

The Jewish Vegetarian

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JVS

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

gefiltefest

London Jewish food festival



The Jewish Food Event of the Year

Sunday May 19th 2013 at Ivy House, 10am-6pm



The fourth full-day Gefiltefest London Jewish Food Festival will be a banquet of food demonstrations, lectures, debates – and plenty of tastings too!

Early-bird ticket prices!

For more information, full line-up of speakers and stalls visit www.gefiltefest.org and/or www.ljcc.org.uk



The Ethics of Eating



A talk by Rabbi Dr Raymond Apple

Thursday 23 May - 7.30-9.30pm

Food plays a colourful part in the culture of all peoples. In Judaism the food factor has unique dimensions. What you eat, when you eat and how you eat are all highly significant.

This talk by Rabbi Dr Raymond Apple will present the how, and discuss the Jewish ethics of eating.

Cost £4

Venue Jewish Vegetarian Society, 853 Finchley Road, Golders Green, London NW11 8LX

Tickets Call 020 8455 0692 or email info@jvs.org.uk

Welcome to the March issue of *The Jewish Vegetarian*

After a long wet, frosty and snowy winter, we can now look forward to welcoming spring. Whilst in the park recently on a sunny but cold day, it was nice to see the children on their bikes, playing games and running around as if they don't have a care in the world. The spring flowers were out in bloom and the grass was green from all the rain. Everybody was so happy and glad that the winter was at last over. It is amazing how different one feels with the changing seasons.

Here at the JVS we had a very busy year, our Chanukah party was well attended and the evening was a great success. The evening started with the lighting of the candles followed by drinks and excellent vegan food which was catered by "Falafel Feast".

There are some interesting events

coming up at the JVS. Rosalind Berzon will be guiding us through the basics of vegetarian nutrition before the JVS's 48th AGM on 3 March, and JVS patron Rabbi Dr Raymond Apple will be speaking about "The Ethics of Eating" on 23 May. We hope you will be able to join us. Please see further details on page 45.

We are hoping to arrange many more social events in the future, and appreciate your continued support.

Wishing all readers a Happy and Kosher Pesach.



Shirley Labelda
Editor

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Donations Received

We wish to thank all those who send funds to the Jewish Vegetarian Society. All donations help the JVS promote a kinder society and work towards our long-standing objective – for a vegetarian world.

SOCIETY – LONDON HQ

£20 R. & P.G., Poole, Dorset
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\$16 Rabbi S.S., PA, USA

BUILDING FUND – LONDON HQ

£15 Mr. R.F., London NW7. In memory of his dear mother.
£15 Mr. R.F., London NW7. In memory of his dear wife.

THE JERUSALEM CENTRE – GINGER

£20 Mr L.A., Thatcham, Berkshire
£10 R. & P.G., Poole, Dorset

Friendship House – Orr Shalom

The JVS “House Parents” home for deprived and homeless children is in the care of “Orr Shalom” and is situated at Ganir Center, 2 Hahar Street, Har Tuv Aleph, Industrial Estate, Beit Shemesh 99067, Israel.

If readers wish to support Orr Shalom, please visit www.orr-shalom.org.il, email info@orr-shalom.co.il or call 00 972 2 9936900.

News from London

NEW LIFE MEMBER – SHOSHANA TUNK

We are delighted to welcome Shoshana Tunk as a new Jewish Vegetarian Society life member.

Growing up in the countryside near Beaconsfield with cats, dogs, goats and chickens, Shoshana has always had a love of animals. She never enjoyed eating meat but, like many, was brought up at a time when a meal was only considered a meal if it consisted of “meat and two veg”.

Shoshana became vegetarian as soon as she left home and started cooking for herself. She was a tour guide for ten years and travelled to and lived in many places. In Rhodes, Greece, she became involved in helping stray dogs and even adopted an abandoned dog herself for 12 years.



Sticking to a mostly plant-based diet, Shoshana is keen on fruit and vegetables and also recommends raw food, pointing out that the enzymes of food (important for your body’s health and well-being) are destroyed when cooked.

Shoshana works for the charity Norwood, in Stamford Hill, and is also a Preferred Client for botanical cosmetics company Arbonne, whose products are vegan-certified. Shoshana’s favourites are the Cellular Renewal Facial Masque and Nourishing Daily Hair Conditioner. For more information about Arbonne, and details of how to order the company’s skincare, haircare and cosmetics, please see page 38.

The JVS looks forward to a happy association with Shoshana for many years to come.

THE JVS GIVES TALK AT LONDON VEGANS MONTHLY MEETING

The JVS was invited to give a talk at the London Vegans monthly meeting on Wednesday 28 November, 2012. London Vegans is a social group for vegans and those with an interest in veganism, formed with the intention of promoting veganism in the London area.

Suzanne Barnard gave a talk entitled “Judaism and Vegetarianism”, outlining how Jewish Law requires us to show kindness to animals, give food to the hungry, protect

the environment, conserve natural resources and preserve human health. She argued that in each case vegetarianism accords with the requirement and meat eating practices conflict with it. As well as showing a short clip from Lionel Friedberg's documentary *A Sacred Duty*, Suzanne took questions and there was quite a heated debate about shechita and kosher food.

London Vegans monthly meetings take place on the last Wednesday of each month, at Millman Street Community Rooms, Millman Street, London WC1N 3EW (entrance through security door adjacent to 38a). Doors open at 6.30pm and there is an admission charge of £2 per person (£1 concessions). Donations are also welcomed.

THE JVS HOLDS A CHANUKAH PARTY

The JVS held a Chanukah party on Sunday 9 December. With over 50 people in attendance, the Chanukah candles were lit, there was kosher vegan food from Falafel Feast and music from eco musicians Jess Gold and Haruna Komatsu.

Many thanks to Rosalind Berzon, Sybil Esmore, Steve and Sue Fenton, Nia Gibbons, Kat Heath, Liat Hoch, Maurice Peckman and Andy Ward for all their help in organising the event.

Thank you to all those who contributed raffle prizes including tibits and Toni and Guy, Golders Green.

JEWISH VEGETARIANISM GETS BAD PRESS

An article entitled *Making light of a meaty issue*, by Geoffrey Alderman, was published in the *Jewish Chronicle* on 4 January, 2013. In the article Alderman attacked the recent *A Sacred Duty* film screening/"Should Jews eat meat?" debate which was organised by the Jewish Cultural Centre and held at the London Jewish Community Centre on 20 November, 2012. Alderman claimed that those participating in the debate (including the JVS) were spreading propaganda and talking nonsense, and he criticised the film *A Sacred Duty*, even comparing the film to the Nazi propaganda film *Der Ewige Jude*. He concluded by saying, "...when I say my daily prayers I pray for the restoration of the Temple and of all its rituals – including the slaughter of animals for sacrifice and their consumption after slaughter. I believe that when the Temple is restored we will – all of us (including Rabbi Rosen if he's still around) – be obligated to eat the Korbon Pesach – the Passover Sacrifice, just as did Jesus the Jew".

While Michael Freedman's and Suzanne Barnard's letters of response were not published in the JC, we print them below for your interest.

Regarding Geoffrey Alderman's article in last week's Jewish Chronicle, I recognised myself as the person with whom he had remonstrated at the end of the debate. I am a founder of the International Jewish Vegetarian Society and its Treasurer. Like the Professor, I too had to pay to attend this showing of the film, A Sacred Duty, and listen to the thought provoking debate that followed.

When we met for a moment or two at the end of this event, we spoke in passing and I introduced myself as being from the IJVS. Whereupon he tore into me with heated vehemence and how what we stood for was of no importance, because of the changes he claimed would take place with the coming of the Messiah.

We at the Jewish Vegetarian Society, make no attack on the practice of Shechita as a form of slaughter. As it is unnecessary to eat animals, then a compassionate Jew has a choice. Therefore all forms of slaughter are a concession and contradiction to that compassion. Thus we see all slaughter as unnecessary and as degrading to the human race. We realise and support that for those who are unable to attain a higher level of compassion, Shechita is necessary. We thank G-d for providing us with a miraculous choice of green herbs, and fruits of the trees, all of which are given to us as a blessing and for all of which we say a blessing. Strangely, there is no blessing for partaking of meat. We have blessings for bread, wine, the fruits of the trees and the earth.

I realised that he had come with a closed mind in order to be critical of this debate, and understand that really he might have liked to have been invited to speak. I also would have enjoyed being on the panel, but this was wisely limited to the four individuals who made a balanced discussion on this subject.

*Sincerely,
Michael Freedman
Trustee and Honorary Treasurer, Jewish Vegetarian Society*

Disappointing though it was to read Geoffrey Alderman's attack on the Jewish vegetarian movement, (Making light of a meaty issue, January 4) one might also feel encouraged. His illogical defence of killing animals, based on the prayers for restoration of the Temple, serves only to rally the increasing number of Jews who are waking up to the horrors of factory farming.

Some Jews believe that the slaughter of animals for sacrifice will be re-established when the Temple is restored. Others, such as Rav Kook, declared that all offerings

will be vegetarian, as did the mediaeval rabbis Rabbi Yosef Albo and Rabbi Isaac Abravanel. Either way, surely no Orthodox Jew can believe that sacrificial animals will be kept in factories, confined to hard wire cages and packed by the thousands in dark, filthy sheds; where their young will be taken away just days after birth; where they will be branded and even castrated without pain relief; and where those not required will be thrown away, live, into grinders. Yet all this occurs each and every day on modern factory farms before animals are taken to the slaughterhouse and despite whether they are killed under shechita laws or not. This completely violates the Jewish concept of tsa'ar ba'alei chaim, the obligation not to cause pain to animals.

It is irresponsible and insensitive to dismiss this as “nonsense”. Eating meat in today's world means either hardening your heart to the suffering of animals or closing your eyes to it.

Sincerely,
Suzanne Barnard
Director, Jewish Vegetarian Society

News from The Jerusalem Centre/Ginger



UNDERCOVER SLAUGHTERHOUSE INVESTIGATION SHOCKS ISRAELI PUBLIC

For about two months, Ronen Bar – an activist from Anonymous for Animal Rights – worked undercover in Bakar Tnuva, Israel's state-of-the-art and largest abattoir, where over 50 thousand calves, cows and lambs are slaughtered annually. In December, 2012, his footage was released showing routine atrocities being carried out on animals. Workers were seen using electric shockers on all parts of animals, beating them with sticks and pipes, dragging them by their hind legs and throwing them around.

