

The Jewish Vegetarian

No. 185 June 2013 Sivan 5773

Quarterly



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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

Brand New JVS Leaflet Available

Do you want to support the JVS and promote the benefits of vegetarianism? Then ask us for 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.

The leaflet is divided into four sections:

- Why Jewish Vegetarianism?
- Three delicious recipes, perfect for Shabbat
- What We Do
- Join the JVS

Thank you for your support!



Welcome to the June issue of *The Jewish Vegetarian*

We are pleased to announce that the JVS is holding a Musical Soiree on Sunday 9 June, at 6 pm. With a melange of live music and vegetarian refreshments, it will be a relaxing evening and an opportunity to meet like-minded people. More details can be found on page 42.

There were some positive developments in the world of vegetarianism this spring – a New York public school went completely vegetarian, the Vegan Society reported a 40% rise in veganism and the Tel Aviv police department started taking part in Meatless Monday!

I hope that the months ahead will bring new and exciting meat-free news! You can help us spread the word, and encourage others to join the JVS, by ordering copies of our new leaflet to distribute. More details can be found on the opposite page.

Wishing readers a lovely summer.

Shirley Labelda
Editor



For a vegetarian world

JVS LIFE MEMBERS

Life Members are the pillars of the Society.

Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

UK Life Membership

£200 or 5 annual payments of £50

Israel Life Membership

\$320 or 5 annual payments of \$80

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\$320 or 5 annual payments of \$80

Visit our website
JVS.org.uk

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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

£25 Dr & Mrs. T.B., Guildford
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BUILDING FUND – LONDON HQ

£25 Dr & Mrs. T.B., Guildford
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THE JERUSALEM CENTRE – GINGER

£25 Dr & Mrs. T.B., Guildford
£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

PESACH WITH STYLE – COOKERY DEMO

On Thursday 28 February Jewish chef and food writer, Denise Phillips, led a vegetarian cookery demonstration at the JVS. Denise showed guests how to prepare – from scratch – four delicious and stylish plant-based dishes, all kosher for Passover. The demonstration was followed by a tasting session which had extremely positive feedback! Dishes cooked and sampled were Sweet Potato & Carrot Soup with Basil Dressing, Stuffed Mushrooms Gremolata, Italian Matza Salad and Stuffed Figs with Walnuts.



VEGETARIANISM AND NUTRITION: HOW TO SURVIVE



Writer and nutritionist Rosalind Berzon gave a talk at the Society on Sunday 3 March, guiding guests through the basics of vegetarian nutrition. It was an interactive session covering the different nutritional groups and vegetarian sources of nutrition within these groups. See page 19 for a summary of the talk. This was followed by the JVS's 48th AGM.

THE JVS'S 48TH AGM

A welcome address was given by the Treasurer, Michael Freedman, who started by saying that the Society had been founded by a group of like-minded individuals under the inspired leadership of the late Philip Pick. For more than twenty years, since Philip died, the Society had struggled to find its way without his help. Michael expressed huge thanks to Shirley Labelda and Ruth Hyman who managed the day to day matters and maintained the Society through some very difficult years when many had said it could not be done.

He thanked Suzanne Barnard for the start she had made in guiding the Society into the twenty first century, and to Steven Altman who has been providing much needed voluntary help. Steven's family have a long connection with the JVS and Michael expressed how nice it is to have this continuity of involvement.

He thanked the JVS's honorary auditor Michael Scott for his continued generous help. He also thanked the Events Team and the staff of the Gan Sabres nursery. Michael concluded by saying that we look forward to the fulfillment of the prophecy "They shall not hurt nor destroy in all my holy mountain".

Suzanne Barnard delivered a Director's Report outlining some of the highlights of the last year (events attended/organised and increased number of website visitors/Twitter followers/Facebook likes/newsletter subscribers) as well as ideas for next year. Plans include increasing membership and support, continuing to engage with other charities and organisations, creating new marketing materials, putting on events (and being present at external events) and keeping up the pressure in the media to convince the Jewish community that the only way to keep kosher in the true sense – and follow the mitzvot of looking after our health, protecting the environment, conserving natural resources and being kind to animals – is to follow a vegetarian diet.

