

The Jewish Vegetarian

PICTURED: JVS PATRON RABBI DAVID ROSEN

RABBIS WARN OF SPIRITUAL &
MORAL DANGERS OF EATING
MEAT: PAGE 8

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*'They shall not hurt nor destroy
on all my holy mountain' (Isaiah)*

WELCOME TO THE JEWISH VEGETARIAN

What a busy few months it has been! In May we hosted our 52nd Annual General Meeting. A big thank you to Ori Shavit, who joined us live from Israel via Skype to talk about her role in building the vegan movement as well as the many fantastic developments in Israel, see vegansontop.co.il to find out more about Ori. We were also joined by Gavin Fernback who spoke about his personal journey to veganism, and how he veganised his London café The Fields Beneath, which you can read all about on page 13

We were delighted to secure a double page spread in the Jewish Chronicle newspaper during National Vegetarian Week, in which I shared my top tips for going veggie, see page 10 for more.

Recently the JVS Board met Jeffrey Cohan, Director of Jewish Veg in the US, who is a regular contributor to this magazine. We look forward to collaborating with Jewish Veg in the future on joint projects - watch this space.

We were also very excited to partner with ProVeg, a campaigning group which has just launched in the UK, Germany, Spain & Poland. Together, we co-hosted Holocaust survivor and JVS Patron Dr. Alex Hershaft,

which you can read about on page 4.

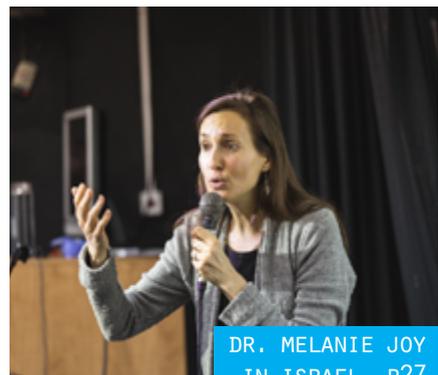
See page 6 for details of upcoming events. As always, we love hearing from you. Please do get in touch with us via info@jvs.org.uk with ideas you have for this magazine, and for our events.

L Smallman

Lara Smallman
Director, Jewish Vegetarian Society



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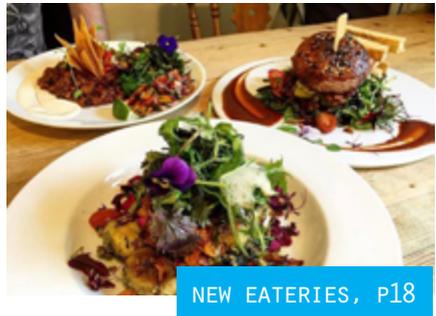
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Above, Jimmy Pierson, ProVeg Director introduces Dr. Alex Hershaft.

JVS Patron Dr. Alex Hershaft delivered his unique and immensely poignant talk 'From the Warsaw Ghetto to Compassion for All' to a packed-audience at the Jewish Museum last month. The talk was part of a European tour, which saw him speak in Poland, Germany, Spain, and lastly, in London.

Alex is a pioneer in the veg-advocacy movement. He founded FARM (Farm Animal Rights Movement) in 1976 as the Vegetarian Information Service to distribute information on the benefits of a vegetarian diet. In 1981, it became the Farm Animal Reform Movement by embracing veganism and the right of animals not to be used for food. In 2011, it became 'Farm Animal Rights Movement' to emphasise its commitment to ending the use of animals for food, rather than focussing on reforming their treatment.

Alex recounted the story of his moving and tragic childhood, being forced to move in to the Warsaw Ghetto and surviving by being snuck out by his gentile housekeeper. Much of his family were killed and he ended up moving to the USA after the war. He talked about how his experiences

sensitised him to all forms of suffering, but whilst he felt there was little he could do about human suffering, by becoming vegan he can save the lives of 100 animals every year, and if he can convince ten people to become vegan he can save 1000. You can watch Alex's talk in full here: tinyurl.com/hershaftlondon.

JVS visits the USA:

Our director Lara attended Shamayim V'Aretz's Animal Welfare retreat in Baltimore in mid-March. Shamayim V'Aretz (shamayimvaretz.org) is a Jewish animal welfare organisation that educates, trains leaders, and leads campaigns for the ethical treatment of animals. The retreat brought together leading activists from across the US including representatives from The Humane Society of the United States and PETA to discuss each others' campaigns, which centre on improving the lives of animals. Lara presented a talk on the future of cruelty-free fashion, which will be repeated as a JVS event later this year.

Lara also delivered a presentation on the history of Jewish vegetarians together with Jewish Initiative for Animals' Sarah Chandler to a full house at Washington's Sixth and I Synagogue.

Opportunity to represent JVS:

JVS is a member of the AIA, an alliance of faith organisations promoting the compassionate treatment of animals. There is a vacancy on the board for a Jewish representative who will bring Jewish wisdom on the compassionate treatment of animals to the organisation. To apply or to find out more, email: info@jvs.org.uk. There will be four London-based meetings a year. Find out more about AIA at: animal-interfaith-alliance.com.



VOLUNTEER WITH US!

A big thank you to JVS volunteer Shana Boltin for running the recent 'Vegan Shabbat Lunch' cookery class at JW3.