The exposé created a public outcry. The media, which usually hops from one story to the next, kept following the developments of this one as the police started an investigation, court-cases were filed, Australian authorities got involved (most calves killed in Bakar Tnuva are originally from Australia) and Facebook was stormed with protest initiatives.

The Head Rabbinate also responded and Ronen Bar was invited to a meeting of the Rabbinate's Council, where the subject was urgently put on the agenda. While the

Rabbinate came out with a very strong denunciation of the exposed cruelty, along with guidance to the Kashrut inspectors, they stopped short of withdrawing the Kashrut approval altogether. They also did not take the opportunity to say anything meaningful about the connection between *tzaar baalei hayim* and *kashrut* and the realities of modern meat production.

Nevertheless, the importance and urgency with which some of the Rabbis treated the incident gives hope that progress is being made. Much more grassroots work is needed to underpin this process. Our projects such as the New Year for Animals, and the lecture project “Food for Thought – On Judaism and Food Ethics” are part of this effort.

NEW ART EXHIBITION “FLESH & BLOOD” OPENS IN JERUSLAEM

From the religious to the cultural: If you are planning to visit Jerusalem before the end of September, besides visiting the Ginger Vegetarian Community Center, be sure not to miss the pioneering art exhibition “Flesh & Blood” at the Museum on the Seam (4 Chel Handasa Street, Jerusalem 91016 – www.mots.org.il). According to the museum’s website “Flesh and Blood attempts to scrutinize the existing harsh relationship between mankind and other animals, and to challenge us to show sensitivity and to face the reality of which the majority amongst us is not sufficiently aware. The exhibition calls upon us to look at the flesh and blood as a fabric connecting the family of animals, of which we are part, and to treat it with respect and compassion.”

Times are changing – or so it seems. But it needs more and more efforts from us to sustain and enhance this change.

Competition Winners

RESTAURANT COMPETITION

Congratulations to William Smith who won a meal for two at the Secret Tea Room in London’s first vegetarian pub, The Coach and Horses.

GIFT SUBSCRIPTION PRIZE DRAW

Congratulations to Arthur Goldstein who won a copy of *tibits at home*, the new cookbook from vegetarian restaurant tibits.

An Interview with Dr Jonathan Freedman

Jonathan Freedman, a lifelong vegetarian, has been a doctor for almost 25 years. He has worked for the last 20 years as a GP in St Albans, where he is also actively involved with the local Jewish Masorti community. A life member of the JVS, Jonathan lives with his wife Niki and daughters Joanna (18), Rebecca (16) and Emma (16) – all of whom are vegetarian. The JVS spoke to Jonathan about his aspirations, dieting, restaurants and walnuts!...



Being vegetarian feels natural to Jonathan and he doesn't give it a lot of thought. He grows his own fruit and vegetables, keeps chickens, has no problem dining out and even considers himself a bit of a foodie. But growing up in the 60s and 70s, in the suburbs of Newcastle, things were very different – not eating meat was seen as “cranky” and this impacted on him a lot at the time. “In my prep school I was the only Jew and the only vegetarian and so it was probably quite harsh in some ways,” recalls Jonathan. “There was a little bit of bullying – negative comments – I sometimes had gravy poured on my packed lunch.”

Jonathan doesn't feel that these early negative experiences have scarred him in any way and he has never considered eating meat and or fish. “I'm about as

likely to start eating meat and fish as I am to start smoking,” he laughs.

Like many vegetarians, he thinks he may have eaten non-vegetarian foods half a dozen times over the years by mistake. “It happens doesn't it?” he explains. “You're at a buffet and you're not quite sure what's what. If there are samosas there, for example, I try to get someone to taste them first!”

Jonathan would like to be a vegan but at the moment feels that egg and cheese would be difficult to give up. “I think if people genuinely think about changing their diet they will move, in my view, much more towards the vegetarian model and I think we need to promote the healthiness of that. Part of my journey is that I wear a non-leather belt but I haven't got on with

non-leather shoes. But aspirationally I'd like not to wear leather at all. So I think I see it as a journey about how we lead our lives."

While health is a strong factor for Jonathan in choosing to remain a vegetarian, he puts animal welfare even higher. "If people ask me, and they often do, why I am vegetarian, animal welfare is up there and probably I would mention it first, although I do believe it's a healthy diet." He is also convinced by the environmental arguments, noting how land, particularly in the underdeveloped world, is used to support livestock rather than humans. "It seems to me the whole thing is crazy and I'm very persuaded by those arguments. There's not a single good reason in my mind to eat meat."

As a doctor and a vegetarian, Jonathan doesn't describe himself as evangelical and rarely initiates a discussion about the merits of vegetarianism. Nevertheless, the subject inevitably comes up and it gives him pleasure to be able to reassure patients who are vegetarian and help them understand how a well-balanced vegetarian diet provides more than enough nutrients.

"I'm sure you've heard of the protein myth," says Jonathan, outlining how until the last few years the amount of protein needed by humans was greatly overestimated. "There are illnesses associated with eating too much protein, in particular chronic kidney disease which is something we're seeing an awful lot of as GPs."

The government message and the message from the department of health is also "cut down on meat, eat more fruit, eat more vegetables" – this is an acknowledgment that a vegetarian diet is optimal for good health. "Eating less meat is certainly something which I encourage my patients to do."

And what about omegas? Jonathan puts it like this: "The key message really is that there is no evidence that a vegetarian who has a good varied diet is going to be deficient in anything that they need in order to be healthy." At the same time, vegetarianism is not automatically a passport to eating healthily. "You can have a pretty bad vegetarian diet. There are even vegetarians I know who don't eat a lot of fruit and vegetables! We shouldn't be complacent."

Jonathan and his wife have recently been following the Rose Elliot Vegetarian Low Carb Diet (reviewed by Niki Freedman on page 36). "I've lost a stone and a half over about three months and I'm more mindful of carbs," Jonathan says. "Given the choice between pasta and salad, I now go for the salad more often and probably have fewer potatoes. ... We maybe had lost the variety a bit in our diet due to being very busy and it does take a bit more planning. Instead of having a couple of slices of toast in the morning we often have a yoghurt and seeds, or I'm a good one for making myself an omelet with my fresh eggs".

Jonathan thinks it is important, as a health professional, to practice what you preach.

“I think doctors and nurses who counsel patients and are significantly overweight are a bit like doctors who smoke. It just doesn’t add up in my mind.”



While he is cautious about being too prescriptive about what people eat, Jonathan feels that evidence is accumulating and is encouraging in support of the vegetarian, or well-balanced vegan, diet. “We know that plant fats are generally healthier – the unsaturated fats and free radicals tend towards better cholesterol and overall lipid profile... there’s even medical evidence to suggest that vegetarians have better lipid profiles than non-vegetarians.” Jonathan notes, however, that a factor to bear in mind is that vegetarians tend to have healthier lifestyles and are less likely to smoke.

As far as cancer is concerned, he says that it is now rarely disputed that eating meat is a risk factor for bowel cancer. While there isn’t strong evidence around diet and other cancers, there are statistics showing how a vegetarian diet, and more particularly a vegan diet, can be

protective against heart disease because of its effect on cholesterol. There’s also evidence that vegetarianism reduces the risk of developing diabetes. “There are undisputed health benefits, but there are many who could argue against them.”

Anaemia is often associated with vegetarian diets, but Jonathan feels this is a misconception. “It’s much more common for anaemia to be caused by a medical problem such as heavy periods for women, or adolescents going through growth spurts,” he explains. “If someone thought that being vegetarian, in itself, would make them more likely to be anaemic, I would put them right – it’s just not the case.”

Seeing that Jonathan has brought up all three of his daughters on a meat-free diet, it is interesting to get his take on whether parents are taking a risk if they bring up their children vegetarian or vegan. “If you’re following a vegan diet, I do think you need to take a little bit more care and be thoughtful about what you eat,” says Jonathan. “You can get a bit lazy as a vegetarian as well. I think that we should be mindful of that. But certainly as far as a vegetarian diet is concerned, I’ve got no concerns about women in pregnancy.” He recalls being told that his mother was severely reprimanded by many people, including doctors, for not eating meat or fish when she was pregnant with him and his sister, but they were both healthy babies and healthy children as well. Public opinion has also shifted in this aspect. Jonathan recommends supplements in

pregnancy – multi-vitamin supplements with vitamin D and folic acid. Many pregnant women also need additional iron, but this isn't due to nutritional factors, it is due to the fact that their plasma volume increases so much when pregnant so everything gets diluted. "I recommend these supplements for everyone in pregnancy, not just vegetarians."

As for supplements more generally, people often argue that if vegetarian diets are as healthy as many claim, vegetarians and vegans shouldn't need supplements (e.g. vitamin B12). Jonathan has obviously heard this before. "We've got busy lives on the whole. Ideally we should all take more interest in what we eat. ...I'm not against taking supplements. They shouldn't be required, but they're not going to do any harm either! I take a pragmatic view to that." He cites an example last week where one of the practice nurses asked his opinion about a vegan patient who was feeling tired all the time, had various other health concerns and enquired about supplements. Jonathan suggested doing a blood test first in order to measure current vitamin B12 levels, as well as folic acid and iron stores. "Let's get some evidence first before we start recommending anything. Usually if those levels are fine I don't recommend supplementation... There's very little evidence that routine use of supplements is essential at all."

The JVS has many vegan members all of whom might wonder how best to maintain a healthy level of B12. "There's only one answer to B12 if you're a vegetarian or

vegan," says Jonathan with a smile, "it's one word and it's Marmite! As a Marmite lover I know that I'll never be deficient in B12!" He notes that you have to have quite a lot in your diet though because it's not absorbed easily through the gut.

As we start discussing what a healthy meal might consist of, Jonathan's daughter enters with just that – a halloumi wrap with salad, falafel and hummus to boot. Jonathan eats lots of salads, though the new diet has meant a decrease in fruit. "There are certain fruits which I've learnt that are much better – the low glycaemic fruits like blueberries and raspberries particularly – so I tend to eat more of those now," he explains. "I've also got a passion for walnuts at the moment! I'm getting through a lot of walnuts – that's my staple snack throughout the day. I probably eat two or three hundred grams of walnuts every day."