Attendees discussed the new layout of the magazine, a possible new sign for outside the JVS building and new marketing strategies.

Michael read the Treasurer's report, concluding that the Society's balance sheet continues to reflect a healthy position, and gave thanks to all who attended the AGM. Refreshments followed.

COOK UP A VEGGIE SHABBAT DINNER

The JVS has just produced a new leaflet which includes information about Jewish vegetarianism and three delicious recipes from the winners of the recent Shabbat recipe

competition. The recipes were judged by Reto Frei (co-owner of the leading vegetarian restaurant in London, tibits). Many congratulations to the winners! And thanks to all who entered!

1st prize: Chilli Tofu by Nishma Shah

2nd prize: Thai Cholent by Tanya Winston

3rd prize: Pashtida (Tasty Eggless Quiche) by Mordechai Levy-Eichel

Nishma Shah won a meal for two at tibits, free entrance to this year's Gefiltefest, a one-year JVS membership subscription and a *tibits at home* cookbook. Tanya Winston and Mordechai Levy-Eichel won free entrance to this year's Gefiltefest, a one-year JVS membership subscription and a *tibits at home* cookbook. Please help us promote Jewish vegetarianism by ordering some leaflets to distribute! More details on the inside front cover.



The JVS at Gefiltefest



The fourth annual Gefiltefest, held at the London Jewish Cultural Centre, in Ivy House, attracted hundreds of visitors, including former Labour MP David Milliband, for a day of cooking demonstrations, charity and business promotion, and tasty food. Speaking about the festival to the *Hendon & Finchley Times*, festival organiser Michael Leventhal said: "So many people are so excited and positive about

the festival and every year we are expanding. It feels like we're changing the way Jewish people think about food."

The JVS had a stand in the garden, giving away hundreds of leaflets, magazines

and tasty meat-free food samples. On offer were Fry's Traditional Vegetarian Sausages, Vegetarian Schnitzels and Vegetarian Slicing Sausage (Polony). The reaction from guests was positive and many stopped to talk to the JVS team about Jewish vegetarianism – everything from how we treat animals and meat's impact on the planet, to recipes for vegetarian brisket and meat-free cholent. Many thanks to Fry's for the delicious food!



Kat and Steve



Kat and Suzanne

News from The Jerusalem Centre/Ginger

INDEPENDENCE DAY



Independence Day in Israel has become a meat barbeque hell. Hide inside your home and shut the windows if you don't want to be stricken by the smoke and strong smell of grilled animal bodies. But this year it was a little different: many barbeques around the country were vegan. One of these was organised by "The Jerusalemite Movement", which is not identified as vegetarian. Hundreds of people attended and enjoyed skewered soy chunks and grilled vegetables. The soy-based kebabs and the vegan hamburgers donated to Ginger by Tofu-Deli were also a success.



Ginger's BBQ

The biggest vegan barbeque was in Tel-Aviv, organised by “Vegan Friendly”, a new group which focuses on making businesses (especially restaurants) cater for the growing vegan population. The idea is that a vegan customer will easily be able to find a satisfactory high quality and clearly labelled variety of options to choose from. Restaurants which fit the requirements get the “Vegan Friendly” label.

THE KNESSET

The efforts to make vegan food more available to people have reached the Knesset, too. Thanks to MK Tami Zandberg, the Knesset’s two cafeterias (meat and dairy, because of Kashrut issues) have become more vegan friendly. The meat cafeteria has always provided plant-based foods, but they are now clearly labelled. The dairy cafeteria has now also started to offer plant-based options and soya milk is available in both, as well as in the MKs’ offices. Zandberg’s next initiative is a bill that will require suppliers that provide food for public institutions (including state and municipal authorities, education and healthcare establishments, big work places and more) to offer healthy plant-based options.

