream Workshop with Uri Yurman

A hands-on workshop in which we will learn to prepare delicious ice cream from local ingredients, using basic kitchen equipment.

We will learn to create different flavours using almond and cashew butter, delicate date sweetener and plant-based cream. These dishes are free of artificial ingredients, dairy, preservatives, stabilizers, refined oils and gluten.

Uri Yurman facilitates workshops on nutrition, natural food and plant-gathering.

Payment (80-100 NIS) will be done discreetly at the end of the workshop, as much as you feel is appropriate, according to your appreciation of the workshop.

For details and registration: Uri.yurman-yur@gmail.com or 050-7827729. In Hebrew

TUESDAY JUNE 28th

8.00pm Communal Potluck Meal

Join our monthly vegan potluck dinner. Bring a vegan dish (no meat, fish, eggs, milk or honey) or just yourself and your friends for an evening of eating and socializing.

Admission: Free

THURSDAY JUNE 30th

7.00 pm Pizza and Sandwiches Plus a Musical Jam Session.

The volunteers of the Mahatma invite you to an evening of vegan pizzas and sandwiches. If you are feeling brave please feel free to participate in the jam session, if not, then simply enjoy the music.

Admission: Free



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.

ISRAEL REPORTING



Message from Jerusalem

STREAM-FILLED CAVERN DISCOVERED AT ENTRANCE TO JERUSALEM

Whilst digging a deep service shaft to serve the new light railway about to open in the city, a large cave was discovered that appears to be an important, ancient water source. Hebrew University of Jerusalem researchers recently completed an initial survey of the water source in the cave, whose full length has yet to be explored although it is believed to extend for several hundred meters.



The cave is narrow and a few dozen metres high, forming an underground canyon. It contains an underground stream, flowing in a south easterly direction. It is a type of karst cave, which refers to an area of limestone in which dissolution has produced sinkholes, underground streams and caverns. Karst caves are common mainly where the climate is wetter, such as Slovenia.

At a distance of some 200 metres from the service shaft, the Hebrew University cave explorers found a series of small waterfalls. The water in the cave will be tested revealing valuable information about potential pollution of the underground water supply in the Jerusalem area.

JERUSALEM KNIGHTS

A celebration in the style of the Middle Ages in the old city of Jerusalem every Thursday in September

Visitors to the Old City of Jerusalem this September will be able to enjoy a celebration in the style of the Middle Ages – Jerusalem Knights. Tens of musicians, dancers, magicians, jugglers, knights, princesses, troubadours, royal court jesters and peddlers from the Middle Ages



ISRAEL REPORTING

will return to the alleyways of the Old City and the charming corners of the Christian Quarter – a unique celebration in a unique setting.



Every Thursday in September. Beginning September 8th, 2011 through September 22nd between 19:00 until 23:00, visitors and tourists are invited to enter the

Jaffa Gate and travel back in time to the Middle Ages. The Old City will come to life in the cool fall evenings with characters and music from the past, as well as performances of dance, fire, acrobatics and theatre.

A special circular walking trail will take tourists and visitors in a loop from Jaffa Gate to Muristan Square and back, taking in all the medieval attractions as well as the inherent beauty of the Old City itself.

Local businesses, cafes and restaurants will all stay open late, many offering special deals for the Jerusalem Knights celebration.

Jerusalem Knights is a project of the Jerusalem Development Authority, in cooperation with the Ministry of Tourism and the Jerusalem Municipality, managed by the Ariel Company.

All events are free of charge. For more information; http://www.jerusalem-oldcity.org.il/pages_e/Knights_festival.aspx



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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

ANIMAL CRUELTY

ANIMAL CRUELTY

The following short article was taken from a 'free' newspaper which is available at all underground stations in the London area. (JULY 2011)

WHALES 'DO FEEL PAIN' WHEN THEY ARE HUNTED

A new report argues whales are capable of feeling pain and suffer prolonged trauma from being hunted. The document, which is being presented to the International Whaling Commission, argues mankind has a duty to protect these sentient creatures.

The International Fund for Animal Welfare (IFAW) also wants greater transparency in the commission amid claims of corruption and backroom deals.

IFAW says scientific research on whales which is permitted under a moratorium – a loophole Japan exploits to hunt the mammals – should be subject to independent ethical review.

The commission is meeting in Jersey.

The following two short articles were taken from 'Ahimsa', Newsletter of the Young Indian Vegetarians, Issue No. 54.

AND THE BRAVE HEARTS

Animal Defenders international rescued 25 lions, 6 monkeys, a coati mundi, a deer and a horse from circuses in Bolivia.

Bolivia banned animal performances from the circuses after ADI officers first exposed cruelty to circus animals in the country six years ago.

Operation Lion Ark relocated the lions to a sanctuary in Colorado USA on the 16th February 2011. The sheer audacity to rescue these animals from a foreign country and overcome the logistic nightmare of transporting them is stupendous. Well done ADI.

Contact ADI and give your support. Email: info@ad-international.org

ANIMAL CRUELTY

KEEPING PARROTS – NOT A COOL IDEA!!

Parrots are wild animals and retain wild instincts whether born in captivity or not. Captive parrots need to exercise, fly and play. They need to eat a wide variety of foods. Parrots may live up to 80 years.

The skilful and dedicated supervision that parrots need means that caring for a parrot is like caring for a toddler, but for the rest of your life!

Some parrot diseases can pose a serious threat to humans. Psittacosis, commonly known as parrot fever is just one of the numerous diseases that people can catch from captive birds.

Symptoms of Psittacosis in humans are similar to flu and the disease is potentially lethal to children under five, pregnant women, the elderly and anyone who is immuno-compromised.

Contact: Animal Protection Agency. Email: info@apa.org.uk



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



This is the Universal Symbol for Vegetarianism.

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

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

VEGETARIAN AND JEWISH

VEGETARIAN AND JEWISH

By Rabbi Raymond Apple

Our friends and Shabbat guests are incredulous: “You don’t eat meat on Shabbat? Not even chicken?” They admit that our non-*fleishig* soups are actually quite tasty, they even like our *pareve cholent*, but they still wonder if what we do is really kosher.

It’s not merely that there is an entrenched idea that Shabbat and chickens are inseparable, but there is a view in the Talmud that Shabbat cannot be enjoyed without meat, and this is apparently the sticking-point.

Everyone knows that God’s original plan for mankind was vegetarian; (Genesis 1:29), and indeed the manna in the wilderness was vegetarian. Yet the Torah permits the eating of meat; it lists animals which may be eaten and how to slaughter them; and it establishes animal sacrifice as part of Temple worship. Most people cannot imagine living without meat, though they might acknowledge that in messianic times they will have to. Meat eating gives a feeling of fullness and satisfaction, which is where the Talmudic assertion, “there is no *simchah*... without meat” (*Pesachim* 109a) comes in.

Non-*kabbalists* discount the *kabbalistic* view that meat-eating elevates the animal. But what can they say about requiring meat on Shabbat?

Let’s look at the Talmudic discussion in detail. It is true that the Talmud says, “eat meat sparingly” (*Hullin* 84a); but this is not an argument against the principle of meat eating, only the quantity. *Pesachim* 109a tells us, “Our rabbis said, ‘A person is obligated to make his children and household rejoice on a festival... With what does he make them rejoice? With wine... Rabbi Yehudah ben Batyra said, ‘When the Temple stood there could be no rejoicing except with meat...but now that the Temple is no longer in existence, there is no rejoicing except with wine, as it is said, ‘Wine gladdens the heart of man’ (Psalm 104:15)”. In other words, meat is no longer essential to *simchah*, and the *din* is not about meat but wine. There certainly can be no *simchah* if meat eating causes a feeling of distress.

Maimonides endorses meat eating on festivals “if one can afford it” (*Hil’chot Shabbat* 30:10), recognising that a different menu would be acceptable if one were poor or it gave one pleasure. The *Shulchan Aruch* reports that people who fast every day would feel pain if they were forced to eat on Shabbat, and we could likewise say that vegetarians would feel pain if they had to

VEGETARIAN AND JEWISH

eat meat on Shabbat *Shulchan Aruch, Orach Chayyim* 288:1-3).

The best tableware and the finest food are used on Shabbat. The food should be special too: and for vegetarians there is no need to have meat.