At the time of the interview it's nearing Tu B'Shevat, a festival where trees, fruits, and other aspects of nature are highlighted. Jonathan mentions that his shul holds a Tu B'Shevat seder. "It's

a nice time of year to think about the environment and what we eat.”

Jonathan is clearly passionate about growing his own fruits and vegetables. “Like my Dad, I’m a keen gardener and it’s wonderful to grow your own produce. In the summer the greenhouse is full of tomatoes and peppers and aubergines and cucumbers and I’ve just dug up a wonderful crop of parsnips... I get a buzz from eating stuff that I get out of the ground, that I’ve composted out of my chicken manure. Whether I’m fooling myself or not, I think it tastes different when you’ve grown it yourself.” He has also grown artichokes and beetroot over the years. “There’s wonderful versatility within the vegetarian diet.”

It’s certainly apparent that well-known non-vegetarian chefs are getting on board with being more experimental with vegetables. “Increasingly now a lot of non-vegetarian restaurants do really very good food indeed,” says Jonathan. “We had a great vegetarian meal in the Brasserie Blanc which just opened in St Albans – I thought it was superb. While the choice is more limited, I think what they do is really very good. The modern chefs now – whether they be Jamie Oliver or Raymond Blanc who have got these chains – they really do understand vegetarian cuisine in a way that never used to be the case.”

One of Jonathan’s favourite types of cuisine is Indian/Asian. While he recommends the south Indian vegetarian restaurants in Drummond Street in

London – Ravi Shankar and Diwana – which are good for vegans as well, he absolutely loves the Woodlands chain. “Its cuisine is excellent – very very tasty, well-prepared. The spices and the subtleties there are really great.”

If he were asked for advice by someone considering becoming vegetarian, Jonathan would give them every encouragement. “I’m a keen supporter of the UK Vegetarian Society and I think they provide some very good advice leaflets and online support”. He also considers the standard information on the NHS website about vegetarian and vegan diets to be helpful. “We’re not talking about something unusual these days. The landscape is rather different.”

“We’re wonderfully lucky to be able to have a choice in so many aspects of our lives now – that for me is the big thing – that you can choose how to live your life, and continue to be healthy, and make an impact as well.”



Scientists Prove that Vitamin D Helps Combat Breast Cancer

Breast cancer is the most frequent type of cancer affecting women worldwide. Although the chances of recovery are around 90%, this only applies if the cancer is detected early. Surgery, chemotherapy, hair loss or even a mastectomy – women suffering from breast cancer have to contend with all of these possible consequences. There is therefore virtually no other illness which frightens women more.

Since breast cancer rates increase every year, the diagnosis and treatment options are of particular interest to scientists. It has long been known that high vitamin D levels can reduce the risk of breast cancer. This has been demonstrated in numerous epidemiological and laboratory studies.

With their study involving 67,721 French women, scientists led by Pierre Engel have shown that a minimum vitamin D level is necessary in order to prevent breast cancer. However, this is particularly difficult to achieve at northern latitudes because exposure to sunlight is insufficient to produce enough vitamin D, especially in the winter months. It had not previously been established whether this link was strong enough to meet the Hill criteria – a medically recognised series of criteria by which a causal link between a specific factor (environmental impact, socio-economic factors, etc.) and the occurrence of a disease pattern can be verified.

A group of scientists in the United States led by Sharif B. Mohr has now reviewed the available scientific data relating to breast cancer and vitamin D on the basis of the Hill criteria. After evaluating the findings, they found that the inverse correlation between vitamin D and breast cancer does indeed meet the criteria. This means that there is now scientific proof that vitamin D reduces the risk of breast cancer.

“Modern lifestyles ensure that many women in the west spend too little time in the sun. Although even short UV exposure is enough for vitamin D production, many women in the west nevertheless suffer from a pronounced vitamin D deficiency. High vitamin D levels reduce the risk of breast cancer and also offer protection against many other diseases. In the Northern Hemisphere, the level of sunlight from September to May is often insufficient for the body to produce enough essential vitamin D. It might therefore be sensible to undergo moderate artificial UV exposure on a regular basis”, explains Ad Brand of the Sunlight Research Forum (SRF).

The SRF is a not-for-profit organisation based in The Netherlands. SRF's aim is to help promote the latest medical and scientific information on the effects of moderate UV exposure on people.

For more information, please visit www.sunlightresearchforum.eu.

Cook Up a Veggie Shabbat Dinner!



More and more people are now seeing that the production and consumption of meat and other animal products have a negative global impact. Some are considering vegetarianism, others are reducing the amount of meat they eat. But they still want good, tasty food on Shabbat, during festivals and at simchas.

As traditional Jewish food is meat-heavy, and uses a lot of eggs, vegetarians and vegans sometimes get the rough end of the deal. So what *can* be served in place of gefilte fish? Is there a decent vegetarian version of chopped liver? What's a good alternative to smoked salmon bagels? Can it really be possible to have a good Shabbat meal without chicken?

The JVS and Gefiltefest are inviting YOU to come up with ideas!

Please send us your best vegetarian Shabbat recipes – anything from dips and soups – to gratins and cholents – to bakes and baklavas! The top three most inventive recipes, as judged by Reto Frei (co-owner of the leading vegetarian restaurant in London, tibits), will be featured on JVS.org.uk and compiled into a booklet for distribution at the Gefiltefest festival on Sunday 19 May.



There are some great prizes available!...

1st prize: A delicious meal for two* at the fabulous tibits restaurant (just off Regent Street), complimentary entrance to this year's Gefiltefest festival, a one-year JVS membership subscription and a copy of the *tibits at home* cookbook

2nd and 3rd prizes: Complimentary entrance to this year's Gefiltefest festival, a one-year JVS membership subscription and a copy of the *tibits at home* cookbook

There are just two simple guidelines:

- All recipes need to be original (old family favourites or recipes you've invented).
- Entries must include ingredients, method, how many people the recipe serves, preparation time and cooking time.

Please submit your recipe by using the online form at JVS.org.uk. Alternatively you can email your recipe to info@jvs.org.uk or send your recipe to Jewish Vegetarian Society, Bet Teva, 855 Finchley Road, London NW11 8LX.

The deadline for entries is Sunday 31 March.

*Winners of tibits meal for two will need to book their meal directly with the restaurant at least a week before their visit. The meal value is up to £80.

Help Wanted!

Want to support the JVS and promote the benefits of vegetarianism? Then order some JVS leaflets to distribute amongst friends, leave on shop counters or pin up at local community centres. Simply email info@jvs.org.uk, ring 020 8455 0692 or write to JVS, 855 Finchley Road, London NW11 8LX letting us know roughly how many you'd like.

JVS Business Friends

The JVS Business Friends programme enables the Society to partner with vegetarian businesses which would like to support the work of the JVS.

Business Friends support the Society through donations and member discounts, and in return receive the following:

- Annual subscription to the JVS's 52-page magazine *The Jewish Vegetarian*
- A reduced price advertisement in *The Jewish Vegetarian*, sent out quarterly to all members and other interested parties
- Company listing on the JVS website
- Complimentary copies of all new JVS promotional materials
- Exclusive promotional opportunities through social networking exposure and competitions
- Opportunities for business networking with other JVS Business Friends

To find out how to become a JVS Business Friend, please email info@jvs.org.uk or ring **020 8455 0692**.

When Rabbis Attack

By Jeffrey Cohan, from his Blog “The Beet-Eating Heeb”

This article was posted on 29 December, 2012, on www.TheBeetEatingHeeb.com.
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One sure sign that the veg movement is a growing force among Jews is the backlash we’re seeing from certain highly placed but sadly misguided rabbis.

This backlash can be traced at least as far back as 2002, when Aish.com, one of the most popular Jewish Websites, posted an essay that attempted to defend meat-eating from a Jewish perspective.

Then as recently as two weeks ago, none other than the Vice President of Communications for the Orthodox Union launched a direct yet feeble attack against Jewish vegetarianism. The Orthodox Union (OU) is the world’s largest kosher certification agency, so the fact that it posted an essay condemning vegetarianism on its home page is interesting, although not altogether shocking.

BEH views these anti-vegetarian screeds as a positive development. The only reason these rabbis are writing articles in defense of killing animals is because an increasing number of Jews are waking up to the horrors of factory farming.

Moreover, what these articles show, by the very weakness of their arguments, is that Jews are standing on very solid ground, theologically speaking, when we advocate for plant-based diets.

To illustrate just how weak their arguments are, let’s take a closer look at the Orthodox Union post, written by Rabbi Eliyahu Safran, their VP of Communications.

Rabbi Safran starts out with a doozy of a logical fallacy. His anecdote about an elegant-looking woman fussing over her small dog is, first of all, totally irrelevant to the issue at hand. There is no evidence that the woman is a vegetarian. In fact, odds are she is a meat-eater, like Rabbi Safran.

Moreover, the story is a perfect example of what’s known in logic as a straw-man argument.

With the anecdote, the rabbi is clumsily implying that vegetarians and vegans care more about animals than they do about people. The only problem with that implication is, it’s simply untrue. Or, as British Friends of BEH might say, “What rubbish!”

Generally speaking, veg*ns who abstain from meat for ethical reasons also care deeply about their fellow human beings.

It's not like God gave us a limited, finite capacity for compassion. It's not a zero-sum game. Caring about animals does not preclude caring about people.

In fact, both God and our Sages recognized that someone who is compassionate toward animals is more likely to be compassionate toward people, not less.

The two greatest leaders in Jewish history – Moses and King David – were selected for leadership at least partly on the basis of the compassion they demonstrated as shepherds.

Like those two shepherds, veg*ns have expanded their personal circles of compassion to encompass animals as well as people, exactly as the Torah commands us to do. The merciful treatment of animals is a major point of emphasis in the Torah. Or has Rabbi Safran forgotten this?

Actually, it's not the vegans and vegetarians that the rabbi should be concerned about. He should worry about himself and his fellow meat-eaters.

Perhaps it was Rabbi Joseph Albo, the great 15th Century philosopher and Torah scholar, who put it best when he wrote: "In the killing of animals there is cruelty, rage, and the accustoming of oneself to the bad habit of shedding innocent blood."

Well said, even if it's obvious.

Let's face reality. Eating meat in our modern era entails either hardening your heart to the suffering of animals or blinding your eyes to it.

Rabbi Safran devotes about a third of his essay to a description of the ancient Egyptians' attitudes toward animals, which is about as irrelevant as the woman-and-dog story.