We are currently looking for volunteers to help with:

- Our community garden.
- Our stand at Gefiltefest, the London Jewish Food Festival on Sunday 25th June at JW3. Our stall is always busy and always a lot of fun.
- Delivering our magazine locally to shops and restaurants.
- Setting up, packing away and welcoming guests at our events.

If you'd like to volunteer for a future JVS event or have an idea for one, please email info@jvs.org.uk.

COMING UP @ JVS

GEFILTEFEST LONDON JEWISH FOOD FESTIVAL, ALL DAY EVENT ON 25TH JUNE, VISIT GEFILTEFEST.ORG

Join us at Gefiltefest - we will be running two sessions in the main programme, one of which will be a cookery class. We will also be exhibiting in JW3's lovely piazza all day with competitions, food samples and free magazines, come and say hello!

FRIDAY NIGHT DINNER AT JVS, 7PM ON 7TH JULY 2017

Our much loved potluck supper is back. this time outdoors. See jvs.org.uk/events for more details and to book.



Proud to be a part of

London
Evening
Standard
FOOD
MONTH

For more details and
to book tickets, go to
jw3.org.uk/gefiltefest

CELEBRATING JEWISH
GEFILTEFEST
HERITAGE THROUGH FOOD

JEWISH FOOD FESTIVAL 2017

Sunday 25th June, 10.30am-5pm
JW3, 341-351 Finchley Road, London NW3 6ET
Doors Open at 10am

- A day out for all the family including a fantastic programme of children's activities
- Get your hands dirty learning to make authentic Lithuanian chopped herring
 - Learn about the origins of popular Jewish recipes from Sudanese baklava to Ukrainian borscht

★ FESTIVAL HIGHLIGHTS INCLUDE: ★

Panel on the Israeli food boom featuring Eran Tibi, Eyal Jagerman, Joel Braham, Uri Dinay & Or Golan

Cookery demos from Emma Spitzer and Gefiltefest stalwarts Fabienne Viner-Luzzato and Denise Phillips

All-day food court in the piazza at JW3 with a wide variety of delicious samples and flavours

A new approach to healthy Jewish eating with co-authors of *Lokshen Horror* Judi Rose and Jackie Lewis

The return of our popular Just A Minute panel with Dan Patterson, Abigail Morris, Adam Taub & Clive Lawton

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For more info see page 113

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Mitzvah Day

תמיכה מרכזית מן
הוועד הלאומי למצוות
המרכז הלאומי למצוות

With thanks to

Shoresh JHub

Registered charity number 1149500

Gefiltefest is under the supervision of the Sephardi Beth Din SKA

ORTHODOX RABBIS WARN OF MORAL & SPIRITUAL DANGERS OF EATING MEAT

In an unprecedented statement, a group of Orthodox rabbis around the world, members of Torat Chayim, a progressive Orthodox rabbinic group, have called upon the broader Jewish community to consider the moral and spiritual dangers associated with meat consumption. In this statement, these members of Torat Chayim have called upon Jews of all persuasions, but especially the Orthodox community, to consider the dimensions of *halakhab* and the Jewish ideal that reducing meat intake leads to a healthier and more ethically vibrant world.

“We, the undersigned, are committed to the observance of kashrut and its

continuance as a vehicle towards just, healthy living and the service of G-d. We encourage the community to consider research of livestock raised in the factory farming system and to question whether food prepared in this manner meets the reverence-for-life standard on which kashrut is founded or the ethical standard we require from agri-business, from large conglomerates to mom-and-pop farm operations. A substantial body of research suggests there is significant and unnatural pain caused toward animals during their raising and slaughter for human consumption, that factory farming is one of the leading contributors to carbon emissions, and that the consumption of large amounts of meat is a leading contributor to cardiac disease, gastrointestinal ailments, and certain types of cancers. As a whole, it behooves the Jewish community, indeed nations all over the world, to have spirited and respectful conversations about reducing meat intake and coming together to find solutions for this global concern.” Signed by those listed on the next page:





RABBI DANIEL ASKENAZI
RABBI CHUCK DAVIDSON
RABBI AVIDAN FREEDMAN
RABBI DANIEL GOODMAN
RABBI DR. MEL GOTTLIEB
RABBI STEVE GREENBERG
RABBI DR. YITZ GREENBERG
RABBI DAVID JAFFE
RABBI DAVID KALB
RABBI WILL KELLER
RABBI DANIEL LANDES
RABBI AARON LEIBOWITZ
RABBI YEHOSHUA LOOKS
RABBI DR. ARIEL EVAN MAYSE
RABBI MICHAEL MELCHIOR
RABBI AVRAM MLOTEK
ROSH KEHILAH DINA NAJMAN
RABBI MICHA ODENHEIMER
RABBI HAIM OVADIA
RABBI AARON POTEK
RABBI DR. DAVID ROSEN
RABBI DEVIN VILLARREAL
RABBI DR. SHMULY YANKLOWITZ

TOP TIPS FOR GOING VEGGIE:



Give yourself time to cook, especially at the beginning. Making veggies centre stage will require planning at first.



Start with cuisines that naturally lend themselves to vegan cooking —Indian, Japanese, Mexican & Israeli.



Stock up on whole grains, beans, spices, fresh herbs, nuts, seeds and seasonal fruit and vegetables.



Give meat substitutes a go, Fry's do a fantastic range of burgers, sausages, shnitzels. There are also great options from Linda McCartney, Cauldron & Quorn.