DEAR SIR

The following letter was received by our good friend Dr Richard Schwartz in the hope that one of our readers maybe able to assist.

Dear Richard,

I have probably asked you this question before, because a friendly contact in the United States put me in touch with Rabbi Barbara Borts some years ago. I have tried to contact her, but without success – it may be that she no longer lives in London.

Do you know if there is a formal Jewish animal welfare group in Britain? I am a member of the ***Jewish Vegetarian Society***, but have not seen one mentioned in the magazine, which would be a natural place to find it.

I have written many letters from Quaker Concern for Animals on a huge range of AW issues to governments, embassies and other bodies here and world wide – the Catholic and Unitarian groups have asked me to routinely include them and I think the Anglicans will as well. That makes our letter have a bit more impact.

It would have even more effect if we could get other faiths involved too – so I thought of you, as you might know of any possible group.

Hope you can help us!

Best wishes to you and US Jewish Veggies – and shalom,

Marian Hussenbux.

<http://www.quaker-animals.org.uk>

BEES

BEES

Devorah – the Hebrew name of the honey bee – “she who has a voice” is well mentioned throughout the bible. Was not the promised land overflowing with milk and honey?



“They shall suck honey from the rock” (Deuteronomy) referring to the favourable climate and flora for bees to prosper there. Throughout Eretz

Yisrael bee keeping is practised on both a large and small scale. Scattered through the hills of the Gallil are stands of hives – 10 to 20 from which the bees abound to collect a delicately flowered flower honey, gathered from the many wild flowers that famously clothe these hills. Many of these belong to Kibbutzim where one of the members (Chavarim) is the Bee keeper. They may have up to 1,000 hives scattered in such stands around the Kibbutz area and as the products of the hive are so valued and prized, the practice is given equal weight and funding as the other agrarian activities.

Much equipment is needed and much care needs to be taken by the keeper.



Each hive consists of several parts. These are a floor board, a brood chamber, a queen excluder and several supers (for the bees to fill with honey), topped by a crown board all under a roof. The hive most seen here is one invented by Mr Langstroth in the 19th century (he is known as the father of modern bee keeping).

Each chamber contains 10 movable frames of honeycomb, on and in which the bees live. There are many thousand of worker bees, up to 80,000 per hive. They do all the work and nectar gathering. There are a smaller number of drones (the male bees) who do no work but are there to fertilise the Queen bee.

Then there is one Queen. She is lovingly tended by a close circle of workers who feed and preen her and tend to her every need. She will lay up to 2,000

BEES

to 3,000 eggs every day, one in each vacant cell on the frames, most of the eggs laid are to be workers and these are sterile females. The eggs for these are unfertilised. The egg for the Drone bee is fertilised and laid in a slightly larger cell.

The worker bee transforms from an egg to a juvenile bee in about 3 weeks developing as a fully fledged and valued member of the colony. At first she will be assigned house duties, like cleaning the hive, then she will go on to nectar gathering, water collecting and later perhaps to defending the hive against invaders such as ants, wasps or mice.

The worker has a life in the honey season of just 6 to 8 weeks, so the succession of newly emerging bees is essential.

The Queen bee provides a pheromone (or scent) which is essential to the order of the colony. Each and every day this is distributed through the hive and without which the good order breaks down. The Queen can live for 3 to 5 years with the care of her retinue and the specially prepared food so rich in nutrients to service an egg layer extraordinaire.

To make 1lb of honey, the worker bees must fly about 25,000 miles within a 3 mile radius of the hive. At each flight to the flowers, they gather both nectar and pollen – the two ingredients of their food, nectar for making into honey and pollen to provide protein for growing bees. The nectar is 80% water and is put into the cells in the super frames. Then the bees ripen this by driving off the water and adding the enzyme “invertase” which stabilises this into honey, which is now 80% sugars and 20% water. In favourable areas, a hive may produce 100lbs of honey or more per year. To produce this, the bees will have collected as much as 1,000 lbs of nectar.



When the honey is ripe in the hive (ie. the correct consistency) the bee keeper can take the surplus honey and after uncapping the combs, spin them in a centrifuge to extract the amber prize.

After allowing the liquid honey to settle for a day, the new crop is put into jars and these are shipped around the world to give sweetness and precious food for us, and to enable us to fulfil the blessing of a “sweet year ahead”.

COOKERY CORNER



JERUSALEM KUGEL

I have just returned from a trip to Jerusalem and was fascinated by the warm Yerushalayim spicy kugel. It is made by caramelising sugar with oil and then this is combined with lokshen. If you have never tasted it before it is quite different from classic savoury or sweet varieties. It is served for Kiddush or at the beginning of the Shabbat lunch with a slice of pickled dill cucumber. The spice comes from a good pinch of black pepper and the tradition comes from the Eastern Hasidic Jews of the

18th century. I like to mellow the flavours with a touch of aromatic cinnamon purchased from the Jerusalem market.

Once cooked it can be left on a hot plate overnight.

Garnish: Dill pickled cucumbers – sliced, sprigs of dill

Preparation Time: 15 minutes **Cooking Time:** 45 minutes

Serves: 6 – 8 people

Ingredients

225g thin lokshen / vermicelli
 75ml vegetable oil
 100ml granulated sugar
 Pinch of salt
 1½ teaspoons black pepper
 3 eggs – lightly beaten
 1 teaspoon dried cinnamon



Method

- 1) Preheat the heat oven to 180°C /350°F / Gas mark 4.
- 2) Grease and line a 1kg loaf tin.
- 3) Cook the lokshen according to the packet instructions. Drain well and set aside.
- 4) In a medium saucepan, heat the oil and then add the sugar. Cook over a low heat stirring constantly until the sugar starts to darken to a caramel colour. This will take about 5 minutes.

COOKERY CORNER

- 5) Immediately add the lokshen, salt, pepper and cinnamon and stir well.
- 6) Leave to cool slightly and then stir in the beaten eggs. Pour into a loaf tin.
- 7) Bake uncovered until golden brown ~ about 35 minutes.
- 8) Remove from the oven and invert. It will look like a cake with a golden crust.

To serve the stylish way: Decorate with sliced dill pickled cucumbers, sprigs of dill and a dusting of black pepper.

POMEGRANATE KASHA SALAD WITH HONEY DRESSING

Having recently returned from a trip to Israel I was fascinated to see the early stages of growing pomegranates. Of course, by Rosh Hashonah they will be fully grown and at their very best.

This salad is made with roasted bulghur wheat (kasha) and a delicious mix of fresh herbs, celery and of course pomegranates. Bulghur wheat can be purchased fine, medium and coarse. For a true kasha experience, it should be made with the coarse variety. It can be served hot, cold or warm so perfect for a Shabbat or Yom Tov.

In addition we all wish for the forthcoming year to be a healthy one and pomegranates are rich in anti-oxidants. Regular consumption of its juice has been associated with good benefits against cancer, and maintaining a healthy heart.



Preparation Time: 20 minutes

Cooking Time: 15 minutes

Serves: 6 people

Ingredients

300g bulghur wheat

COOKERY CORNER

150g celery – finely sliced at a slight angle
 Seeds of 1 pomegranate
 100g walnuts- roughly chopped
 20g flat leaf parsley
 2 tablespoons fresh mint
 450g vegetable stock
 Honey dressing
 Juice of 1 pomegranate
 1 garlic clove – peeled and crushed
 2 teaspoons honey
 Salt and freshly ground pepper
 6 tablespoons extra virgin olive oil

Method

- 1) Toast the bulghur wheat in a large frying pan for about 5 minutes or until the grains start to turn golden. Add the stock and stir vigorously to incorporate the liquid.
- 2) Cook for about 5 minutes until the liquid has been absorbed and the kasha is soft. Remove from the pan and transfer to a serving dish to cool.
- 3) Combine all the dressing ingredients and pour over the kasha.
- 4) Add the pomegranates, walnuts, parsley, mint and celery.
- 5) Taste and check seasoning.

To Serve the stylish way: Garnish with sprigs of parsley

DRIED FRUIT STRUDEL

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

COOKERY CORNER

Preparation Time: 25 minutes plus
30 minutes

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

Ingredients for the Pastry

500g self raising flour
250g butter or margarine
2 eggs
Little cold water



For the Filling

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

Method

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

To serve the stylish way: Cut through the pastry into slices where you made the original slits prior to baking. Place on a serving dish. Dust with some more cinnamon.