With plant-based foods so abundant and available, we are on the right way to having the grilled bodies of animals become a strange anachronistic anti-social curiosity.

Every Monday: 7.00 – 10.00 pm
Supervised Rubber Bridge

at The Jewish Vegetarian Society
 853 Finchley Road, NW11.

£2.50 including refreshments

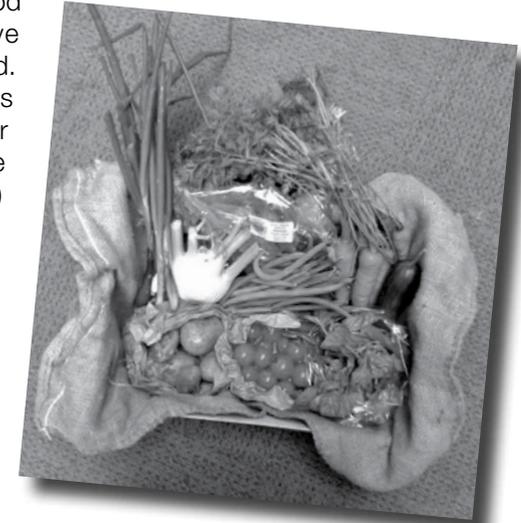
Why not come along?

Telephone: JVS Office – 020 8455 0692
 or
Laurence – 07933 326 182

Get Your Veg!

There’s nothing quite like eating really good quality vegetables. The kind that have excellent texture and are deeply flavoured. These days there are plenty of schemes that will deliver farm-fresh veg to one’s door step, so when the Tikkun Olam Committee at New North London Synagogue (NNLS) decided to set up an organic veg scheme, it was necessary to do something a little different.

Early on a decision was made to join a scheme where NNLS could make a real difference. A couple of volunteers worked hard to identify a farm where this would be the case and came up with Sutton Community Farm. Sutton is London’s only community farm, they have been going for three years, farming just over seven acres of previously derelict land in south London. Though they do not have organic status yet, they are working to achieve that status and all their veg are chemical free.



The farm has supported 900 volunteers to date, as well as providing training on things like bee-keeping, permaculture and even the hand-milling of heritage wheat! However, all these services come at a cost and one way that Sutton Farm meets that cost is by selling their veg via a Veg Bag Scheme.

Earlier this year, NNLS ran a month long pilot scheme. People signed up for a four week block which cost £56 and included the cost of transporting the bags from Sutton to Finchley. The bags were enough for 2-4 people (depending on one’s appetite for vegetables of course!) and were delivered to NNLS on a Thursday afternoon. Scheme members could collect their bags from NNLS during a variety of pick-up slots between Thursday afternoon and Sunday afternoon. Suffice it to say that members were thrilled by the quality of the vegetables!

NNLS are now looking for new scheme members. New collection opportunities are being explored, including a variety of pick-up points across Barnet and volunteers delivering veg to other scheme members. For more information, including details of how to sign up, visit www.nnls-masorti.org.uk/page.php?ID=249.

Vanessa Hudson

Vanessa Hudson is Leader of “Animals Count” – The Animal Welfare Party. Having been vegetarian for over 30 years and vegan for the last 16, Vanessa is passionate about achieving greater rights for animals by setting positive examples of animal friendly lifestyles.

Vanessa’s aims for the future direction of Animals Count are to increase awareness of the Party, grow the membership and strengthen the Party’s position to contest the EU elections next summer.



At roughly what age did you become vegetarian?

I became vegetarian at the age of seven.

What made you become vegetarian?

I’d always hated eating meat, chicken and fish. Although my parents struggled to get my sister and I to eat meat and fish, they did try for a while, believing it was necessary for good health. There was a chicken abattoir in our village and my 8 year old sister and I spent hours in the orchard next door observing how the chickens were killed. One day we just decided we’d had enough, went home and announced we were giving it all up. Thankfully, my mum didn’t try to change our minds. She just said “OK, I’ll give up too”. All three of us became vegetarian that day.