Yet in his entire essay, he doesn't devote so much as a syllable to the pervasive abuse and heinous mistreatment of animals in factory farming. As a leader of the OU, he is surely aware that kosher slaughterhouses get the vast majority of their animals from factory farms.

The Beet-Eating Heeb refuses to either harden his heart or blind his eyes to this reality, to this cruelty. Yet Rabbi Safran, on behalf of the OU, sees fit to attack vegetarianism. That's chutzpah, folks. Or something worse.

And here's the kicker.

Jewish Vegetarian Movement

Rabbi Safran, out of either surprising ignorance or sheer audacity, tries to justify meat-eating as an “exercise of dominion” over animals.

Surely he must know that the granting of “dominion” in Genesis 1:28 is followed immediately by the injunction to eat plants and only plants in Genesis 1:29. The Torah could not be clearer. “Dominion” explicitly excludes the right to kill animals for food.

This piece by Rabbi Safran is typical of the anti-vegetarian genre. Time and again, when rabbis seek to defend their consumption of meat, they take Torah quotations out of context, deviate from the principles of logic, and ignore the realities of modern farming.

Ah, but there is no point in getting upset at Rabbi Safran or the OU.

Rather, we owe them a debt of gratitude for showing the world, if only unintentionally, that vegetarians and vegans embody the highest ideals of the Torah.

Now can't we all just enjoy some seitan brisket?

Every Monday: 7.00 – 10.00 pm

Supervised Rubber Bridge

at The Jewish Vegetarian Society
853 Finchley Road, NW11.

£2.50 including refreshments
Why not come along?

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

Bequest to The Society

Ensures its future activities.

Forms are available on request from the Society's Honorary Solicitors.

Contact JVS, 855 Finchley Road London NW11 8LX

Tel: 020 8455 0692

EU Set to Ban Animal Testing for Cosmetics Forever

After over 20 years of campaigning, ethical beauty retailer The Body Shop and non-profit organisation Cruelty Free International are finally celebrating the end to animal testing for cosmetics in Europe with the anticipated announcement that the import and sale of animal tested cosmetic products and ingredients is to be banned in the EU on 11 March, 2013.

This ground breaking victory means that from 11 March onwards, anyone who wishes to sell new cosmetic products and ingredients in the EU must not test them on animals anywhere in the world. The ban affects all cosmetics including toiletries and beauty products from soap to toothpaste. The Body Shop is one of the few beauty brands who will not be affected by the ban, having always been Against Animal Testing.

The Body Shop and Cruelty Free International are launching a range of special commemorative activities in the countdown to 11 March, sparked by personal confirmation from Commissioner Tonio Borg that the ban is due to go ahead as proposed. Mr Borg wrote in a recent letter to the animal testing campaigners, "I believe that the ban should enter into force in March 2013 as Parliament and Council have already decided. I am therefore not planning to propose a postponement or derogation to the ban."

The proposed ban sends a strong message worldwide in support of cruelty free beauty and in particular to countries such as China, who still demand animal testing for cosmetics, to also respond and ban testing on animals.

Cruelty Free International Chief Executive, Michelle Thew said: "This is truly an historic event and the culmination of over 20 years of campaigning. Now we will apply our determination and vision on a global stage to ensure that the rest of the world follows this lead."

In 1991, the BUAV (founder of Cruelty Free International) established a European coalition of leading animal protection organisations across Europe (ECEAE) with the objective to end the use of animal testing for cosmetics. This set in motion a high-profile public and political campaign across



Legislation Update

Europe spanning over 20 years. In 1993, The Body Shop, the first beauty company to take action on animal testing for cosmetics, supported the campaign by enlisting the support of its consumers across Europe. Three years later in 1996, Dame Anita Roddick, founder of The Body Shop, joined members of the ECEAE and MEPs in presenting a petition containing 4 million signatures to the European Commission.

In 2012, the BUAV established Cruelty Free International, the first global organisation dedicated to ending cosmetics animal testing worldwide. The Body Shop together with Cruelty Free International launched a new international campaign which has so far resulted in customers from 55 countries signing a global pledge supporting an end to animal testing for cosmetics forever.

Campaign Update

Prime Minister Urged to Save Hundreds of Beagles Destined for the Lab



The National Anti-Vivisection Society (NAVS) is calling on the Prime Minister to help save hundreds of beagles being sent to the UK for cruel and painful experiments. The dogs, housed at an AstraZeneca research facility in Sweden which is earmarked for closure, are destined to be sent to AstraZeneca labs in Cheshire and, it has been reported, Huntingdon Life Sciences (HLS) for research.

Working alongside Swedish campaign group Djurrättsalliansen (Animal Rights Alliance), the NAVS is urging AstraZeneca to allow the beagles to be re-homed and is urging David Cameron to intervene to help save the dogs. Although AstraZeneca has argued that the beagles are “purpose-bred for research”, there is no reason why the dogs cannot be successfully re-homed.

The Laboratory Animal Science Association (LASA) Guidance on the Re-homing of Laboratory Dogs states that “Some establishments have successfully re-homed laboratory dogs over many years”. The NAVS has personal experience of re-homing laboratory animals, including the rescue of six beagles from UK breeder Interfauna.

As part of the campaign to end primate experiments across Europe, the NAVS spent over a year inside the primate toxicology unit of HLS in Cambridgeshire and witnessed tests on monkeys, involving physical restraint which caused the animals great distress.

Jan Creamer, NAVS Chief Executive: “The public will be horrified that these gentle and loving dogs may be heading to our shores to be subjected to unnecessary experiments which will cause them pain and distress, and ultimately their death. Homes can be found for each and every one of them and we urge the Prime Minister to do everything in his power to put pressure on AstraZeneca to release these animals.”

Please help!

- Contact AstraZeneca urging them to release the beagles for adoption.
- Contact the UK Prime Minister David Cameron and the Swedish Prime Minister Fredrik Reinfeldt asking them to take immediate action to prevent the beagles being sent for research.

Please visit www.navs.org.uk for the above contact details, or for more information about the campaign.

Grant Allows Older Vegetarian to Connect with the World

A vegetarian in her late 70s is able to live more independently, do her own shopping and connect with the world, thanks to a grant from the *Vegetarian Fund*.

Vegetarian for Life (VfL), which administers the fund, was alerted to Carolyn P's plight by her landlords, Westcountry Housing. Carolyn is a long-term vegetarian who has problems with mobility and hearing. Although she has carers calling each day they were spending much of their time shopping for Carolyn and taking her washing to the laundrette.

Thanks to a grant from the *Vegetarian Fund*, Carolyn now has her own quiet washing machine and a laptop so can choose her own shopping online and have it delivered. Carolyn was also given a grant to clear some ivy from the back of her home because she could not get out of the back door and it was making the house gloomy.

Her outlook is now much brighter. Carolyn says: “I have a degree in IT and a keen interest in science and history. I am looking forward to being able to use the computer to research interests and connect with others”.

VfL is an advocacy charity that administers the *Vegetarian Fund* together with the *Vegan Fund* on behalf of the Vegetarian Housing Association. The funds were established in 2010 to award charitable grants to older vegetarians/vegans to encourage independent living.

“We were delighted to be able to help Miss P,” says Tina Fox, Secretary of VfL and the Vegetarian Housing Association. “We look forward to helping others in the years to come. We encourage enquiries from older vegetarians and vegans, their families and friends, or social workers, because both funds are currently under-subscribed.”



Vegetarian for Life is an advocacy and educational charity, launched in 2008. Its website also includes:

- a comprehensive recipe service
- **Catering for older vegetarians and vegans** – a practical guide for care homes and others
- **Vegetarian Living** – a healthy living handbook for older vegetarians and vegans
- **Nutritional Guide** – for vegetarians and vegans, together with other publications
- menu planners
- the **VfL UK-List** of care homes and others following VfL's Code of Good Practice
- a preview of VfL's 20-minute training DVD for those providing catering in the care sector

Full details of the funds and eligibility criteria can be found on VfL's website www.vegetarianforlife.org.uk or by calling Tina Fox on 01683 220 888. Tina is happy to send out printed guidelines and application forms.

The Horse Meat Scandal

By Michael Freedman

The horse, from time immemorial has been man's best friend and faithful servant. In the Torah, we are told how the almighty appeared to Ballam's ass which then saved his life. The horse has been a work friend helping on farms to plough and harrow the

ground and to haul transport. What royal occasion would be complete, without the grand horse drawn carriage?

In the defence of the realm, horses have served valiantly in various guises, as personal carriers, carrying loads and where asked to, charging into battle, unquestioning their masters, continuing their special relationship.

Recreationally, ponies and horses help disabled children to rehabilitate, by gently helping them to connect to movement and providing therapy to immense effect.

For many it is a way of getting out into the countryside and what finer way of connecting with nature than to trot through the fields with a trusted friend enjoying the fresh air, the sights and sounds of nature, and both enjoying the first class exercise.

In the recent Olympic Games, millions were awestruck by the amazing displays of dressage, with the beauty of co-ordination of rider and horse together winning for our country further gold medals.

It is therefore with great outrage, that I read of the callous brutality of the meat industry deceiving the public by passing off horse meat as beef. It is because they can profit from the deception. In this vile practice, whose hands are clean? There are the primary perpetrators, slaughtering horses that are no longer economic to keep, passing the carcasses on to others who then disguise the meat and send it to processors and it turns up in virtually all the high street retail outlets as beef lasagne, spaghetti bolognese, beef sausages and a host of products, glossily packaged to cover the deceit. Even in our schools the scandal has been perpetrated with the report that 45 education authorities have been duped into including horse in their canteens.

My outrage turns to sadness, as I think of a noble creature, ending a life of dedicated loyalty and service to man, in the harsh and brutal surroundings of the abattoir.

As with the horse, the public would not eat some of our other friends, such as cats and dogs. To me the argument goes all the way. For the last 60 years, I have not eaten an animal of any kind. It means that I can look creation in the eye, and hold my head up with other sentient creatures of the almighty's wonderful creation.

Let this horrible debacle be a further spur to helping many more to become enlightened and to cease, from today, partaking in these vile practices of animal exploitation and indirectly condoning cruelty on a vast scale.

Our wonderful JVS stands for this and so much more. Let us help you make this transition to a healthier and more fulfilling way of life.