COOKERY CORNER

RED AND GREEN SUMMER SALAD

I love to combine fresh strawberries with salad ingredients both for colour and taste. In addition it requires no cooking! This unusual salad tastes great with crumbled goat's cheese. Ideal as part of a BBQ, buffet side dish or just enjoy it as it is.

Actually this salad is extremely nutritious with avocados that provide nearly 20 essential nutrients including fibre, potassium, vitamin E, B and folic acid and strawberries that helps the heart, lowers the risk of some cancers and blood pressure. Spinach and peppers are equally beneficial and are also on the superfood healthy eating list.

Preparation Time: 15 minutes **Cooking Time:** No cooking
Serves: 6 people

Ingredients

1 fennel – trimmed, core removed and roughly chopped
 2 avocados – peeled, stoned and cut in strips
 150g strawberries, trimmed and cut in half
 225g fresh baby spinach or rocket
 2 red peppers – deseeded and roughly chopped



Dressing

100m olive oil
 Juice and zest of 1 lemon
 1 tablespoon clear honey
 Salt and freshly ground black pepper

Method

Make the dressing by whisking all the ingredients together. Taste and adjust seasoning accordingly.

Combine the fennel, avocados, spinach or rocket and peppers together. Pour the dressing over the salad.

To serve the stylish way: Serve on a white plate and serve stacked in a mound.

COOKERY CORNER



LEARN TO COOK – THE STYLISH WAY



**JOIN DENISE PHILLIPS FOR A FUN
“HANDS-ON” CLASS, PRESENTED IN MY
TRADEMARK SIMPLE BUT STYLISH MANNER. ENHANCE YOUR LOVE
OF FOOD AND ADD TO YOUR COOKING REPERTOIRE**

Wednesday 14 September

Thursday 15 September

Sunday 18 September

Sunday 30 October

Wednesday 9 November

Thursday 10 November

Sunday 13 November

Wednesday 7 December

Thursday 8 December

Saturday 10 December

Ashkenazi Classics

Yom Tov Favourites

Yom Tov Favourites

Gourmet Italian

Tasty Tapas

Friday Night Desserts

Sushi & More

Chinese Feast

Elegant Canapés

Stylish Buffet (6.30pm – 10pm)

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

Time: 10.00am – 1.30pm: Weekday/Sunday 5.00pm – 8.30pm

Cost: £65 per class. All materials provided

**Booking: Call Denise Phillips on 01923 836 456
denise@jewishcookery.com**



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.

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.

VEGETARIAN FOR LIFE



NEW NOTICE BOARD FOR VFL'S WEBSITE

Are you an older Vegetarian or Vegan? Can we help you with a grant from our Vegetarian Fund or Vegan Fund?

Vegetarian for Life, the charity which campaigns to improve the lot of older vegetarians and vegans, is pleased to report that it is introducing a new Notice Board section to its busy website to help older vegetarians and vegans seeking personal carers or meal providers find appropriate support.

The new section has come about as the charity is aware that there are a few people out there who are dedicated vegetarians or vegans and willing to care for older folk and also older vegetarians/ vegans seeking such support and/ or meals but it is often difficult for the two groups to find out about each other.

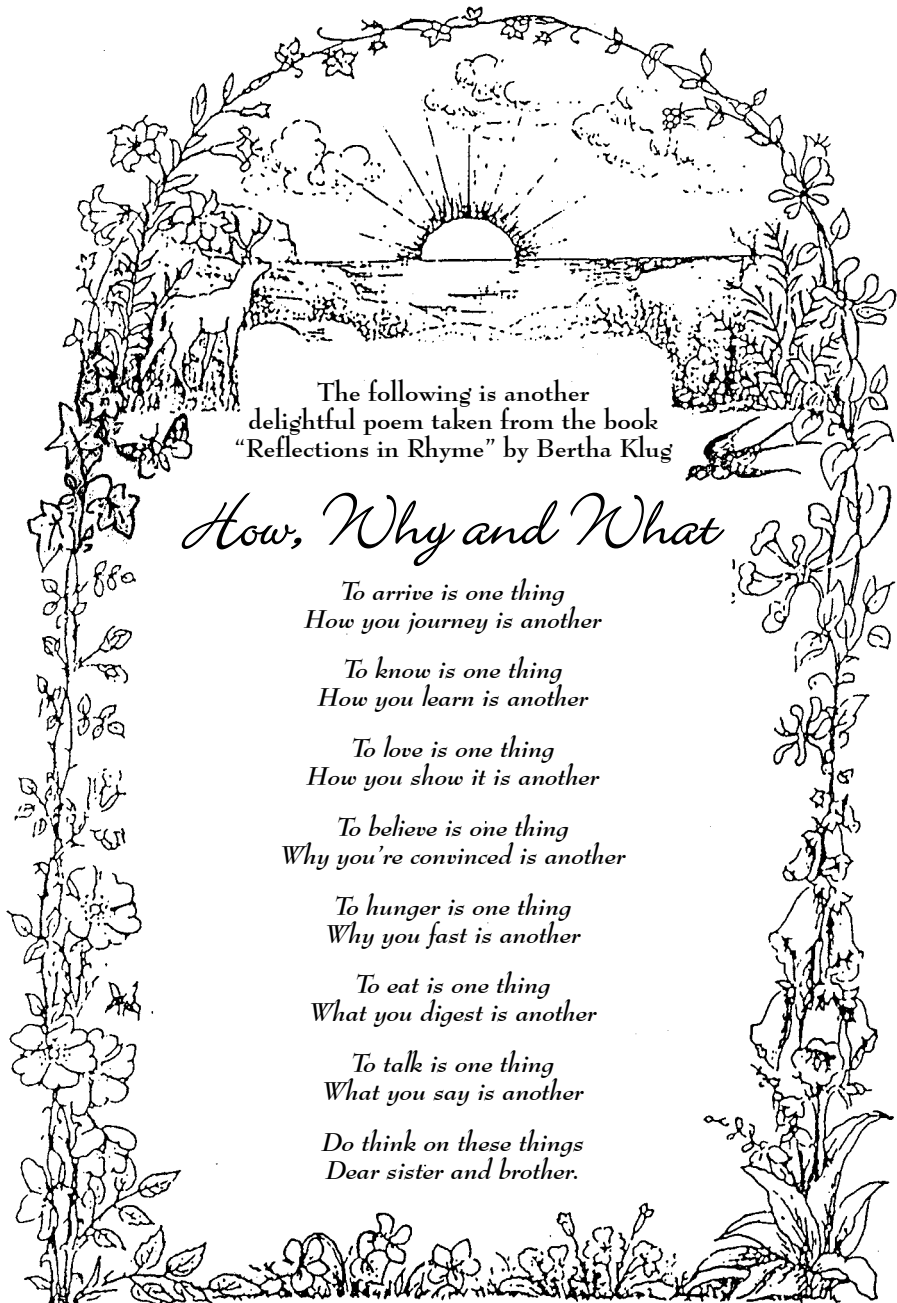
The Notice Board section will also take other relevant information relating to the care of older vegetarians but it is not paid advertising and Vfl is only interested in those willing to give proper support with dignity to senior citizens in the vegetarian world.

Tina Fox says "with the advent of personal budgets many older people are now more free as to who they engage for personal care, meals at home etc and we want to be able to help them to find someone suitable to provide that service". The Notice Board will be open to anyone seeking help in this way or anyone providing such a service so if any readers know of someone who fits either category please encourage them to email Tina or call at the email/ phone below.