A top tip is to invest in a great all-round vegan cookbook / download a selection of recipes from the JVS' newly redesigned website: jvs.org.uk.

IN THE NEWS

- Study finds British families ‘buying less meat and turning to fruit and veg’
- Germany puts an end to fur farming.
- 11 million people sign petition calling for a ban on China’s Yulin dog meat festival.
- Bill Gates-backed vegan Beyond Meat burgers secure supermarket deal.
- ‘Fake’ fur being sold on British high street is actually from cats, rabbits, and dogs, investigation reveals.
- Rise of veganism featured every day for one week on BBC Radio 4.
- Pizza Express announces plans to introduce vegan cheese.
- Sainsburys supermarket launches own brand non-dairy milk.
- Tesco becomes the second UK supermarket in six months to commit to labelling vegan products, Asda was the first, following the launch of the Animal Aid’s ‘Mark it Vegan’ campaign.
- Vegan fashion truck La Pradelle is getting ready to introduce vegan fashion to the streets of France. The truck will embark on a summer tour from June until September 2017—stopping at local festivals—filled with vegan clothing, shoes, decor, cosmetics, and accessories on a mission to educate the public that the vegan lifestyle is not limited to dietary choices.

EVERYTHING YOU NEED TO KNOW ABOUT VITAMIN B12

**Information kindly provided by the Vegan Society (vegansociety.com).*



Everybody needs regular, reliable sources of vitamin B12. Reputable vitamin B12 supplements or fortified foods (see reference) are needed by all vegans, and also by everyone over the age of 50, no matter their diet. Vitamin B12 deficiency can cause nasty side effects such as anaemia, nerve damage, heart disease or pregnancy complications - so it's not worth taking any chances!

Remember, vegans using adequate amounts of fortified foods or B12 supplements are much less likely to suffer from B12 deficiency than the typical older meat eater.

VEGAN SOURCES OF VITAMIN B12

Look for plant milks, yoghurts, breakfast cereals, spreads, yeast extracts and nutritional yeast products that are fortified with vitamin B12. For example, taking 300 ml of a fortified plant milk plus 30 g of a fortified breakfast cereal is a good meal to supply vitamin B12 (1.5 micrograms). Or try fortified yeast extract with fortified spread on wholewheat toast, or macaroni with fortified nutritional yeast 'cheezy sauce'.

SMART SUPPLEMENTS

Alternatively, chew a reliable vitamin B12 supplement to enable you to absorb as much as possible. All vitamin B12 is produced by micro-organisms. The only reliable sources of vitamin B12 on a plant-based diet are fortified foods and supplements.

The less often you get vitamin B12, the more you need to take. Your body prefers a little vitamin B12 taken often - yet if that is a challenge for you, a weekly generous vitamin B12 supplement can also protect your health. If you're worried you may be missing out, your doctor can check your blood homocysteine levels to see if you're obtaining enough vitamin B12.

There's a lot of misinformation out there about B12 so stay smart. While B12 used to be found in the soil, it is not a healthy or reliable supply, which is why farmed animals are given B12 supplements of their own. By supplementing with B12 you're merely bypassing the poor non-humans, and taking it directly.

Still not sure?

To enjoy the full benefit of your vegan diet, either:

- Eat fortified foods with every meal, to obtain 3 micrograms of vitamin B12 each day or take one supplement containing at least 10 micrograms of vitamin B12 every day. The Vegan Society's VEG 1 supplement has been specifically formulated for vegans or take one supplement containing at least 2000 micrograms of vitamin B12 every week.

Check food nutrition labels and supplement details to see how many micrograms (also written μg or mcg) of vitamin B12 you are receiving. Make sure B12 is on your radar!

Want to know the technical details? Read this open letter on vitamin B12 from health professionals and vegan organisations: tinyurl.com/b12moreinfo

LONDON CAFE GOES VEGAN ON MOTHERS DAY



We spoke to Gavin Fernback (pictured above), owner of The Fields Beneath, whose café made the headlines when it became 100% vegan on Mother's Day...

We opened in 2012 serving you're typical nice coffee shop fare - speciality coffee from Square Mile, cheese croissants, brownies etc. We have been regarded as one of London's best speciality coffee shops since the get-go, and we were ticking along nicely - good turnover, good reviews, lovely staff, fun customers - nothing groundbreaking, but good quality, and a great place to work and hang out.

Going vegan was a journey I shared with my best friend and wife Caz. 'Eating

Animals', which we started reading in 2015 marked the start of that journey. We went on to devour Netflix's entire catalogue of vegan films; Food Inc, Forks over Knives, and Cowspiracy, but we still weren't prepared to give up meat, but rather find 'better' meat, i.e. organic. We soon started to consider where our meat was coming from. In our quest for 'high welfare' products, we started questioning farmers at farmers' markets about the lives of their animals, and asked what the abattoirs were like. We were a bit nervous asking, as if it was none of our business, or rude to ask, we did not want to be seen as second guessing someone else's morals.

We carried on looking into animal agriculture, in a bid to justify our meat eating. It was whilst on holiday that we watched 'Dairy is Scary', and that was the last straw for Caz. She chose to go vegan and I joined her. It wasn't however until I watched Ingrid Newkirk's talk "Why hamburgers should be illegal?" that I started to see animals as sentient beings who want a peaceful life as much as we do.

I soon realised I had no choice but to make the business vegan too. I remember thinking 'if I don't want to cause unnecessary suffering to animals, then I can no longer run the café using their products'.