Miki Haimovitch

Miki Haimovich is a television presenter. After starting out as a researcher for the Israeli Channel 1 programmes Mabat Sheni and Boker

Tov Israel she began editing the news for the Matarv cable channel, later becoming chief editor. In 1993 she became one of the first news anchors on the new commercial Channel 2, until moving to Channel 10 in 2002 where she stayed for nine years. Miki now heads up the Meatless Monday campaign in Israel.



At roughly what age did you become vegetarian?

I became vegetarian 22 years ago and a few months ago I went the extra “step” and became vegan.

What made you become vegetarian?

I always loved animals – for me there is no difference between the pets we have in our houses and farm animals. They all have feelings and suffer pain and horror. We don’t have the right to treat animals with such cruelty. I’m sorry it took me so long to be strong minded and stop eating them.

What is your favourite vegetarian meal?

Since I live in the Middle East, I find that a good vegetable salad, hummus, falafel and pita bread is the ultimate vegan meal, but I also adore Thai and Indian food – there are so many vegan dishes that I like in those cuisines.

Which is the best vegetarian restaurant you have been to?

For many years “Food for Thought” in London was my favorite – I even translated the restaurant’s cookbook into Hebrew. It was published in Israel three years ago with great success. Tel Aviv has become a great place for vegans lately. I strongly recommend “Orna & Ella”, “Caffe Meze” and “Buddha Burgers”.

Where is the most vegetarian-friendly place?

London – I guess the area around Neal Street. In the USA, California... and as I already mentioned – Tel Aviv.

What has been your worst experience as a vegetarian?

Last summer I traveled to Paris with my husband and we booked a table at a very famous three-star Michelin restaurant. The minute I told the waiter I was vegetarian he gave me a terrible look. The only dish they offered was a kind of scrambled egg for which I paid 90 euros!

Can you recommend any good vegetarian resources (cookbooks/guides/websites/etc.)?

These days I find that the web is a great resource for recipes. There are many vegan blogs in Israel and they're very useful. The Meatless Monday websites are also great, as well as the British Meat Free Monday campaign's cookbook. We hope to publish a Hebrew version of this next year. In Israel there's also a new app for cell/mobile phones. It's called "Go Vegan" and it finds you the nearest place to eat vegan in your area – brilliant!

What's your "signature dish" (and can you give us the recipe)?

I make a quinoa salad which is very popular in my family. It's simple and fresh in the summer.

1 cup of quinoa, cooked in water and chilled

1 mango, diced

1 kohlrabi, diced

½ cup sweet pecan nuts, crushed

coriander

Mix all the ingredients in a bowl and add some balsamic vinegar and olive oil.

Promoting Vegetarianism in the Jewish Community

The Jewish Vegetarians of North America (JVNA) have produced a leaflet with simple facts outlining how vegetarianism fits in with Jewish laws and teachings. The leaflet is a very positive tool for promoting vegetarianism in the Jewish community.

Please go to www.jewishveg.com/jewishvegleaflet3.pdf to view the leaflet. Please consider printing a copy and running some off to distribute!

Vegetarian Heresy

By Steven Altman

Making the decision to abstain from eating meat can often be a difficult one. Choosing to live a life in harmony with the world can frequently lead to derision and casts vegetarians in the same light as rebellion. Fortunately we live in a time where this ideology is beginning to be seen as more commonplace, with a wide range of vegetarian foods readily available and a rapidly expanding infrastructure to counter the claims of animal welfare compassion and nutritional benefits posited by the meat industry.

Yet this was not always the case. Ever heard of a “Pythagorean”? If you lived at any point up to the nineteenth century, this is the term of abuse that might have been hurled at you should you choose to not eat meat. Whilst primarily known as a mathematician, Pythagoras argued that animals should be treated as kindred spirits and that their slaughter brutalised one’s soul. Certainly an unconventional



belief system for the enlightened minds of the ancient world.

During the Middle Ages vegetarianism was perceived to be inextricably linked with heresy. The non meat-eating Cathars of the Languedoc region in southern France felt that the soul of the animal would become earth-bound if ingested and metabolised – one of the beliefs

for which they were mercilessly condemned to pay for at the fiery stakes of the Inquisition, languishing in the footnotes of history as the “vegetarian demon worshippers”.

In the eastern world, vegetarianism has always been an acceptable part of life, mainly as a result of its proponents within the Hindu, Buddhist and Jain traditions. These religions advocate compassion to all beings and view the consumption of flesh as a serious impediment to spiritual development. Even today, many meditation masters encourage their students to abstain from meat due to

the negative energy that can affect the quality of their experience.

Nevertheless, the western world did begin to catch up, with the foundation of the Vegetarian Society in London in 1847 proving to be a major milestone. Hosting regular meetings and circulating five thousand copies per month of its journal *The Vegetarian Messenger*, the Vegetarian Society was a shining beacon to everyone who chose to disengage from the mainstream and to engage in an ethical lifestyle. Notable members include Mahatma Gandhi and Sir Paul McCartney.

Yet there is one figure that has continued to undermine the vegetarian cause through his alleged adoption of this lifestyle. I can guarantee that there will be a number of vegetarians reading this who have been mocked at the dinner table and asked the following question – “If being vegetarian is indeed such an ethical choice, then why was Adolf Hitler a vegetarian?” Hitler the vegetarian. The bane of our existence. But let me knock this on the head once and for all. Drum roll please... Hitler was not a vegetarian. Certainly he preached in favour of vegetarianism and enjoyed mocking his meat-eating guests. On one occasion he even said to them – “That shows how cowardly people are. They can’t face doing certain horrible things themselves, but they enjoy the benefits without a pang of conscience.” (I’ll allow time for the irony of this statement to gently settle in.) The truth is that Hitler had a strong

partiality for Bavarian sausages, game pie and even the occasional stuffed pigeon! And even if he *had* been a vegetarian, that in itself does not mean that vegetarianism is flawed. The worth of an idea cannot be determined by the character of its supporters.

The perception of vegetarianism has also changed dramatically over the years. As the British Empire extended its reach, vegetarians were perceived as being unpatriotic and seditious due to their abstention from British beef – one of the key symbols of British power. Meat was generally seen as a commodity of the wealthy who could afford it, whilst vegetarians tended to come from the lower classes. This trend appears to be different today – as meat has become much more affordable due to extremely low industry standards – with most vegetarians able to afford meat but choosing nevertheless to abstain from it. As the shocking facts about mass factory farming are continually brought to light, more people are able to make an informed choice based upon ethical, environmental and nutritional factors.

As vegetarians living in the world of post-modernity, we can therefore look back and be proud to live within a society that is much more tolerant of our lifestyle. For all the occasional jibes and mockery we might receive from the tongues of our meat-eating friends, at least we can be content to exercise our beliefs without meeting an untimely demise at the Inquisitor’s stake!

Recipes courtesy of Denise Phillips, Jewish chef and food writer.



These four dishes feature in Denise's plant-based "Pesach with Style" Cookery Demonstration.

Sweet Potato and Carrot Soup with Basil Dressing

Once the kitchen is ready for Passover, I make my list of dishes to cook. A tasty vegetable soup is always on high on the list as it is perfect for lunch or as a family friendly recipe for Seder night. The sweet potatoes and carrots combine well and produce a vibrant orange-coloured broth. Full of goodness, the sweet potato contains huge amounts of beta carotene, vitamin C and Vitamin E, making it one of the best anti cancer foods.

This particular recipe has "no bits" for the fussy eaters and has a delicious basil dressing for the adventurous. Pistou is a puree of basil, garlic and olive oil, very similar to pesto but without the Parmesan cheese.

Preparation time: 20 minutes

Cooking time: 35 minutes

Serves: 8 – 10

Ingredients

For the soup

- 3 tablespoons vegetable oil
- 3 onions – peeled and sliced
- 1 teaspoon cinnamon
- 1.5 kg carrots – peeled and sliced
- 1 kg sweet potatoes – peeled and sliced
- 1 litre vegetable
- Salt and freshly ground black pepper – to taste

For the pistou (basil dressing)

- 25 g fresh basil leaves
- 8 cloves garlic – peeled and roughly chopped
- 2 tablespoons pine nuts -toasted



- Salt and pepper
- 120 ml olive oil

Method

Heat the vegetable oil in a deep saucepan.

Sauté the onions and cinnamon.

Add the carrots and sweet potatoes. Pour in the stock.

Bring to the boil. Cover and reduce the heat to simmer for 30 minutes.

Make the pistou sauce by placing the basil, garlic, pine nuts, and salt and pepper in the food processor and then gradually add the oil.

Taste and adjust seasoning accordingly.

Puree the soup in a liquidizer or food processor until smooth. For a more textured effect, only puree half of the liquid.

To serve the stylish way: Serve the soup hot in warmed bowls and drizzle over some pistou dressing.

Stuffed Mushrooms Gremolata

This recipe has become a firm favourite at many Yom Tov and dinner party events. As well as being delicious, it is ideal for large numbers as it is straightforward to make and to serve. The mini mushrooms are baked and topped with gremolata which is a mixture of minced parsley, lemon zest, hazelnuts and garlic.

Numerous Jewish recipes include almonds but this focuses on hazelnuts. I roast them to bring out their amazing aromatic flavour.

Preparation time: 10 minutes

Cooking time: Approximately 20 minutes

Serves: 8 people

Parev

Ingredients**For the mushrooms**

16 baby mushrooms, stems removed

Olive oil

Salt and freshly ground pepper



For the gremolata

200 g whole hazelnuts
2 cloves garlic, finely chopped
30 g finely chopped parsley
2 tablespoons finely chopped lemon zest (1 lemon)

For the garnish

Rocket salad

Method

Pre-heat the oven to 200°C/400°F/gas mark 6.

Place the whole hazelnuts on a baking tray and roast for 10 minutes or until golden. Remove and roughly chop.

Place the mushrooms on a tray lined with baking parchment paper.

Brush mushrooms with olive oil and season with salt and pepper to taste.

Bake for about 10 minutes or until just cooked through.

Combine all the gremolata ingredients in a medium bowl and season with salt and pepper to taste.

Spread the gremolata over the 16 mushrooms.

Return to the oven for 10 minutes to complete cooking.

To serve the stylish way: Sit the mushrooms in neat rows on top of a bed of rocket salad. Drizzle with some olive oil.