For further information contact Tina on 01683 220888 or via email admin@vegetarianforlife.org.uk

IJVS
E-mail Address
jewishvegetarian@onetel.com

POEM



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

How, Why and What

*To arrive is one thing
How you journey is another*

*To know is one thing
How you learn is another*

*To love is one thing
How you show it is another*

*To believe is one thing
Why you're convinced is another*

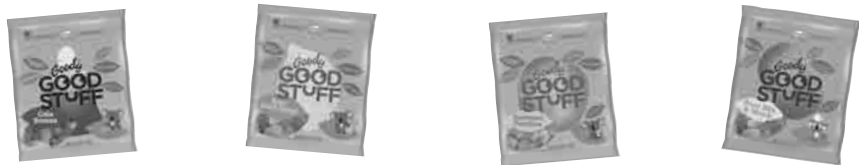
*To hunger is one thing
Why you fast is another*

*To eat is one thing
What you digest is another*

*To talk is one thing
What you say is another*

*Do think on these things
Dear sister and brother.*

CONSUMER CORNER



GOODY GOOD STUFF

Giving Sweets a Good Name!

Sticking to a strict vegetarian diet can be hard, especially for children. For many, it means giving up lots of fun stuff like gummies and marshmallows!

Goody Good Stuff is an all new, natural gummy sweets range made with a plant derived bio-gum technology. This eliminates the need for animal-based gelatine, which most traditional gummy sweets use.

Over the last 15 years FTF Sweets Ltd. has worked hard to develop a food technology which allows them to remove the gelatine from gummy sweets, whilst still producing a deliciously smooth and clear consistency. This makes the product range a first and the only one of its kind on the market.

The sweets contain natural fruit juices and extracts for a superior taste experience, without any E numbers and other allergens which are present in most conventional sweets, making them a great, allergen-free, natural choice for all the family.

The sweets come in eight delicious varieties (four of which are also suitable for vegans,) priced at just £1.49 per 100g pack.



‘BART ORGANIC THYME’

Bart Fairtrade Organic Herbs

Bart Spices has announced the launch of a new range of FAIRTRADE Organic herbs. The Bristol based ingredients expert, will be the first major herbs and spices supplier to bring FAIRTRADE certified herbs to the UK consumer, as they did with Spices in 2005. The new FAIRTRADE range are now available in most Tesco stores.

Bart Spices has always held a policy of responsible sourcing and were first

CONSUMER CORNER

to launch FAIRTRADE Vanilla Pods in 2005. This was closely followed by extensions to the range, bringing the total number to 19. In early 2011 many of the Bart products were also certified by the Soil Association as Organic, making them both ethically grown as well as harvested.

The first four launched were basil, marjoram, thyme and mint in recyclable tubs, with an additional five: parsley, sage, fennel seed, mace and rosemary, to follow in November.

David Collard, Bart Spices CEO said: "this is a very exciting launch for us, as it marks another first for Bart Spices as well as the herbs and spices category. This has only been possible because of our close working relationships with our growers and suppliers both of which are paramount to our work ethic. Equally it is very rewarding to be able to give something back to these developing communities, be it education, equipment or resource."

Congratulations to Bart Spices for further adding yet more flavour to the FAIRTRADE range.

Further information available via Email: sales@bartspices.com or www.bartspices.com

ESSENTIAL TRADING CELEBRATES RUBY ANNIVERSARY

SEPTEMBER 16, 2011-SEPTEMBER 16, 2012



Bristol-based wholefood producer and wholesaler Essential Trading is celebrating its Ruby Anniversary year from September 16, 2011 to September 2012.

A variety of themed activities and promotions will run throughout the year, culminating in a celebration in September 2012.

"The last 40 years have seen the wholefood market grow exponentially," says Eli Sarre, marketing manager for Essential. "Back in the 1970s health food stores were novel and the foods they stocked relatively limited," she explains. "But now, through education, a distinct rise in vegetarian and vegan diets, growth in free-from diets and the shift towards organic and ethical foods, we have a strong and thriving industry. It has been most

CONSUMER CORNER

gratifying for Essential to see the changes and improvements down the decades, and we are looking forward to seeing what the next 40 years will bring.”

“Essential supplied organic and fairtrade food long before it was trendy to do so, for ethical reasons,” says Eli. “The last few decades have seen significant turning points and boosters for our market. Of particular note were the F-Plan Diet in the 1980s that encouraged people to eat more fibre and less processed food and Gillian McKeith created a massive demand for pulses,” she recalls.

Despite the supermarkets moving into the ethical, organic and wholefood markets in the 1990s, Essential has stayed true to its values and supplies only the independent health food trade. This helps retailers retain many unique lines that they know customers cannot find elsewhere.

Essential adheres to a strong code of ethics that runs through its business, employees and suppliers. It actively supports organic and fairly traded goods and continues to call for the banning GM crops. It currently carries over 6,000 products as a wholesaler including over 100 of its own Essential branded goods.

Further information can be obtained via their website – www.essential-trading.coop

A TASTE OF SUNSHINE



When the challenge is on to find an extra special gift, rather than a traditional selection box of chocolates why not offer loved ones a healthy taste of sunshine instead, with a beautifully presented selection of **Terra Rossa** award-winning infused olive oils.

Just like fine wine, there are many different grades of olive oil and the latest British trend, copied from our European neighbours, to dip fresh crusty bread into copious bowls of olive oil and balsamic vinegar is attracting connoisseurs everywhere to delight their taste buds. When it comes to quality, the finest olive oil in the world comes from trees planted in the Terra Rossa (Red Soil) region of the Middle East. This is home to some of the oldest olive

CONSUMER CORNER

trees on the planet and the fabulous olive oil produced by them can now be experienced here in the UK.

There are very few who would not be impressed either by the prestigious presentation box containing a selection of six mouth-watering oils including the latest new mint oil. However, the real experience begins as soon as the lids are open to reveal the highest quality olive oils infused with lemon, basil, garlic, chilli and mint, creating an explosion of flavour as soon as they hit the tongue.

Additionally, the great thing about infused olive oils is that they are so versatile. For example, the mint infused oil is perfect on salad, and gives a gorgeous edge to new potatoes; while a drizzle of chilli oil gives the plainest pizza a kick. The oils are also ideal for those wanting to lose weight or reduce their cholesterol as they can be used to replace less healthy sauces like mayonnaise, cream or butter.

Cheryl Pasquier, who writes an online blog called Mad House Family Reviews, recently tried out a **Terra Rossa** Exquisite Olive Oil Presentation Box and commented: "These are perfect gifts for any globetrotters who want to rediscover the taste of the Middle East – or simply foodie friends who like to experiment with new flavours. They are really high quality and worth every penny because, due to their intense flavours, a little goes a long way."



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.

THE ANNUAL DAY'S OUTING

THE ANNUAL DAY'S OUTING

by Derrick Cohen

It was "The Cadswallops Chocolate Factory's annual coach outing. Every year all the workers and personnel were treated to a day out at the seaside, when fleets of coaches would descend upon their choice of venue in military convoy style. Then after a day spent at the beach or promenade there would be a slap-up supper at one of the resorts five star hotels.

Fatso Snodgrass was trudging down the cliff top slope heavily burdened. Beside his 22 stone frame, he was carrying two loungers, a windcheater with tools, a hamper full of grub, a giant parasol and a huge tent for his wife in order for her to gaze into her crystal ball. Fatso was the fastest finger-dipping, lip-smacking, chocolate tasting critter in Cadswallops Wild West Chocolate Factory. His job was to tour the large vats in the factory making sure its high standards were maintained and could be called a "choco Holistic" becoming totally addicted to the taste. No wonder his weight had ballooned out of all proportion! He found a quiet spot near the water's edge and began unloading his gear. Suddenly a voice bellowed out "Henry". It was his wife who had been following behind him at a snail's pace as if she was in a trance. She was so mixed up with this "clairvoyance" lark, hearing voices, getting messages, predicting the future and seeing ghostly figures that she didn't know what was in front of her very eyes! Madame Fatso was carrying large holdall containing warm sweaters, umbrellas, raincoats, rain hats and galoshes because she said "her bunions were playing up and the crystal ball had forecast heavy rain and thunderstorms!" All this in the middle of a heat wave!

"Never" Fatso protested strongly. "Henry" she screamed "not there, the tide is coming in". "Yes, my love", meekly mumbled hen-pecked Henry muttering to himself under his breath, "the short-sighted old bat. Can't she see that the tide is going out".

Finding a spot more suitable to his missus he then set up camp, keeping his fingers crossed, for last year had been a calamity. It was the hottest day of the year and Fatso was lying flat on his back leaving "her indoors" holding a meditation session in the tent with her spirit guide. Unfortunately he had rocked himself to sleep trying to get up, awakening some time later to find two fishermen busily arguing who had discovered this gigantic lobster first! It was months before he returned to his natural colour.