The process of transforming the café started with conversations with regular people. We were initially quite shy, we switched the croissants for vegan ones without shouting about it. We went vegetarian in December, dropped cheese completely in February and became fully

vegan at the end of March, with delicious new products like the sandwich pictured below.

We ran a 30 coffees for 30 pounds promotion from January, giving people a really strong incentive to try dairy free coffee. By the end of it dairy free would be normal, they'd keep buying coffee from us and they'd stick to non-dairy. Over 150 people signed up (30 pounds upfront, so great for cash flow in January!) and almost everyone has kept with the new milks.

More recently the café is being more involved in activism. The movement needs it and if we're ever going to get to a world like the one Simon Amstell portrayed in *Carnage*, we need to be active. I joke with customers "on the surface, I want you to give up dairy in your flat whites, beneath that though, I want you to go vegan, and beneath that I want you to become an activist." Save movements (comprised of groups around the world who bear witness of pigs, cows, chickens and other farmed animals en route to slaughter, see thesavemovement.org to find



out more), marches, earthlings experiences - we are starting to go to those and to think "what more can we do?" After all, it's urgent for the animals that we do take action, lives are at stake and unlike the humanitarian crises happening the world over, it only takes choosing something different on the menu to save the animals, luckily we get that choice three times a day.

Veganuary along with all the vegan heroes we have (Melanie Joy, James Aspey, Ingrid Newkirk have enabled us to feel a part of something, share it with others and also help us develop our articulation of a very challenging and much-challenged subject.

My key message to other vegans is to remember that almost all of us ate animal products and we did not think twice about it. And if anyone said 'what you're doing is wrong' we would probably not have been that receptive. I think we must respect where everyone else is at. There is a disconnect between carnivores and the animals they eat/use/wear. Once the connection is made, on a deep level, then to think of eating a steak is no different from eating your pet dog; that's when people go vegan. What vegans must do is work on getting people to make that connection, not making them feel wrong for having not done so yet. We must show people as much compassion as we show the animals.

THE YEAR IS 2067 & THE WORLD IS VEGAN...



JVS member Jonathan Shine gives us his take on 'Carnage', Simon Amstell's first feature-length film, which had its debut in March.

Sometimes, the only way to deal with something traumatic is through humour. Remarkably, Simon Amstell's new documentary, *Carnage*, manages to have us doubled over with laughter whilst neatly and skillfully educating us about the serious issues surrounding the world of animal-based diets.

People committed to a vegan diet often find it difficult to fully explain the multi-dimensional and complex motivations behind the conviction to avoid

consuming animal products. I used to point people towards "Eating Animals", a book on the topic by Jonathan Safran Foer. Now, we have another tool to help us express our thinking and feeling – a truly remarkable film - that in just 68 minutes breathtakingly takes the viewer on a whirlwind journey from our animal-consuming past into a future world of peace with animals.

The film, set in the vegan world of 2067, looks back at a time when consuming animal products was normal and legal.

It includes everything you could ever want from a film; evoking laughter and tears, sharing vital facts and stats whilst providing us with a compelling and inspiring new perspective on moving away from animal-based food consumption.

By a stroke of genius, Simon's movie manages to express the seriousness of the what's wrong with the meat, milk and egg industries by use of extraordinarily smart humour.

Despite numerous graphic pictures of cruelty to animals, this film is hugely watchable, engaging and very funny. It has been put together with great care and professionalism. It pieces together a combination of footage of old TV clips with splendidly performed futuristic fiction that is charmingly realistic.

Carnage is available on the BBC iPlayer, and watching it with friends and family cannot but invoke deep thinking and discussion about the origins of our food. Enjoy watching it!

WHERE TO EAT: LONDON

Plant-based paradise:

FARMACY, 74 Westbourne Grove,
London, W2 5SH (farmacylondon.com)

Forget the boring stereotypes so frequently associated with veggie cafes, Farmacy is London's leader of haute-vegetarian vibes. Offering an array of delicious plant-based dishes in a stunning, stylish environment with great music, cosy booths and a bar serving a selection of refreshing cocktails, organic wines and fresh juices and smoothies - it's a one-stop plant-based paradise. Featuring healthy choice comfort foods such as the signature "Farmacy Burger" and plant-based ice cream sundaes - even your friends wanting to indulge will be sure to find something to suit their appetite.



The Wild Card Option:

MNKY HSE, 10 Dover Street,
London, W1S 4LD (mnky-hse.com)

Mayfair's late-night hot-spot, MNKY HSE, acts as a wild card not just because of its jungle ties, but because, despite its eclectic menu featuring an array of Latin-American delights, they also serve the most mind-blowing of melon dishes.

The MNKY HSE 'Melon' is served chilled and marinated in a peppermint and chlorophyll jus. MNKY HSE brings a vibrant blend of London funk and Latin spirit to Mayfair. Serving high-quality, contemporary Latin American food and drink, alongside DJ performances.

The one that creates cakes from veg:

THE MAE DELI, multiple locations
themaedeli.com

For your perfect vegan-friendly pick-me up, head to Mae Deli - where even your cake counts towards your five-a-day. The Fudge Brownies at The MaE Delis and The Kitchen Counter are legendary. Available to have in or take away, these bites are a great way to round off a lunch or as a snack throughout the day. Creator Deliciously Ella has created a special recipe for brownies, putting vegetables centre stage with new and improved sweet potato brownies - the ideal spot for the ideal spot for grab-and-go morning coffees, lunches, brunches and healthy, light dinners.