Italian Matzo Salad

Use a variety of tomatoes to get the best flavours for this crunchy Italian salad. It is a twist on the Tuscan bread recipe “Panzanella” but here I use broken pieces of matzo tossed in chopped garlic and extra virgin olive oil. It is perfect for a Shabbat or Yom Tov as you need to make it in advance.

Preparation time: 10 minutes

Serves: 6 people

No cooking!

Ingredients

600 g cherry tomatoes – red, yellow, plum, organic, on the vine – a mixture
 20 tea matzo or 20 matzo crackers – crumbled
 75 ml extra virgin olive oil
 Large bunch of fresh basil
 1 tablespoon red wine vinegar
 4 – 5 cloves garlic – peeled and finely chopped
 150 g black olives – pitted
 200 g vegan “cheese” – cut into cubes
 (if available for Pesach)
 Salt and freshly ground black pepper



Method

Put the olive oil, vinegar, garlic, salt and plenty of fresh ground black pepper into your serving bowl.

Add the crumbled matzo and mix.

Add all the remaining ingredients.

Toss to combine well, taking care not to break up the “cheese” – if using.

Let the salad stand at room temperature for a minimum of 15 minutes or overnight to allow the matzo to soak up some of the dressing.

To serve the stylish way: Serve with a green salad that includes rocket, or baby spinach.

Stuffed Figs with Walnuts

While I was in Istanbul this was served at one of the local restaurants and this recipe is my version of what they called “Turkish Viagra”! Dried figs are soaked in boiling water before being stuffed with walnuts and cooked in a beautiful red wine syrup.

Istanbul has the most amazing spice market not to be missed – so if you have a trip planned, put this place on the schedule to visit!

Istanbul is divided by the Bosphorus Sea into two sections – namely, the two continents Europe and Asia. The European side has the older more historic buildings and the Neve Shalom Istanbul’s largest and most famous synagogue. Nowadays, the main community is on the Asian side in more modern and less

traditional. Here the community remains active but tries to keep a low profile in a Muslim country.

Preparation time: 20 minutes plus 2 hours soaking

Cooking time: 25 minutes

Serves: 6 people

Ingredients

For the figs

450 g dried figs

300 ml boiling water

For the filling

60 g walnut pieces/halves

For the syrup

250 ml "tea" made with the following:

2 bay leaves

3 cloves

200 g brown sugar

150 ml water

100 ml red wine

Zest of 1 lemon



Method

Pour boiling water over the dried figs and leave for 2 hours

Hold the figs by their stalks and make a small incision in the soft end of each one. Add the walnut halves to fill out the figs.

Place stalk side up in an ovenproof dish.

To make the syrup combine all the ingredients together. Pour into a saucepan and simmer for 5 minutes. Sweeten the syrup to taste with more brown sugar. Pour over the figs.

Pre-heat the oven to 180°C/350°F/gas mark 4.

Bake for 20 minutes.

Can be served hot or cold with your favourite non-dairy ice cream or sorbet.

To serve the stylish way: Place in a wine glass, top with sorbet and dust the top with a little dried cinnamon.



DATE ON A PLATE

This is a really successful format for meeting new people – six men and six women learn to cook a three-course meal, and then eat it!

Sun 3 March:	Age: 28-40	French Bistro
Sun 17 March:	Age: 35-50	Tasty Tex Mex
Sun 14 April:	Age: 40 –55	Gourmet Greek
Sun 21 April:	Age: 30 – 45	A Taste of Italy
Sun 28 April:	Age: 26 -30	Lebanese
Sun 5 May:	Age: 50 – 60	Fancy Fusion
Sun 12 May:	Age: 40-50	Shavuot Special
Sun 26 May:	Age: 28-38	Classy Caribbean
Sun 9 June	Age:35-50	Sensational Summer

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:

Wed 6 March	New Ideas for Pesach
Thurs 7 March	Thai Banquet
Sun 10 March	New Ideas for Pesach
Wed 10 April	Vegetarian Italian
Thurs 11 April	Pastry Master Class
Wed 8 May	Chocolate Desserts
Thurs 9 May	Stylish Vegan Cooking
Sun 19 May	Friday Night Dinner

Venue : Northwood. Times : Weekdays 10am –1.30pm. Sunday : 6pm-10pm
Cost : £65 including three course meal and all ingredients
More info : www.jewishcookery.com or denise@jewishcookery.com
Or phone Denise on 01923 836 456

Please Note

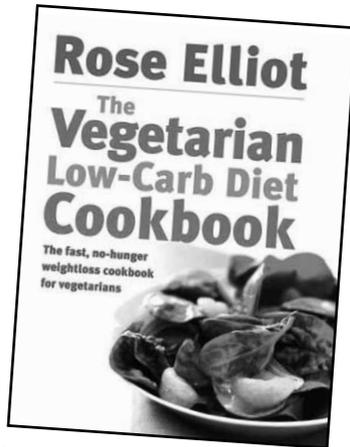
If you wish to attend any of the above classes, please let Denise know in advance and she will be happy to supply vegetarian ingredients.

Notice

We are seeking vegetarian-related contributions/articles/reviews 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 help us. All material must be received at the office 5-6 weeks before publication date.

The Vegetarian Low-Carb Diet by Rose Elliot

Reviewed by Niki Freedman



After meeting a friend who had noticeably lost weight and looked fantastic, we asked him the secret. He told us it was the Atkins diet – that well known celebrity diet when weight falls off by eating a high protein diet and relying on meat and fish to do this.

And so it was after this that we found a vegetarian diet that promised the same, without meat and fish – The Rose Elliot Vegetarian Low-Carb Diet.

Well Jonathan and I had put on a few pounds over the years and were determined to give it a go. So what is the secret of the book? The theory is that the “low-carbohydrate, adequate protein, moderate – to – high fat diet allows the body’s metabolic rate to remain high while satisfying appetite and preserving lean body mass. It results in healthy weight loss by lowering insulin levels and this may also have a positive effect on many chronic diseases”.

The diet starts with the 14 day carb cleanse where you are recommended to have 20g of carbohydrates a day. Until you reach your target, you move on to phase 2, the continuing weight loss stage, where you can gradually add more carbs per day (up to 60g

a day) provided that you are still losing weight. Phase 3 is the maintenance phase for when you only have 4-5 pounds to lose. You can repeat the weekly carb increase provided that the weight is still coming off. This varies in different people, but could be between 50 – 150g carbs a day.

Whilst initially daunting, and requiring frequent referring to the book and considerable forward planning, the provision of a 14 day meal plan made it easy to start on phase 1. So what did this mean?

Lots of eggs, tofu, cheese and nuts, lots of lettuce and spinach, lots of natural yoghurt – and very little in the way of

other fruit and veg – and this was the hardest bit...

Did you know one apple contains 17g carbohydrates? Even 100g of tomato contains 2.7g carbs.

So we learned to take packed lunches that did not include bread – mushroom frittata or egg mayonnaise with lettuce and radish salad.

A favourite supper is tandoori paneer (Indian cheese) or tofu, with green salad.

Snacks have become almonds, walnuts or peanuts.

I found it relatively easy to stick to the planned meals, although the first few days were difficult as it required eating a lot less and really learning to shrink your appetite. The diet warns that the fat burning or ketosis stage during phase 1 can result in one being achey and weak and Jonathan certainly felt this.

So how did we get on? Well the results were certainly motivating. In the first 2 weeks, I lost 9 pounds and Jonathan lost 8 ¼ pounds! This was last summer, and unfortunately we were then going on holiday for a week. However we were fired up by the change and, though we allowed ourselves a few treats, we were certainly more sensible than usual on holiday. On returning from holiday I



had gained 1½ pounds and Jonathan had lost another ¾ pound. So it was back onto phase 1, and gradually we started moving into phase 2, allowing ourselves a few treats – a piece of fruit, a glass of wine (5 carbs), etc.

By 6 weeks, including a week's holiday, I had lost 1 stone and Jonathan had lost 1 stone 3 pounds!

The honest truth is that Jonathan has maintained this weight loss with occasional fluctuations of 1 or 2 pounds over the last 15 weeks. At his best he has been 1 stone 6 pounds lighter. And

I have maintained the 1 stone weight loss. At my best it was down by 1 stone 3 pounds, but never less than 1 stone 1 pound.

Jonathan is happy with his new weight and keen to maintain it. He now allows himself the odd pasta or rice meal, and the odd roast potato! I now want to lose another half stone to reach my target, and plan to do

this once the snow has finished in order to look my best for the summer bikini season!

In short, this diet does deliver. I did miss my high fruit and veg diet but feel I know what to do to get that last half stone off. And Jonathan is delighted with his new physique!

Introducing Arbonne's Personal Care and Wellness Products



Arbonne creates personal care and wellness products that preserve and enhance the skin, body and mind for an integrative approach to beauty. Working with scientists at the Arbonne Institute of Research and Development in Switzerland, Arbonne explores and develops scientifically advanced, botanically based formulas that meet exacting standards for quality, safety and sustainability.

Skincare products include Instant Lift Gel which contains algae extract to enhance the skin's hydration and moisture; Age-Defying Neck Cream with apricot kernel oil and safflower seed oil to reduce the appearance of fine lines and wrinkles; and Cellular Renewal Masque containing skin conditioning pineapple and papaya extracts to rejuvenate the skin. The company also offers cosmetics and vitamin supplements.

Arbonne products are not tested on animals and are suitable for vegetarians and vegans as they do not contain animal derived ingredients or animal by-products.

For more information about Arbonne, to order samples or make an order, please contact Preferred Client and JVS life member Shoshana Tunk at [**shoshana.therose@gmail.com**](mailto:shoshana.therose@gmail.com).

Niki's Organic Balms Unveils its Natural Collection

Developed by complementary therapist Niki McGlynn, Niki's Organic Balms are a range of moisturising and healing balms made with natural ingredients including cinnamon, sandalwood and rosemary essential oils. Only a tiny amount is needed per application – making them highly economical. The range includes:

Niki's Organic Original Balm: Naturally antiviral, antibacterial and antifungal, this sweet



lemon scented balm can help to ease cracked skin, insect bites and athlete's foot. It also acts as a hygienic hand balm and moisturiser.

Niki's Organic Rose Balm: Light and non-greasy, this balm is a great daily facial moisturiser and makes a good base for under foundation. With rosehip, thistle and argan oils, it can help repair skin damage, minimise scarring, reduce discoloration and brighten complexion.