THE ANNUAL DAY'S OUTING

This year he was better prepared. So keeping the lounge in the sitting position and leaving his wife in another world, he smothered himself with Sun Block +200 and with his earplugs in his ears, sat back to listen to Beethoven's Sonata No. 333. It wasn't long before he was enjoying 40 winks. He felt a spot of rain on his nose. "Can't be" he murmured in his sleep not on a day like this". Suddenly there was a flash of lightning, clap of heavy thunder and the heavens opened up sending everyone scattering all over the place. On hearing all this Madame Fatso beamed with joy and bounced out of her wigwam, started to do a Red Indian style rain dance and whooping away triumphantly exclaimed "see Henry I told you so". "Yes, dear, so you did" muttered poor Fatso, then calling her an old witch under his breath. He then hastily gathered up the wet gear and crept into the battered tent.

"Did you bring the waterproof groundsheets dear?" he asked politely.

***WISHING ALL READERS
A HAPPY AND PEACEFUL NEW YEAR.***



HEALTH

THE £200M BILL FOR EATING LESS

WIMBLEDON champion Novak Djokovic put his success down to a gluten-free diet and now Britons are spending a record £200million a year doing the same.

What was once a niche market for food with no gluten, wheat or dairy or those with allergies, as well as intolerances, has now soared by 15 per cent in the last year, thanks to health and diet fads.

Gluten-free products make up a quarter of the 'free-from' market, whilst dairy-free sales rose almost 40 percent to £33million in a year, the biggest rise in the sector said trade journal The Grocer.

How is that for progress!?

GOING ONLINE

GOING ONLINE



Lakeland, founded in 1963, is a family owned business based in Windermere and is the UK's leading kitchenware specialist,

offering a range of over 4000 quality products

Lakeland's products are available from 56 stores nationwide, by mail order and online. Customers regard them as the destination shop for all things kitchenware and around the home.

This new exciting range will 'doll' up your kitchen with this cute Russian Doll Range, it is as practical as it is pretty and makes baking days more fun. It comprises Ceramic Measuring Cups, Cookie Cutters, Wooden Spoon and two sizes Chopping Boards. All are affordable and reasonably priced and will certainly brighten up your kitchen.



Another interesting and useful product is the 'Poachets' which is simple to use. They come in packs of 20 at the low cost of £2.99 per pack. When poaching an egg, it will stop all the 'stringy' bits floating around the pan.



Lakeland also have an extensive range of quality cleaning and storage innovation around the home, and as with all Lakeland products, every one of the items is backed by their famous no-quibble guarantee.

As mentioned there are so very many wonderful and reasonably priced products, so why not give them a call on 015394 88100. Or go online at www.lakeland.co.uk or better still visit one

of their 56 stores nationwide, who will be happy to send you a catalogue. Check their website for the store nearest to you.

THE BIG-D CAMPAIGN



THE VEGETARIAN & VEGAN FOUNDATION HAVE JUST LAUNCHED THE BIG-D CAMPAIGN.

New diet promises to defeat diabetes in four weeks.

A **ground-breaking** diet which has the potential to reverse diabetes has been launched by a national health charity.

The Vegetarian & Vegan Foundation (VVF) say that scientifically proven D-Diet, which is balanced, plant-based and low fat, can cure type 2 diabetes and stabilize type 1 – without the drastic calorie restriction approach recently publicised.

The Big-D campaign was launched in July last and clinical trials have proven the D-Diet produces better results than any single medication currently prescribed to diabetes sufferers. Authors claim it has the power to change your metabolism and reverse diabetes or reduce your chances of developing it to the bare minimum.

The D-Diet keeps you well nourished and sated while it is making your cells burn the fat that is standing in the way of insulin sensitivity. It also reduces cholesterol levels, blood pressure and protects the kidneys from further deterioration. Because the D-Diet champions foods with low glycemic index, it protects the body's vital organs from damage caused by blood sugar rising too high or dipping too low.

The VVF claim the D-Diet does not only treat diabetes, it can also prevent a number of health conditions that commonly occur in diabetics such as heart disease, kidney disease, eyesight deterioration and neuropathic pain.

The charity is looking for diabetes sufferers to come forward and try the diet for themselves. A guide, **The Big-D: defeating diabetes with the D-Diet** is available for £2.90 and a scientific report: **The Big-D: Defeating Diabetes through Diet** for £5. By calling 0117 970 5190 (Mon-Fri 9am-6pm) or order online at www.vegetarian.org.uk/diabetes. The guide includes a seven day meal planner, recipes, shopping and cooking tips. A summary fact sheet is also available. **Also available from JVS postfree.**

For more information, visit www.vegetariaqn.org.uk/dibetes or email info@vegetarian.org.uk or call 0117 970 5190

YOUR SAY

THE FOLLOWING ARTICLES WERE TAKEN FROM THE NEW NATURAL HEALTH MAGAZINE – AUTUMN/WINTER 2011.

FLUORIDATION – AN EXPERIENCED DENTIST’S OPINION

By Dr Caree Alexander, BDS (Melb). Port Macquarie. NSW

As a dentist with 20 plus years of experience in treating children and adults in both fluoridated and non-fluoridated communities I wish to register my concerns about the fluoridation of Murray Shire’s water supply.

Fluoride damages teeth and health. Apart from the disturbing fact that children living in fluoridated communities continue to suffer tooth decay, they also now suffer from increasing levels of dental fluorosis. Some children have such severely mottled teeth due to excessive consumption of fluoride chemicals that they are embarrassed to smile. I have had to veneer or coat damaged teeth in children as young as seven, just to make them look normal. In years to come, these children will require replacement veneers using porcelain, and eventually they will need crowns and possibly root canal treatment.

How ironic that these children will require expensive ongoing dental treatment because they have ingested fluoride chemicals for the purpose of protecting their teeth. In fact, there is a whole new branch of dental treatment and products which has evolved with the increasing incidence of dental fluorosis.

More importantly, dental fluorosis is not just a cosmetic issue but a sign of fluoride toxicity. Fluoridation chemicals accumulate in the bones and the pineal gland to cause serious health issues for those affected.

My point. Dentists and other health professionals who have been supporting water fluoridation must stop taking their financially biased associations’ word on this serious issue and do some research for themselves. It is about time they acknowledged that water fluoridation does not, in fact, benefit teeth, and potentially harms, in particular, children and chemically sensitive and medically compromised people.

The financial and health cost of water fluoridation are huge and unwarranted.

YOUR SAY

VEGGIE PHRASES ON IPHONE AND ANDROID APP

By AshleyBurton (ash@bisql.net)

I am a long time (14 years) vegetarian and a bit of a geek. A while ago I decided that I would like to write an iPhone app, and had the idea to make a vegetarian and vegan phrasebook to help any travelling veggies. The app is based on the IVU's excellent 'Vegetarian Phrases in World Languages' (<http://www.ivu.org/phrases/> with the permission of the IVU's management.

The app has over 500 phrases in 60 languages, and the benefit of having it on your phone is that you can take it with you all over the world and can use it without incurring any roaming or data charges – of course, the application is completely free!

I built it as a learning exercise and to give something back to the veggie community. It is available for the Apple iPhone and in the Android marketplace – free of charge in both cases.

You can see screenshots of the iPhone version at <http://www.bisql.net/apps/veggie-phrases/>, but there is no substitute for downloading it yourself and having a play. Any comments, questions or feedback are welcome.

A NATUROPATHIC DOCTOR REFLECTS...

By Dr. Geoffrey Miller. Springbrook. Qld.

I have been a member of the NHS since the early 1960's, in fact, probably since the founder, L.O. Bailey, took me to Hopewood Health Retreat to see if I wanted to be their first doctor. But I had just graduated in 1960, and I did not think I would have enough medical experience. This only comes after some years of practice. I had been reading Nature Cure texts for years.

Before I took up medicine, I had made journey to the UK to check on naturopathy there. But I rejected it as it did not have any established practical work as part of the course. So I came back to Sydney and commenced the medical course in 1954.

However, basically I am a naturopath at heart and have promoted a healthy lifestyle ever since the 1950s.