The Michelin Star option:

BENARES, 12a Berkeley Square
House, Berkeley Square, London,
W1J 6BS (benaresrestaurant.com)

The Michelin-starred Indian restaurant in Mayfair's Berkeley Square launched a selection of new veggie dishes during National Vegetarian Week, including; Tandoori Khumb and Hara Phool. The dish features a Portobello Mushroom with edamame, tandoori broccoli, coconut and curry leaf sauce. Created by Chef Patron, Atul Kochhar, the dish showcases his talent for pairing complex and subtle flavours and his love for vegetables.

NEW VEG EATERIES

* RECOMMENDED BY YOU!



*Gluten free & vegan delights:
Off Beet in Hampshire*



*Raw goodies at Rawligion,
near Warren Street tube*



New to Pinner: The Ahimsa Vegan Cafe



*Brand new vegan Italian eatery in Hackney,
London: Piadina Genuina*

CHILLED MANGO & TOMATO SOUP

The perfect starter for a special occasion, this vibrant recipe is taken from 'Cinnamon Kitchen, The Cookbook' by Vivek Singh, published by Absolute Press, hardback price: £25.

Preparation time: 15 mins

Cook time: 3 hours 30 mins

Ingredients (serves 4 - 6):

10 ripe tomatoes, quartered
5 green mangoes
5 red peppers, deseeded and roughly chopped
5 cm piece of fresh ginger, peeled and roughly chopped
5 garlic cloves, peeled
1 teaspoon cumin seeds, roasted
1 teaspoon red chilli powder
3 tablespoons extra-virgin olive oil, plus extra for drizzling
1 teaspoon salt
1/2 teaspoon sugar
250 ml water
salad leaves or micro cress leaves, to garnish

Method:

1) Mix together all the ingredients, except the water, in a non-metallic bowl and leave aside to marinate for about 3 hours.



2) Add the water, transfer to a blender or food processor and blend until smooth. Strain the soup into a bowl, pressing down on the vegetables, to extract as much flavour as possible.

3) Cover and refrigerate until chilled. Pour the tomato soup into the bowls and drizzle with more olive oil just before serving.

4) Garnish with salad leaves or micro cress.



GREEN PEA FALAFEL BOWL

Falafel purists use soaked chickpeas instead of cooked. Cooked is however much quicker and works just fine.

We also find that it's easier on our digestion. You don't have to roast the beetroot for the hummus but can simply grate raw beetroot before mixing it. But since we're using the oven anyway for the other parts of the bowl, we roast them to give the hummus a rounder flavour. Recipe from *Green Kitchen at Home* by David Frenkiel & Luise Vindahl.

Ingredients (serves 4) :

Falafels:

1 cup / 150 g green peas, fresh or frozen (thawed)

1 cup / 150 g cooked chickpeas
 2 small shallots, peeled and coarsely chopped
 1-2 cloves garlic, peeled
 2 tbsp buckwheat flour or potato starch
 2 tbsp pumpkin seeds
 1/2 tsp baking powder
 3 stalks fresh mint, leaves picked
 3 stalks parsley, stems discarded
 1 tbsp lemon juice
 1 tsp ground cumin
 1 tsp flaky sea salt
 1-2 tbsp olive oil

Beetroot Hummus:

200 g raw beetroots
 1 cup / 150 g cooked white beans
 3 tbsp light tahini (sesame paste)

4 tbsp lemon juice
3 tbsp cold-pressed olive oil
1 tsp ground cumin
1 clove garlic, peeled
1 tsp flaky sea salt

Cinnamon quinoa:

1 cup uncooked quinoa
pinch flaky sea salt
1/2 tsp ground cinnamon
1 small handful raisins (we used green raisins with a smoky flavour)

To serve:

4 carrots, peeled and cut into thick sticks
(bake together with the beetroot)
2 avocados, sliced
4 handfuls mache lettuce
1/2 cucumber, sliced
12 radishes, sliced
1 cup plain yogurt
bunch fresh mint
handful toasted almonds
sesame seeds

Preheat the oven to 200°C / 400°F fan mode (this is because we're doing two plates simultaneously).

Add all falafel ingredients (except the oil) to a food processor and pulse until mixed but not pureed. With moist hands, shape 16 mini falafel patties (roughly 1 generous tablespoon per falafel). Pour a little olive oil into the palm of your hand and then

place each falafel in it, smoothing out the falafel and at the same time coating it in oil. Refill with oil for every fourth falafel. Place them on a baking tray covered with baking paper. Bake in the oven for 20 minutes, turning them after half the time.

Peel the beets and cut in quarters. Place on a baking tray together with the prepared carrots (from the to serve list) and place in the oven (this can be done simultaneously as the falafel tray) for about 20 minutes or until baked through and soft. Let cool slightly and then place the beets (set the carrots aside for serving) in a food processor (or bowl if using a stick blender) with the rest of the ingredients and mix for at least 2 minutes until very smooth. Taste and adjust the flavours to your liking.

Prepare the quinoa while the vegetables are in the oven: Place rinsed quinoa in a saucepan, add 2 cups water, salt and cinnamon and bring to a boil. Lower the heat immediately and simmer for about 12-15 minutes. Stir in raisins and set aside.