Niki's Organic Lavender & Chamomile Balm: Rich and moisturising, this product can be used on the entire body, including the face. Its lavender and chamomile combination calms both skin and mind. Brilliant as a hot cloth cleanser it may also be beneficial in the treatment of; psoriasis, sunburn, sleeplessness, headaches and more.

Niki's Organic Warming Balm: Infused with cinnamon this balm may help to improve circulation and is perfect for people who suffer with cold hands and feet. It is also popular with athletes as a way to soothe stiff muscles and cramps.

Niki's Organic Baby Bottom Balm: 100% organic, totally free from artificial preservatives and petrochemicals, this balm, developed specifically for use on babies aged over six months, is a natural choice to help soothe delicate skin. Its lavender aroma can also help with relaxation and sleep.

A versatile health and beauty essential, Niki's Organic Balms are available in a range of sizes to suit all needs and uses. Further information is available at www.nikisbalms.co.uk.

Essential Foods Make for a Great-Tasting Fairtrade Fortnight

If Fairtrade Fortnight (February 25 – March 10) inspires you to make more ethical choices, take a look at www.ethicallyessential.coop, a site is packed with fairly traded and ethical ingredients from leading sustainable manufacturer and distributor, Essential.

Essential offers a wide range of affordable Fairtrade larder staples – including nuts, seeds, dried fruit, spices, rice and quinoa – as well as organic herbal teas which help

provide a living for communities farming reclaimed dessert land in Egypt. Ethically-minded chocolate lovers may be tempted by sweet treats, including three chocolate spreads, while vanilla pods and cane sugar are available for home cooks.



Fairtrade products help farmers and workers improve the quality of their lives, empowering them to take more control of their futures. The UK is one of the world's leading Fairtrade markets. By choosing these products, you can make a difference to the livelihoods of producers and farmers across the world.

The Essential brand contains no colours, flavours or modifiers and is 100% vegetarian. The company, which runs as a co-operative, asks all its suppliers to sign a non-GMO declaration.

For more information on Fairtrade Fortnight, visit www.fairtrade.org.uk. Essential foods are available online at www.ethicallyessentially.coop and at health food shops.

Minvita Uses Baobab to Produce Nature's Multivitamin

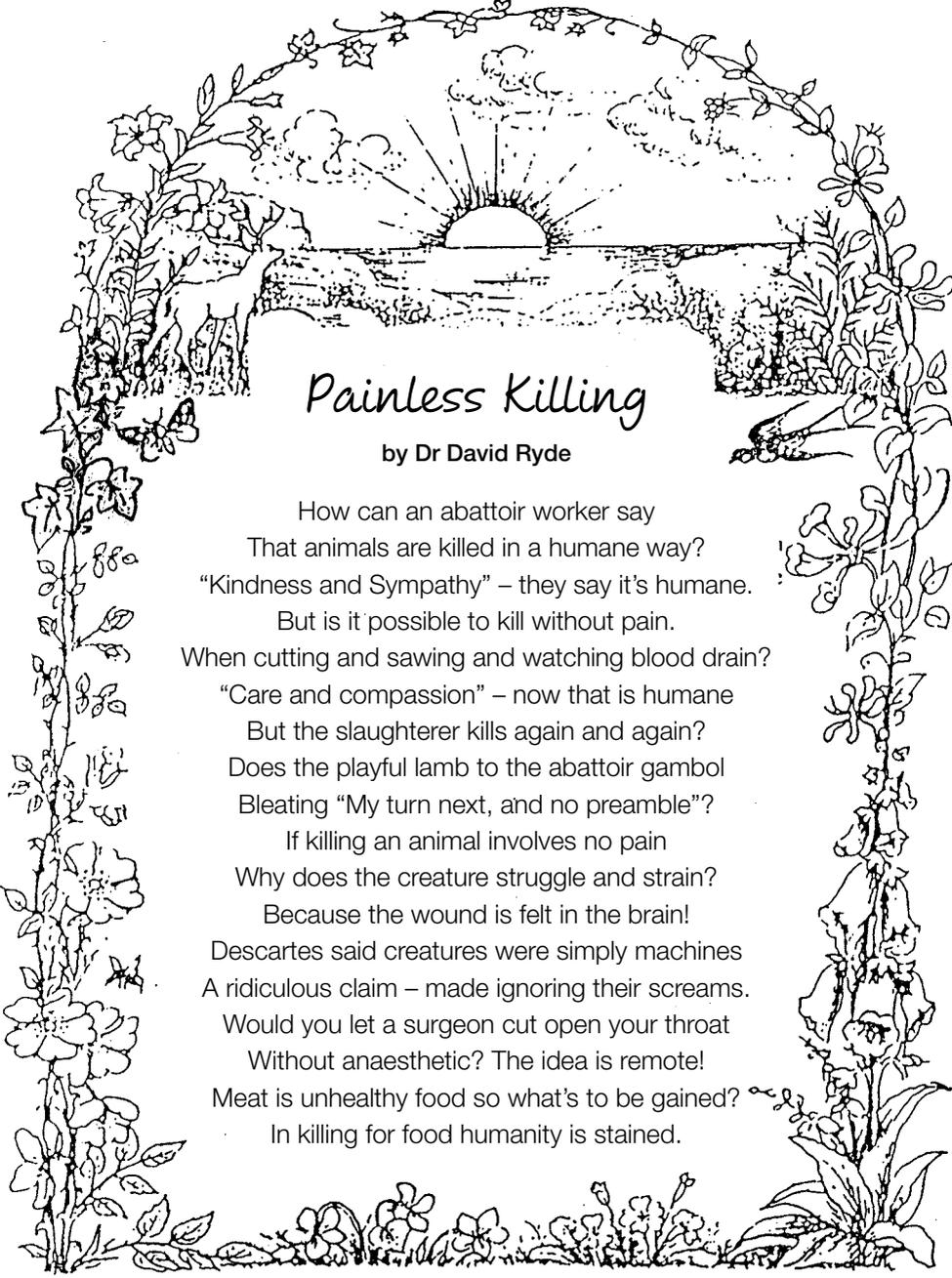


With a health busting mix of vitamins and minerals that offer six times more vitamin C than oranges, twice as many antioxidants than gojiberries, six times more potassium than bananas and more iron than spinach, it's no wonder that baobab is being hailed as the superfruit of 2013.

The baobab tree, also known as the "upside down tree" because of its unusual appearance, is traditionally grown in East Africa and its fruit has been used for thousands of years by local villagers.

Minvita Baobab Superfruit Powder is suitable for vegetarians and vegans and is perfect for use at home or at work as it can be added to smoothies, yogurts and cereals. It can also be stirred into a glass of juice or water. Better still, why not add it to the mix when you are making cakes, flapjacks or bread?

Priced at £14.69 for a 250g tub, this 100% natural and organic product is one of the most nutrient-rich foods on the planet, and is now available as Minvita Baobab Superfruit Powder in the UK and Ireland from Holland & Barrett stores nationwide and via www.minvita.co.uk.



Painless Killing

by Dr David Ryde

How can an abattoir worker say
That animals are killed in a humane way?
"Kindness and Sympathy" – they say it's humane.
But is it possible to kill without pain.
When cutting and sawing and watching blood drain?
"Care and compassion" – now that is humane
But the slaughterer kills again and again?
Does the playful lamb to the abattoir gambol
Bleating "My turn next, and no preamble"?
If killing an animal involves no pain
Why does the creature struggle and strain?
Because the wound is felt in the brain!
Descartes said creatures were simply machines
A ridiculous claim – made ignoring their screams.
Would you let a surgeon cut open your throat
Without anaesthetic? The idea is remote!
Meat is unhealthy food so what's to be gained?
In killing for food humanity is stained.

Spring 2013 – A Visit to a Lavender Farm in New Zealand

Jan and his wife came to Kaikura on the east coast of New Zealand some twenty years ago, from Holland. The Dutch have a great heritage in horticulture and together they run this beautiful garden and lavender farm. It lies nestled between the Pacific coast and the mountain range, high enough to have snow on the peaks all the year round.



The lavender garden

The garden comprises flowers, vegetables and, of course, a great deal of lavender. The vegetables are planted in raised beds. As this region receives a tremendous amount of rain, good drainage is essential. The raising of the beds helps with the drainage, but Jan says that the open stony soil drains very effectively anyway.



Raised vegetable bed

There is a superb herb garden, with specimens of thyme, marjoram, angelica, rosemary, as well as a few which I failed to identify. Next to this is a netted strawberry bed and by that, some healthy looking outdoor tomatoes just beginning to ripen now on the 1st of February. The vegetables include a few varieties of lettuce, onions, celeriac, celery, courgettes and cauliflowers.

Jan says that the planting season commences in October and goes through to November and December. These months correspond to our season which starts in March on the other side of the globe.

Tastefully blending in with the flowers are the varieties of lavender in rows by type. The whole farm is spectacular, with a tremendous scent pervading the air and inviting a great host of honey bees and bumble bees to suck the distinctively flavoured nectar and fertilise the seed heads. The honey bees come from the holding next door and the beekeeper supplies the shop here with honey garnered from their own flora.



Lavender growing

They also supply beeswax which is poured, when molten, into tea cups and marketed as candles.



Jan in his distillery

In his distillery, Jan revels in the by-products of the lavender. Gleefully he showed us the lavender oil which his apparatus produced, as he stood by a tap and filled a small glass jug with the precious liquid. This he decanted into a large jar and told us that it would be used for making essences, soaps, creams and perfumes which he and his wife sell in their small shop.

Hanging from the rafters, bunch after bunch of lavender was drying to be sold just dried, or to fill little cushions for sweetening a room or wardrobe with its distinctive aroma.

In the flower garden, giant agapanthus bloom abundantly and fragrant roses clamber on trellises. A walnut tree was laden with nuts, and I thought how good it must be to be able to harvest such a crop without fear of the squirrels stripping the produce as they do in our garden back home. Also the vegetables are not eaten by wood pigeons, as there are none here. There are three varieties of native pigeon, but although these are much larger than ours, are very rare now, due to the unfortunate introduction here of predator species, such as stoats, weasels and opossums which either eat the eggs or strip the forest of their natural foods.



Agapanthus

The history of this country is one of natural disaster after natural disaster with the introduction of alien species to an environment which had been free of natural predators, with the only land mammals (three varieties of small bat).



Distilled lavender essence

But therein lies another story. Our visit to this lovely enterprise left us with a warm feeling and scents that we will long remember when we return to England, still in the grip of winter.