We knew your President Elizabeth French, when she was President of the NHS

YOUR SAY

Brisbane Branch many years ago. My wife, Shirley, used to sing with her in church. We send her our best wishes.

You have improved the Natural Health Society's magazine and I certainly support the new name **True Natural Health**



YOU'VE COME A LONG WAY

The following article appeared in the Detroit Free Press, Detroit, Michigan earlier this year and was sent to us by our good friend Jim Wilson.

YOU'VE COME A LONG WAY, VEGAN

By Michael Hill
(Associated Press)

Once mocked as a fringe diet for sandal-wearing health food store workers, veganism is moving from marginal to mainstream in the United States.

The vegan "Skinny Bitch" diet books are best-sellers; vegan staples like tempeh and tofu can be purchased at just about any supermarket, and some chain restaurants eagerly promote their plant-only menu items. Today's vegans are urban hipsters, suburban moms, college students, even professional athletes.

"It is definitely more diverse, it is not what you would picture 20 years ago, which is kind of hippie or crunchy," said Isa Chandra Moskowitz, author of vegan cookbooks like the new "Appetite for Reduction." She says it is easier being a vegan now because there is more local produce available and more interesting ways of cooking.

VEGANISM IS ESSENTIALLY hardcore vegetarianism. Whilst a vegetarian might butter her bagel or eat a cake made with eggs, vegans shun all animal products. No meat, no cheese, no eggs, no honey, no mayonnaise. Ethical vegans have a moral aversion to harming animals for human consumption, be it for a flank steak or leather shoes.

YOU'VE COME A LONG WAY

It's difficult to come up with hard numbers of practicing vegans. There is a blurry line between people who define themselves as vegan and vegetarian and some eaters dip in and out of plant-only diets. For instance, New York Times food writer Mark Bittman has described his "vegan till 6" health plan, in which he becomes more omnivorous in the evening.

In a 2009 survey, advocates at the not-for-profit Vegetarian Resource Group reported about 1% of Americans are vegan, roughly a third of the people who reported being vegetarians. A separate survey released last year by the group found a similar breakdown for Americans 8 to 18 years old.

That makes veganism something short of a fad sweeping the nation like low-carb once did. Consider that while Kraft Foods reports it shipped out more Boca Original Vegan Burger Patties and Boca Ground Crumbles last year, the increase was a modest 1%. Still, there are plenty of signs that vegans have pushed beyond their old cocoon.

Exhibit A would be the "Skinny Birth" diet books that give vegan lifestyle tips in a blunt, girlfriend-on-the-phone style. (A sample: "Soda is liquid Satan. It is the devil.") Actress Alicia Silverstone added a dose of star power to the vegan cause more recently with "The Kind Diet," a No.1 best-seller.

VEGANISM HAS BEEN BUOYED by the health-conscious wave that drew Americans in unprecedented numbers to low-fat, vegetarian and organic foods. The idea of eating lower on the food chain is especially attractive to environmentally conscious consumers, because large-scale meat production is a major source of greenhouse gases.

And – in a sign of the times – some famous guys are eating vegan now, too.

Bill Clinton, known for his burger-loving ways when President, credited his trim build at his daughter Chelsea's wedding, to a plant-based diet. Even former heavyweight champion Mike Tyson has talked up his vegan diet.



HALF PRICE BOOK SALE

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

FOOD & ACNE

FOOD & ACNE

By Dr David Ryde

Summary

Most clear-skinned patients consumed only modest amounts of milk and meat products. Those with severe acne consumed them to excess and they were advised a drastic reduction in intake.

Introduction

I had become conscious that in moving towards vegetarian or vegan nutrition to lose weight, some of my patients noticed their skin had 'cleared up'. If so, this might conceivably be related to the steroid hormone content of meat and dairy products since acne can be related to pregnancy, adolescence and oral contraception, conditions in which there is an hormonal surge.

Results

Fifteen consecutive patients with severe acne were crudely matched with fifteen patients with clear skins. After their consultations, all were asked, without indicating why, if they had a preference for any of the three groups of food which constitute human nutrition.

1) Dairy Products. 2) Fruit and Vegetables. 3) Cereals.

Responses were graded as "nought" if patient's choices were modest to a particular group, "one" if they indicated a preference and "two" if that preference was marked.

Of the acne sufferers, six showed a preference and nine a marked preference for meat and dairy products (particularly milk and cheese). This made a score of 4 out of a possible 30. Of the non-acne subjects one showed a modest and one a marked preference for animal products, making a score of 3. Random post-trial patient responses continue to confirm the results.

Discussion.

This assessment of acne severity and food preference was subjective on the part of both patients and doctors and the number of patients small, even so the disparity in the scores 24:3 was striking. Of those patients prepared to adopt veganism their initial responses have been highly encouraging, with a marked reduction in acne. Similar patient comments have now been reported to be me by a partner and a local chemist.

FOOD & ACNE

An electrologist with whom I had previously discussed the subject states that the worst case of acne in her 30 years experience completely subsided within four months and further her client's hirsutism had considerably regressed. It is not an unusual observation on our parts that when hirsute clients go 'veggie' their coarse hair often becomes fine, though it may take up to a year for this to be noticed. Hirsutism, apart from its geographical distribution and adolescent association, also occurs in hormonal dysfunction and on taking oral contraceptives. This confirms the possibility of a relationship between animal food products and the ingestion of animal hormone. In recent years the breast tenderness in the two cases of chronic male mastitis I have seen has promptly disappeared, without recurrence when they adopted near vegan nutrition.

Steroids are not fully destroyed when meat is cooked and the process of pasteurization in which milk is heated to 72 degrees C for 15 seconds is unlikely to destroy much steroid which can then be absorbed like orally administered steroids. There are other widespread clinical implications to vegan nutrition, since apart from avoiding steroids, such eating is free of cholesterol, is low in calories and extremely low in salt (approx 1-2g a day). In recent years many patients with various severe and chronic disorders have shown marked clinical improvements concurrent with drug reduction or cessation.

This initial study suggests that the formerly reported negative effects of dietary advice for acne are due to an insufficient food change, for to some patients the complete elimination of meat and dairy is too drastic to consider. Happily those who have adopted it, for whatever conditions, think otherwise.

The purpose of this brief report is to suggest that a near total reduction in the intake of animal products, might be of therapeutic significance in those predisposed to acne, and if so, a more extensive trial would be justified.



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.

RISK TO BIRDS OF PREY

AMERICAN BIRDS OF PREY AT HIGHER RISK OF POISONING FROM PEST CONTROL CHEMICALS

A new study by scientists from Maryland and Colorado using American kestrels, a surrogate test species for raptorial birds, suggests that they are at greater risk from poisoning from the rodenticide diphacinone than previous believed. The research, published in *Environmental Toxicology and Chemistry*, considers the threat posed by diphacinone as its usage increases following restrictions on the use of similar pesticides.

“Recent restrictions on the use of some rodenticides may result in increased use of diphacinone,” said lead author Dr. Barnett Rattner from the US Geological Survey. “Very few controlled studies have examined its toxicity in birds so it is important to determine how lethal this chemical is to wildlife.”

Surveillance programmes have reported detection of rates of rodenticide in birds of prey across France, Great Britain and Western Canada, revealing that several second-generation rodenticides can result in non-target deaths, with possible population-level implications.

However, the global magnitude of non-target poisoning through the routine use of rodenticide, or through targeted eradication programs remains unknown, partly because the indirect fatalities go largely unnoticed and unreported.

The team tested kestrels and discovered the effects of diphacinone and the quantity required for a lethal dose. The results showed that birds that had ingested greater than 300 mg per kilogram of body weight died within 8 to 23 hours, while those ingesting a dose of 118.6 mg/kg survived 27 to 47 hours. At lower doses, nearly all of the birds survived.

Poisoned birds displayed some evidence of internal bleeding, although histological examination of internal organs revealed hemorrhaging over a wide range of doses. The results demonstrate that doses that reach or exceed 79 mg/kg body weight are lethal for kestrels.

“Our study, combined with previous research in hawk and owl species show that birds of prey are considerably more sensitive to diphacinone compared to species such as bobwhite quails and mallards,” said Rattner. “Their protection requires more substantial safety margins than are afforded to species of

RISK TO BIRDS OF PREY

game birds traditionally used in pesticide registration studies.”