Stir together yogurt and a handful chopped mint leaves, set aside.

Arrange all serving ingredients in bowls and top with beetroot hummus, quinoa and pea falafels. Sprinkle with chopped almonds, sesame seeds and mint. Enjoy!



MINI RAW VANILLA CHEESECAKES

These bitesize cheesecakes make perfect finger food for guests or indulgent snacks for you and your family. The only problem you'll have is trying not to eat them all at once. Free from gluten, dairy, eggs, and refined sugar. Recipe by Coyo (coyo.com/gb).

Cooking time: 1 hour and 30 mins

Preparation time: 1 hour and 30 mins

Ingredients (makes 12 portions):

For the base:

10 pitted medjool dates
150g blanched almonds

For the topping:

200g cashews -
Soaked in boiling water for 1hr then drained
Juice of ½ lemon
4 tbsp coconut oil, melted
250ml vanilla Coyo natural vegan yoghurt

For the fruit:

2 plums
3 tbsp maple syrup
1 cinnamon stick
1 star anise
1 tsp mixed spice

Method:

1. Blend the dates in the processor until well chopped and in a sticky ball. Add the almonds and blitz until the almonds are

finely chopped and the mixture sticks together when you squeeze it.

2. Grease a 12 hole muffin tin and add a strip of greaseproof paper to each with 2 cm sticking out each side of the hole to help you lift the finished cheesecakes out.

3. Divide the mixture between the 12 muffin holes and use the base of a small glass, with a piece of greaseproof underneath, to press down firmly until well compacted. Freeze while you make the topping.

4. Tip all the topping ingredients into the blender and whizz until smooth and creamy.

5. Spoon on top of the cheesecake bases then gently bang the tin on the work surface a few times to level the tops, cover with cling film and refrigerate for 1 hour or until set.

6. Slice the plums into wedges and gently poach in the syrup and spices over a low heat for 5-8 minutes. Turn off the heat and leave to steep in the spiced syrup as it cools.

7. When ready to serve gently loosen the edges of the cheesecakes with a knife and pull the tabs to pop them out of the tin.

8. Serve topped with two wedges of plum and a good drizzle of syrup.



Apple blossom



Cactus in bloom

GARDENER'S CORNER

Our regular despatch from our green-fingered columnist

There are many aspects of gardening, but one of them applies to all. It is the care and use of tools and garden implements. Good quality tools can last a lifetime and will become good friends, a pleasure to handle and comfortable to use. Cheap tools are frequently a waste of money, difficult to use, ineffective in use and will often break and need replacing making them a false economy.

Here are some hints. The fork and spade are a great deal in use. According to your size and natural strength, you need to choose those of the correct size. By this is meant the length of the stock and the comfort of the handle to the hand. The tines of the fork can again be the appropriate length and width, so as to enable the right amount of soil to be turned over at a time. Too large will consume too much effort and too small will lengthen the task unnecessarily.

There is something nice about a wooden stock as opposed to a metal one which may corrode and is easily deformed.

For a good spade, a shoulder on the blade makes it much easier to use as the foot is used to push the blade into the soil. It is essential to clean tools after every use, bright clean steel will cut through the soil like butter, tools encrusted with dirt will be very laborious to handle.

Good dry storage is vital. A small shed for this purpose does this. It should be kitted out with the means to hang each tool in its place. Next is the hoe. These are used for weeding by gently breaking the soil's surface and dislodging the weeds. Using it little and often will ensure a weed free bed. A draw hoe

has a blade bent at 90 degrees to the handle and is used to draw up the soil as in earthing up potatoes. A very small headed hoe will make it easier to weed round plants like onions without nicking and damaging them.

The rake has a number of uses. It is used for making a seed bed, by drawing it over the soil until it is flat and without lumps or stones, leaving a fine tilth on which to make a "v" depression for seed sowing. A rake with a broad set of springy wire tines will be needed to gather up leaves and the like. A good wide rake will make short shrift of whatever Autumn has to throw down off the trees. A good sieve is needed to riddle soil to make fine lumps and stone free soil for potting or filling depressions in the lawn. It is possible to have varying fineness of the mesh, for rougher or finer results. Some gardening is best done on ones knees and this requires the use of a small hand trowel and fork. The trowel is used for planting individual bedding plants, while the hand fork is used to get in-between closely planted areas such as flower beds to dibble out weeds without disturbing the plants.

A dib stick is a short handled stock with a sharpened end. It is used for making holes of the right size to plant, cabbages and brassicas, leeks, wallflowers and the like.

For pruning and cutting, good quality secateurs kept sharp and clean are used for clean cutting of roses, shrubs and light fruit tree pruning. For ease and comfort of use, these can be left or right

handed. Wipe them and spray with a little WD40 oil to maintain their edge and sharpness. A clean cut will prevent damage to shrubs which can otherwise let in plant diseases. A sharp pruning saw will make short work of thicker branches. These are effective for branches as thick as the arm. A good wheelbarrow will make moving heavy or bulky loads virtually effortless.

At this time in the garden, we are planting out our small plants which we sowed and grew in the greenhouse. These were singled into boxes and were hardened off in the cold frames before planting out.

It is all too easy to plant out too early before the frosts have finished, as nurseries sell bedding plants as early as April when it is certain there will be further cold nights and many plants are damaged unless they are protected until the end of May in rural areas, a little earlier in towns.