Vegetarianism & Nutrition: How To Survive

A Talk By Rosalind Berzon

JVS AGM

Sunday 3 March, 6.00 – 9.00 pm, Free admission

PLEASE NOTE CHANGE OF TIME FROM LAST ISSUE

JVS, Bet Teva, 853-855 Finchley Road, London NW11 8LX

Welcome to the 48th Annual General Meeting of the Jewish Vegetarian Society. The evening will commence with a talk by Rosalind Berzon, entitled "Vegetarianism & Nutrition: How to Survive". This will be followed by the AGM. Refreshments will follow the meeting – vegan of course! The evening will finish at approximately 9.00 pm.

Vegfest Brighton

**Saturday 16 March and Sunday 17 March, 11.00 – 6:00 pm,
Free admission**

Hove Town Hall, Norton Road, Hove BN3 4AH

VegfestUK Brighton is a celebration of all things vegan with over 125 stalls serving awesome food as well as bodycare, clothes, accessories, gifts and also lots of campaigning groups and merchandise, plus stacks of info, talks, demos, performances, passion and positive energy.

Gefiltefest – London Jewish Food Festival

Sunday 19 May, 9.30am – 7.00pm, £25

**London Jewish Cultural Centre, Ivy House,
94-96 North End Road, London NW11 7SX**

Gefiltefest, a charity embracing all things Jewish and foodie, will be holding its annual food festival at North London's Ivy House in collaboration with the LJCC and JCC. Look out for the JVS stand!

The Ethics of Eating

A Talk by Rabbi Dr Raymond Apple

Thursday 23 May, 7.00 – 9.30 pm, £4

**Jewish Vegetarian Society, Bet Teva, 853-855 Finchley Road,
London NW11 8LX**

Food plays a colourful part in the cultures of all peoples. In Judaism the food factor has unique dimensions. What you eat, when you eat, and how you eat are all highly significant. This talk by Rabbi Dr Raymond Apple will present the how, and discuss the Jewish ethics of eating.

Vegfest Bristol

**Friday 24th May: 5.30 pm – 11.00 pm, Saturday 25 May:
11.00 am – 11.00 pm, Sunday 26 May: 11.00 am – 10.00 pm**

**Daytime admission: Adults £2, Kids & OAPs £1
(pay on gate, no advance tickets)**

With stalls (including food, bodycare, accessories, fashion, merchandise and information), 12 specialist veggie caterers – with food from across the globe – and headline acts each evening, VegfestUK Bristol is expected to be the biggest veggie event anywhere in the world this year.

London Vegans – Potluck

**Wednesday 6 March, Wednesday 3 April,
Wednesday 1 May: 6.00 – 8.00 pm**

Faraday House, 48-51 Old Gloucester Street, London WC1N 3AE

The London Vegans potluck takes place on the first Wednesday of every month. Potluck is an event where like-minded people get together to share homemade food, swap recipes, make friends and talk about topics that interest them.

London Vegans – Sunday Roast Dinner

Sunday 10 March, Sunday 14 April,

Sunday 12 May: 5.30 – 8.30 pm

Pogo Cafe, 76 Clarence Road, Hackney, London E5 8HB

This is a regular event, taking place on the second Sunday of every month. Pogo's roast dinner varies from month to month. Booking is essential and you can do so at www.londonveganmeetup.co.uk/events.

London Vegans – Book Club

Tuesday 12 March, Tuesday 9 April,

Tuesday 14 May: 6.30 pm

tibits, 12-14 Heddon Street, London W18 4DA

The Book Club meets on the second Tuesday of the month. Everyone is welcome. Just bring yourself, a suggestion for the next book and a desire to eat some yummy food. If you have actually read the month's book, even better!

London Vegans – Drinks

Thursday 21 March, Thursday 18 April, Thursday 16 May:

6.30 – 11.30 pm

tibits, 12-14 Heddon Street, London W18 4DA

The monthly London Vegans Drinks are going from strength to strength at Tibits. Eat what you like. Drink what you like. Socialise and meet without meat.

Vegetarian Events

Brief details of all events will be included in the "What's On Diary" if they are received in good time.

Details should be received 5 to 6 weeks before publication. The magazine is due out on 1st December, March, June and September. Please write to us.

Raw Magic: Superfoods for Superpeople

By Kate Magic

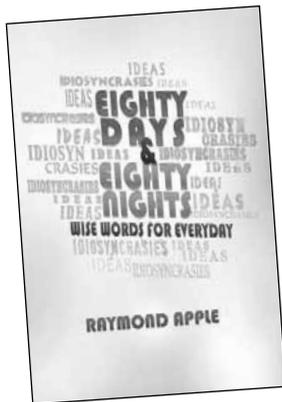
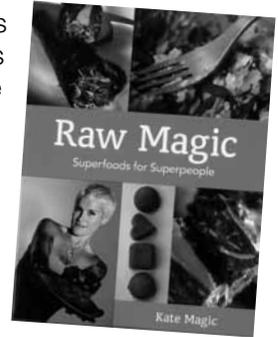
Published by Process Media, paperback, \$22.95

Raw Magic is an exciting new collection of 160 superfood recipes from the UK's top raw foodie, Kate Magic. These fun recipes are based upon the raw food philosophy that celebrates all the wonderful, divine-tasting foods that nature has to offer.

Magic's motto "superfoods make superbeings" means that every recipe included is jam-packed with nutritional goodness. Magic offers a comprehensive guide to all the major superfoods and the less commonly known ones such as goji berries, cacao, maca, bee pollen, algae sea vegetables, hemp, wheat grass and more.

Recipes are divided into seven sections – dips and dressings; savouries; salads and soups; puddings; cakes and biscuits; chocolate; and drinks. Each recipe is clearly laid out, easy to follow and accompanied by stunning full-colour photography.

***Raw Magic: Superfoods for Superpeople* is distributed in the UK by Turnaround Publisher Services, priced £16.99. It is also available from Amazon and The Book Depository.**



Eighty Days & Eighty Nights: Wise Words for Everyday

By Raymond Apple

Published by iUniverse, paperback, priced \$9.95

The title recalls Jules Verne with his *Around the World in 80 Days*. But while this is in no sense a travel guide, it does point to themes that affect human beings in all parts of our world. Although we differ so greatly from one another, we all share the same existential anxieties and yearn for the same calmness and equanimity.

Books

The author Raymond Apple, a patron of the Jewish Vegetarian Society, is passionately concerned about the quality of society. The eighty short chapters of this book dip into his thoughts on people and their problems and values. The themes (listed alphabetically) are approached in terms of challenge and response.

Because the author is a religious leader, he constantly employs religious models of feeling and thinking. Because he is Jewish, he utilises material that is grounded in the Jewish tradition. Because his name – Raymond – is said to come from a Scandinavian source that means “wise counsellor”, he dares to hope that he might have special means of contact with wise ideas.

***Eighty Days & Eighty Nights* is available from iUniverse, Amazon and The Book Depository.**

Restaurant Review

Le Grenier de Notre Dame



18 Rue de la Bûcherie, 75005 Paris, France



Having had some negative vegetarian eating experiences in France – being served fish on a school trip in the Loire Valley and utter rudeness from a waiter in Beaulieu-sur-Dordogne on ordering a cheese-less pizza – I was keen to try Le Grenier de Notre-Dame, the oldest vegetarian restaurant in Paris, whilst in the city for a few days.

Established in 1978 and situated just a stone's throw from the Notre Dame, the restaurant is spaced over two small floors with a thin spiral staircase reaching to the upper one. With soft table lamps, colourful artwork and an assortment of plants, the restaurant has a warm feel to it.

On arrival, the waiter handed my partner and me an illustrated menu, in both French and English, displaying an impressive number of vegan options. We both chose a brown lentil soup to start, which turned out to be delicious, while for our mains I chose the Cassoulet (white beans, tofu, seitan, tofu croquette, soy sauce, tomato sauce olive oil) and he chose L'Assiette Royale (brown rice, whole wheat, Emmental cheese, gratin of seasonal vegetables, poached egg, avocado, tomato sauce). My dish had an array of vegetable proteins but the individual flavours of these were lost within the overpowering tomato sauce.

The dishes were large and we didn't have dessert, but it was disappointing to discover that only one of the eight available was vegan – a slightly unimaginative-looking Fruit Pie at that.

We had a nice, relaxed evening but, with all the taxes added to what already seemed to be overpriced food, we had expected something a bit more out-of-the-box. That said, it is always great to find a restaurant in France where, if you're vegan, your choices stretch further than a plate of *pommes frites* and a *salade verte*. Le Grenier de Notre-Dame certainly delivers on that front. Creative and modern it isn't. But if you're looking for homely, hearty vegetarian food and a cosy atmosphere, you'll find it here.

Reviewer: Suzanne Barnard

Have Your Say

Got a point to make?

Want to comment on an article in this magazine?

**Wish to notify other readers about
something veggie-related?**

Send a letter for potential publication in *The Jewish Vegetarian*. Letters should be posted to **The Jewish Vegetarian Society, 855 Finchley Road, London NW11 8LX**. Alternatively please email info@jvs.org.uk marking your message "Letter to the editor".

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WHAT IS THE JEWISH VEGETARIAN SOCIETY?

The Jewish Vegetarian Society is an international charity dedicated to promoting a kinder society, without killing animals for food.

The Society spreads awareness of the benefits of rejecting cruelty to animals and the extension of this to an improved society where mankind is not cruel to fellow beings, both human and animals. These sentiments are expressed in the Torah, which teaches kindness to all sentient creatures and in the Talmud where it is stated that "the earth is the L-rd's" and that we are to be partners with G-d in preserving the world.

Annual subscriptions are £12/\$20 (single) and £15/\$25 (family). Life membership is £200/\$320 (single) or £300/\$480 (family). To find out more, please visit JVS.org.uk or phone 020 8455 0692. The Jewish Vegetarian Society is an international movement and membership is open to everyone.

The Jewish Vegetarian magazine is published quarterly by The Jewish Vegetarian Society in March, June, September and December.

The magazine is distributed in the USA by SPDSW, 95 Aberdeen Road, York, PA 17406. Periodicals postage paid at York, PA.

USPOSTMASTER: Send address changes to: The Jewish Vegetarian, c/o PO BOX 437, Emigsville, PA 17318-0437.

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