Using their results the team estimated how much poisoned prey a hawk or owl would need to consume before ingesting a lethal dose. Using a probabilistic risk approach, the team estimated that an endangered hawk or owl would be at risk if it consumed as little as 3 to 4 grams of liver from a poisoned rodent.

“Diphacinone was found to be considerably more toxic to American kestrels than previously reported in tests of other wildlife test species”, concluded Rattner. “These data, in combination with similar measurements in Northern bobwhites, will assist in the development of a pharmacodynamic model and a more complete risk assessment of diphacinone for birds.”

This study is published in Environmental Toxicology and Chemistry. Media wishing to receive a PDF of this article may contact Lifesciencenews@wiley.com

WHAT'S ON DIARY

LONDON VEGANS' DIARY

The following events may be of interest to vegans and sympathizers in the London area, and where known, the organizer is indicated at the bottom of each entry.

4TH SEPTEMBER 2011

**URBAN GREEN FAIR, BROCKWELL PARK,
HERNE HILL, LONDON SE24**

This is an independent green fair for London powered by Solar and Wind energy. Contact Vegan Campaigns if you would like to help on their stall. Organiser: Vegan Campaigns. **Email: info@vegancampaigns.org.uk**

11TH SEPTEMBER 2011

**THE HORNBEAM COMMUNITY CAFÉ
458 HOE STREET (NR BAKERS ARMS),
WALTHAMSTOW, LONDON E17 9AH**

Sunday lunch at the Hornbeam Veggie Café. Every 2nd Sunday of the month. Booking required. Organiser: The Hornbeam. **Email: info@hornbeam.org.uk**

WHAT'S ON DIARY

11TH SEPTEMBER 2011

LOVING HUT

236 STATION ROAD, EDGWARE, MIDDX HA8 7AJ

London Vegans Restaurant Visit + House Cooling Party. Chinese Buffet lunch followed by the last organized social at Peter's 1920's house before he moves into his new 2011 house. Organiser: London Vegans (Contact Peter Despard) **Email: lv.bookings@londonvegans.org.uk**

21ST SEPTEMBER 2011

LOVING HUT (ARCHWAY)

669 HOLLOWAY ROAD, ARCHWAY,

LONDON N19 5SE

Restaurant visit – One of the best vegan Chinese restaurants in London. Extensive menu. Book by Sunday 18th September. Organiser: London Vegans. Contact Brian Jacobs. Tel: 0208 446 3480 /07590 421 215. **Email: lvbookings@londonvegans.org.uk**

22ND SEPTEMBER 2011

BLUE BRICK CAFÉ

4 FELLBRIGG ROAD, EAST DULWICH,

LONDON SE22

Dulwich Vegan and Vegetarian Society Meeting. Agenda to be announced. Please contact Thomas with suggestions for speakers. Organiser: Dulwich Vegan and Vegetarian Society. **Email: thomasmicklewright@hotmail.com**

As well as organizing various socials and information stalls throughout the London area, London Vegans also run regular meetings on the last Wednesday of every month (except December) at the Millman Street Community Rooms, Millman Street. WC1. (Entrance through security doorway adjacent to 38a). The group provides hot drinks, but participants are invited to bring vegan snacks to share. (No alcohol or smoking please.) There is a small admission charge to cover the cost of the room. The agenda can change without notice.

VEGETARIAN SOCIETY INFO



'THE TWELVE DAYS OF CHRISTMAS'

A new recipe collection for festive feasting

'The Twelve Days of Christmas' is a new festive recipe collection from the Vegetarian Society. The collection has fourteen recipes and is guaranteed free from partridges, French hens and geese and there isn't a turkey to be seen. Instead perk up your seasonal celebration with shots of 'Icy Limed Winter Welcome' and 'Seasonal Sushi' – great flavours and talking points to start your party. For that special dinner impress your guests with mouth watering starters while the main course could be a 'Festive Layered Loaf' or a 'Roasted Celeriac, Blue Cheese and Apple Stack – there's even meals made from any leftovers. The sweet toothed will love the delicate 'Christmas baskets', 'Jewelled sponge puddings' and the very indulgent 'Snow angel cake.' Recipes are available online at www.vegsoc.org/christmas or by calling 0161 925 2000.

The recipes were created by the Vegetarian Society's Cordon Vert cookery school, Alex Connell Principal Tutor said, "Christmas has many culinary traditions and flavours, some old some new, this recipe collection is full of rich, rounded flavours with a sprinkling of seasonal surprises too. I hope you will enjoy making these recipes as much as we did developing them."

The recipe collection is available free of charge from the Vegetarian Society, an educational charity.

Over 3% of the UK population is vegetarian with a further 5% regularly eating meat-free meals.

DISCOVER YOUR INNER VEGGIE MASTER CHEF!

New courses and master classes for 2011/12

Discover your inner veggie master chef with a cookery course from Cordon Vert's new programme. There's something for everyone whether you are a culinary wizard looking for inspiration or an apprentice fresh to the apron. Course details can be found at www.cordonvert.co.uk or by calling 0161 925 2014.

GARDENER'S CORNER

GARDENER'S CORNER



Sark – the Manor House



The garden

Sark is one of the smallest of the Channel Islands being only 3½ miles in length and 1½ miles wide but it is the home of one of the most stunningly beautiful gardens in the United Kingdom which really puts it on a “world excellent” standard.

The island of Sark lies 9 miles off Guernsey. It has just 600 inhabitants and the historic head is the Seigneur Michael Beaumont who inherited the title from his grandmother Dame Sibyl Hathaway.

Passing through the granite walled garden through a small arched opening one enters a paradise of shape and colour. A parterre of low box hedging encloses a rose garden. These are highly scented and reminiscent of the roses of yesteryear which, as a boy, I made rose scented water for my mother from the petals.



The rose parterre

Seven lady gardeners tend the gardens and see to the pruning, planting and weeding. One was dead-heading the roses and her wheel barrow overflowed with the red, pink, white and yellow blooms, just past their prime and over-blown.

The Victorian greenhouse has been restored by the present owner and houses grape vines both red and white. The roots are planted outside and the stems come up through the front low wall into the house and the branches are trained up the sloping roof. For pruning and tending to the bunches of fruit, which need thinning to get large grapes, there is an ingenious sliding ladder leaning on the back wall which slides along a

GARDENER'S CORNER

track so all parts of the vine can be easily reached.

Against the garden walls, delicately perfumed sweet peas scramble up 8 feet or so, smothered in sweet scented blossom.

Carefully tended paths lead on from one delight to another. As one passes through the wall again into the kitchen garden, a geranium, smothered in flowers, reaches to a height of 9 or 10 feet. On either side of the entrance is a trellis enclosed fernery, with small ponds and gentle fountains playing in the breeze.



The grapevine and special ladder for pruning



The 10-foot geranium

Close to this is the “pot garden”, a series of stone troughs and flower pots tiered to give form and colour rising ahead of the visitor.

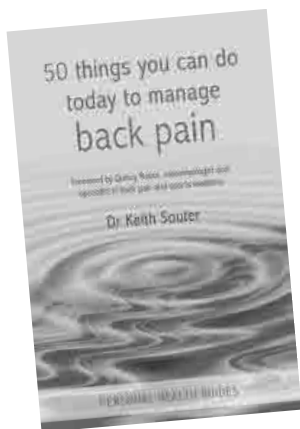
The vegetable garden is similarly well tended and luscious strawberries abound alongside plump gooseberries and ripening black and red currants.

Bumble bees, native to the island, are busy visiting every bloom, especially those of the giant echium, whose flower spike can reach over 20 feet and is a certain attractant to all bees with its small blue and pink flowers, overflowing with nectar.

Honey bees had died out from Sark some years ago, but were re-introduced last year, and one of the gardeners – Jo Birch – is learning how to keep them and help them to prosper in her new hives. She hopes to harvest a good crop of honey this year now that her bees are well established.

Sark has no cars and the way of life is much as it has been over many decades with farming and self sufficiency at its heart. So here there is time to do a good job and take a pride over one's efforts and how well it shows through.