We are about to sample our first new potatoes and the tomatoes are ripening in the greenhouse.

Jobs to do are, dead heading roses and flowering plants, this prolongs the flowering period. Keep watering as a few dry days will make plants wilt and they may not recover.

Never water in full sunshine, as the droplets of water act as magnifying glasses and plants can burn, also evaporation is considerable in the daytime and so the evening watering will be far more effective. Keep hoeing weeds, and finally, enjoy your garden.

PRO VEG BANNER ABOVE ISRAEL'S BUSIEST HIGHWAY



This moving banner was recently unfurled over Israel's busiest highway, on one of the largest billboards in the country, an initiative from the group Vegan Active.

'G-d bless Israel setting an example to the world and the example it sets. I'd love to see

this in every city standing for compassion and what really happens,' read one of the comments on Facebook.

You can view the video here: tinyurl.com/Israelgoesveg and find out more about Vegan Active by visiting: active.vegan-friendly.co.il

REPORTING FROM ISRAEL



ast issue, I wrote about the Hebrew publication of Dr. Melanie Joy’s book “Why We Love Dogs, Eat Pigs and Wear Cows”. This time, I wish to share some insights from Melanie’s visit to Israel for the book launch.

It was a very intensive visit: Joy was a guest speaker in Professor Yuval Noah Harari’s course on human-animal relations. She participated in an academic panel about the book in front of a packed auditorium at Tel Aviv University. She filled a literary café in Jerusalem and a bar in Haifa with enthusiastic listeners. She had meetings with activists and interviews in the media. But for me, two events made the biggest impression.

The first event was not directly connected to the book. It was a two-day workshop

for vegan activists. Joy led the workshop together with Tobias Leenaert, a Belgian vegan activist and the author of the blog “the Vegan Strategist”. The workshop is a project of the Center for Effective Vegan Activism (CEVA).

I cannot summarise the full workshop here – and will not try. I warmly recommend that you invite CEVA to hold one wherever you are. For the 100+ activists who participated in it in Israel, it was a real eye-opener. Think, for example, of our attitude towards meat-reducers. Many vegans scorn them - after realising the immorality of animal-based foods, how can a person continue to consume it, even in small portions?

Consider also our attitude towards people who reduce their meat consumption – or even eliminate it – for the “wrong” reasons (such as caring about their personal health). They are sometimes looked upon as second-class veggies... But many people change their habits gradually. Reduction may be the first step towards veganism, and change of behaviour can of course in turn lead to a change of consciousness.

However, it is not only this: reducers are an important part of the movement. Their buying power is one of the main engines that keeps the market for vegan foods and vegan meat-equivalents growing. The presence of reducers, and their effect on the market, make plant-based foods more available and makes their consumption easier and socially less conspicuous. So while the vegan movement tends to give the

OK only to pure vegans (if anything like that exists), a more effective attitude may be to encourage people to become “more vegan” than they currently are.

Another important insight is that vegans naturally tend to emphasise, in their activism, the reasons to become vegan. There is a strong urge to share with people facts about animal industries that we have become acquainted with.

This, of course, is important – but it is equally important to make veganism easier for people. I admit that I am personally engaged in many destructive activities (like using plastic and not recycling metal) just because the alternative is somewhat demanding (e.g. the metal recycling container is 20 minutes walk away, while the paper recycling container is 2 minutes walk away).

To us the evidence may be compelling, and the idea of being vegan seem natural, but for others it may not seem an easy task to become vegan.

A more tolerant attitude towards the people around us goes hand in hand with a more tolerant attitude towards ourselves.

Many veggie activists get burnt out. Many suffer from secondary stress disorder, having frequently witnessed immense cruelty towards animals. It is important to remember that we are also animals with needs to attend to. Do we let ourselves sleep enough? Do we eat well? Do we allow ourselves time away from activism? Do we expose ourselves to traumatising pictures and videos even when it is not necessary for

our activism?

The second event was the main launch event for Melanie’s book, which took place in Tel-Aviv. The event was dedicated to the relations between veganism and feminism, and very significantly, all of the ten speakers were women.

One of the connections between the two movements is clearly manifested in Joy’s book: both patriarchy and carnism (the ideology that allows people to eat some animals) are strongest as long as they are unnamed, not admitted and kept invisible by the perception that this is just how things naturally are. Questioning the “normal order of life” is punishable in our society. Many vegans and feminists are stigmatised as moralistic, men-hating or misanthropic. Our social critique is construed as bitterness. When we refuse to laugh at chauvinist or speciesist jokes we are accused of lacking a sense of humor. And if there are two groups that one does not want to mess with – these are feminists and vegan animal rights activists. However, whatever the perception may be, as Dr Orit Kamir and activist Adi Winter reminded us of at the event, both feminism and animal rights are based on love. Not just rational respect of abstract rights, but deep empathy and care towards our brothers and sisters in this world. The politics that keeps an eye for the intersection between social justice issues and that demands solidarity between campaign is far from simple.

In the final panel of the event activist Lilach Ben David and vegan Member of

Knesset (Parliament) Tamar Zandberg addressed both the essential need for such politics and its complexities.