BOOK REVIEWS



PERSONAL HEALTH GUIDE

50 THINGS YOU CAN DO TODAY TO MANAGE BACK PAIN

By Dr. Keith Souter. FRCGP

In this easy-to-follow book, Dr. Souter explains the various types, and the many possible causes, of back pain, and offers practical and holistic advice to help you deal with it. With many years experience as a GP, medical acupuncturist and homoeopathic specialist he looks at lifestyle changes, dietary modification and DIY complementary therapies that help to reduce back pain.

Find out 50 things you can do today including:

- Choose beneficial foods and supplements
- Discover natural anti-inflammatory herbs and spices
- Try out exercises to reduce pain and strengthen the back
- Find helpful organisations and products

Dr Keith Souter is a doctor medical writer and novelist with a holistic medical practice in Yorkshire and author of several books.

Published by Summersdale Publishers Ltd. Paperback. Price £6.99 plus P&P £2.00. Available from JVS and all good bookshops and internet booksellers.



THE GARDENER'S YEAR MADE EASY

A new book from Which?

From planting spring bulbs to harvesting winter vegetables, *The Gardener's Year Made Easy* will take you through the essential tasks to keep your plants in tip-top condition so you can make your time in the garden really count.

With advice on the most important jobs to do each month for all aspects of your garden, from

BOOK REVIEWS

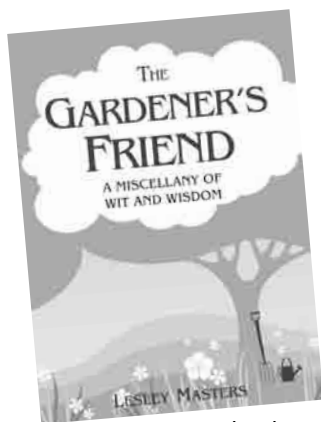
vegetable plots to lawn care and fruit gardens to borders and ponds, this is the must have book for all keen gardeners.

This essential handbook also includes: easy-to-follow gardening advice you can trust:

- What to do when and how.
- What the most common tasks are, month by month.
- Pests and diseases to watch out for.

Fully illustrated with easy-to-follow instructions and packed with tips to get the best from your plants and keep your garden looking great.

The Gardener's Year Made Easy can be ordered direct from Which on 01903 828557 (Price £10.99 p&p free) or at www.which.co.uk/books or bought from bookshops.



THE GARDENER'S FRIEND ***A Miscellany of Wit and Wisdom***

By Lesley Masters.

Seasoned gardeners, urbanites with window boxes and those who simply potter will savour this miscellany of quotations and prose, interspersed with practical advice and everything from keeping a shed in order to bird spotting.

Gardening and great minds go together, some of the greatest thinkers of modern times were also keen gardeners and plant lovers.

This miscellany is for those who love gardens and is filled with inspiring and witty quotations, as well as trivia and gardening tips and suggestions on inspirational gardens to visit.

Published by Summersdale Publishers Ltd. Hardback. Price £9.99. Plus P&P £2.50. Available from JVS

BOOK REVIEWS



ANI'S RAW FOOD – ASIA EASY EAST-WEST FUSION RECIPES

By Ani Phyo

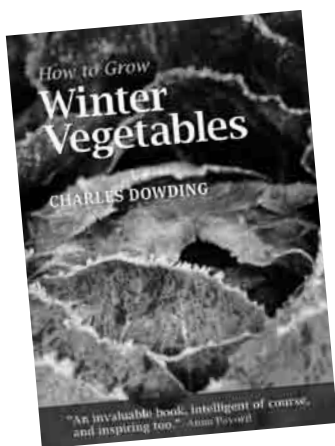
Join Ani Phyo on a journey back to her Asian roots, and kick-start a healthier diet with delicious raw Asian Food inspired by flavours from Korea, China, Japan, Thailand, Vietnam, India, Indonesia and Hawaii, and background information on traditional dishes. **Ani's Raw Food Asia** also offers essential tips on green

living, well-being, longevity, fitness, beauty and entertaining as inspired by a healthy Asian lifestyle.

You will find authentic Asian recipes including drinks (Mango Lassi, Superfood Coconut Lemongrass Smoothie), soups (Sesame Mushroom Soup, Chilled Cucumber Soup), salads (Rainbow Salad with Tahini Dressing, Green Papaya Salad), noodles, rice dishes, curries, as well as delicious desserts, such as Lychee Asian Lime Crepes with Ginger Sorbet, Asian Black Rice "Chia" Pudding, plus many more.

Whether you are new to raw or a seasoned chef, Ani's recipes capture all the flavour of Asian cuisine.

Published by Lifelong Books a member of The Perseus Books Group. Paperback. Price £14.99 Plus P&P £3.50. Available from JVS.



HOW TO GROW WINTER VEGETABLES

By Charles Dowding.

This new book by Charles Dowding explains how to have plenty of vegetables to eat during the winter months, both stored and fresh. Through winter, soil is cool and transforms the plot into a large outdoor larder where many vegetables kept healthy and alive, ready for harvesting when needed.

BOOK REVIEWS

Winter and early spring require a different kind of gardening to the summer months, not a lot grows at this time, but a well-planned plot may nonetheless be quite full.

How to Grow Winter Vegetables shows that it is possible to enjoy an abundance of vegetables at the darkest time of year. It also covers growing for the 'hungry gap' from April to early June.

Many salads can be grown in winter, especially with a little protection from fleece cloches or larger structures and the book includes a whole section on frost-hardy salad plants, explaining how to ensure harvests of fresh leaves throughout the winter. The beauty of winter and its produce is captured in glorious photographs from the author's garden.

Published by Green Books. Paperback. Price £14.95 Plus P&P £3.00. Available from JVS



SWEET VEGAN

By Emily Mainquist

Emily Mainquist turned the baking world upside down when she opened her little bakery in Baltimore, USA. People were lining up outside **'Emily's Desserts'** in hope of buying one of her Cinnamon Rolls or famed cupcakes. What made her baked goodies so special? Simple, not only did they use good organic, all-natural ingredients, but they were all 100% vegan and many of them

were even gluten-free. Emily had managed to transform the once-bland vegan and gluten-free desserts, into sweet masterpieces.

In **Sweet Vegan** Emily brings her secrets and passion for baking to the 250,000 vegans in the UK with more than 70 sensational, cholesterol-free recipes, that are easy to follow, and that everyone will want to share with friends and family, whether vegan or vegetarian, people with dietary restrictions, food allergies and health concerns, or those who are environmentally conscious.

There are pies and pastries, cakes and cookies, mousses and lots more, such as Triple Chocolate Cheesecake, Crunchy Toffee Squares, Rustic Apple Pie,

BOOK REVIEWS

Lemon Buttercream Cake, Fruit Pizza, Carrot Cake, Almond Jam Cookies and much more.

With full-colour photographs, clear step-by-step instructions, and helpful information, **Sweet Vegan** is perfect for anyone, interested in vegan cooking or wanting to be a more healthful, eco-friendly baker.

Published by Kyle Books Paperback Price £14.99 Plus P&P £3.00. Available from JVS.



THE FRANK FAMILY THAT SURVIVED

By Gordon F. Sander

The inspiring story of a German-Jewish family which, like Anne Frank's family and 25,000 other Dutch and other Jews, 'dived under' in Nazi-occupied Holland in 1942, but miraculously survived.

An extraordinary tale of survival, part-family memoir, part-history, in which the author's passion and judgement are finely balanced.

Gordon Sander's grandfather, Myrttil Frank

took his wife Flory and daughters into hiding in the Netherlands in July 1942, just as Otto Frank did at around the same time.

The Frank Family That Survived is an absorbing account of their ordeal, written by none other than the son of the survivors. His book is also likely to linger in the memory because of certain vital questions it raises.

We would like to mention with pride that Myrttil's brother Julius, together with his son Peter, were Life Members of The Jewish Vegetarian Society for many years, and Julius donated two of his original paintings to the society which are hanging in our office. His son Ronald is still a member, and it was he that sent us a copy of the book

Published by Hutchinson. Used by permission of The Random House Group Ltd. Price £9.99. Plus P&P £3.00. or one can obtain a copy to read from the local library.

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LIFE MEMBERS

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

UK Life Membership

£175

Israel Life Membership

\$275

American Life Membership

\$275

or 5 annual payments of

£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.