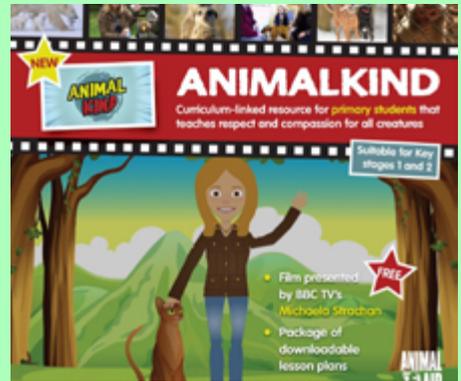
Don't the messages from the workshop and the messages from the launch event contradict each other? We are called to mainstream veganism, and to emphasise behaviour over ideology. Doesn't the call to connect to other struggles for social justice entail raising our demands from the public, and further isolating ourselves? I do not think so. No social justice campaign can succeed if it isolates itself from society. Reaching out, nurturing allies and creating better conditions for behaviour change should be part of all social justice campaigns – separately and together.

Cooperating with marginalised people and with non-vegan activists, who focus on other issues, can cultivate a more tolerant and pragmatic attitude. It widens our understanding of the society we strive to change. It gives us opportunities to share insights, tactics and experience. With more emphasis on effective activism we can make justice mainstream and hegemonic, and marginalise all forms of oppression.

Written by Yossi Wolfson. Yossi is a long-time vegan and animal liberation activist, born in Jerusalem. He was one of the founders of Anonymous for Animal Rights. He works as a lawyer and coordinator for animals in agriculture at Let the Animals Live.

INSPIRING KINDNESS

Animal Aid has launched its first ever education resource for primary schools...



The important resource, called AnimalKind has been created to lie within the school curriculum (key stages 1 & 2) and aims to teach student respect and compassion for all creatures. AnimalKind includes:

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- A package of downloadable lessons.
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The new film has three objectives:

- To nourish a sense of wonder and appreciation for the animal kingdom.
- To promote an understanding of the sophisticated emotions that we share with other species.
- To inspire young people to be kind and to have a sense of responsibility and a duty of care towards animals.

View the film: animalaid.org.uk



GREEN KITCHEN AT HOME

by David Frenkiel & Luise Vindahl,
Hardback RRP £25.00
Published by Hardie Grant

Bestselling authors David Frenkiel and Luise Vindahl share over 100 vegetarian recipes of their family favourites which feature in their own kitchen every day of the week. From quick, delicious weekday breakfasts and dinners, to more elaborate meals for weekend celebrations, this is food that will make you look and feel great.

With stunning photography and food styling, as well as charming personal anecdotes, Green Kitchen at Home sets a new standard in modern and inspiring vegetarian and gluten-free recipes. This is a cookbook you will refer to time and time again.



N'ICE CREAM

by Virpi Mikkonen & Tuulia Talvio
Paperback, RRP £20.99
Published by Avery

Just in time to beat the summer heat, N'ice Cream offers 80 decadent and healthy ice cream recipes made from all-natural, wholesome vegan ingredients like fruits, berries, and plant-based milks and nuts.

Award-winning Finnish author Virpi and co-author Tuulia show that making your own ice cream can be easy and good for you at the same time.

These recipes can be made with or without an ice cream maker, and include foolproof instant ice creams that can be savoured right away. Includes recipes for ice creams, milkshakes, sorbets, ice cream cakes, sauces and more.



MINIMALIST BAKER'S EVERYDAY COOKING

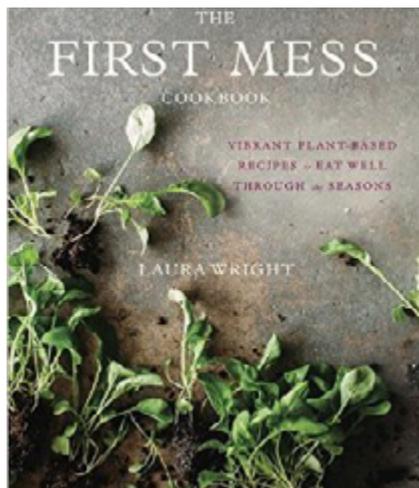
by Dana Shultz

Hardback RRP £29.99

Published by Avery

His husband-wife team Dana and John Shultz founded the Minimalist Baker blog in 2012 to share their passion for simple cooking and quickly gained a devoted following of millions worldwide. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free and 100% delicious.

Each recipe requires 10 ingredients or fewer, can be made in one bowl, or requires 30 minutes or less to prepare. It's a totally no-fuss approach to cooking that is perfect for anyone who loves delicious food that happens to be healthy too.



THE FIRST MESS COOKBOOK

by Professor of Chemistry Laura Wright
Hardcover, RRP £23.36

Published by Avery

The blogger behind the *Saveur* award-winning blog *The First Mess* shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes.

Home cooks head to *The First Mess* for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious.

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- Bangalore Lentil Daal

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The Fields Beneath opened in 2012 and like many other cafes like us, we built our business by offering exceptional coffee, delicious food and a strong focus on customer service.

We did well - great reviews in TimeOut, The FT, solid regular customers and it was time to open a second shop... Then the owner went vegan.

What at first seemed a conflict of principles, soon became a great opportunity to show our industry, and customers, just how good vegan food can be, and how any cafe can take it on and thrive.

After a gradual six month transition, on Mother's Day 2017 we stopped serving anything with animal products.

It's the best decision we made personally and as a business. We're excited for the future plans to drive the business and how we get to play a part in creating a vegan world that's delicious, easy and accessible.

We are open 7 days per week, at Kentish Town West Station.

Come say hello, and show this to get a free coffee when you do.