What is your favourite vegetarian meal?

I’m a Northerner at heart so the truth is a really well done takeaway of chips and mushy peas – preferably eaten on a bench with a view. But I appreciate if you’re not brought up eating them you might struggle to see the appeal of mushy peas. I think you have to be initiated at an early age! Something more healthy and perhaps more enticing to others would be a South Indian Masala Dosa or a Thai Style Tofu Green Curry. For a long time I’ve been chasing the dragon of the first ever Green Papaya Salad I had in Vietnam. At the time, it blew my mind and I was hooked. Nothing since has ever come close – though I live in hope...

Which is the best vegetarian restaurant you have been to?

If I could say the whole of South India and Sri Lanka would that be cheating? The vegetarian food there is amazing and there are so many small cafes and restaurants producing food that is phenomenal it would be hard to choose just one.

Back in the UK, my favourite restaurant was Saf in Shoreditch, London. I got into raw foods a few years back and was always so amazed at how they made such healthy food taste so delicious. They turned food preparation into an art form. Sadly, Saf closed the Shoreditch branch last year and although a concession remains in Wholefoods, Kensington, it’s not quite the same.

With Saf out of the picture, my favourite high end restaurants would be Vanilla Black and Manna in London and Terre a Terre in Brighton. I also love the raw food desserts made at Inspiral in Camden, London and Alokha in Brighton. A special shout out for the vegan fish and chips at the Coach and Horses pub in Soho London would be in order too.

Where is the most vegetarian-friendly place?

Any of the above.

What has been your worst experience as a vegetarian?

Growing up as vegetarians in the

midlands in the 80’s, we had quite a few meals out that were not terrible but a bit boring and lacking in imagination. I have a fear to this day of things like “stuffed peppers”. But things have changed so much and restaurants generally so much better educated in vegetarianism that, if we leave out travelling in Argentina a few years back, it’s a long time since I had a truly bad experience. There are some very reputable places that I’m often surprised can’t try harder though – like St John Bread and Wine in Spitalfields, London. I went there recently for a birthday dinner and, although my dining companions loved their dishes, I was astounded that they couldn’t make anything vegan for me. I ate bread, salad and olives, which is not awful but to my mind reflects poorly on their culinary imagination.

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

Whenever I travel to a new city for work or pleasure I check out the Happy Cow website – www.happycow.net – to find out what my veggie dining options will be nearby. I’ve discovered so many great places that way.

I also use the Saf recipe app for inspiration with raw food dishes.

What’s your “signature dish” (and can you give us the recipe)?

The dish that seems to go down the best with others is Red Lentil Daal. It’s

pretty easy to make. I generally make a large batch and freeze any that doesn't get eaten. (Tip – You can make it the day before and it's even tastier the next day. If you don't like spicy food, leave the ginger and chilli out).

RED LENTIL DAAL

Serves 6

Can be eaten on its own or with rice.

Ingredients:

1 tablespoon of vegetable oil
 1 onion – chopped
 3 cloves of garlic – chopped
 A finger sized piece of ginger root
 – finely chopped
 4 tomatoes, chopped, or a can of
 chopped tomatoes
 1 500 g bag of red lentils
 1 couple of carrots sliced (optional)
 $\frac{2}{3}$ teaspoon of vegetable stock powder
 such as Marigold Vegan Bouillon
 Powder
 1 teaspoon of cumin seeds
 $\frac{1}{2}$ teaspoon of cardamom seeds
 – freshly extracted from the pod
 $\frac{1}{2}$ –1 teaspoon of crushed chilli seeds
 – according to taste
 1–2 teaspoons of tumeric powder
 (optional)
 $\frac{1}{2}$ block of creamed coconut chopped
 into small pieces (if you can't find this,
 stir in $\frac{1}{2}$ to 1 can of coconut milk at
 the very end, but the block produces
 a richer and much better taste)
 Kettle full of boiling water
 Handful of freshly chopped coriander to
 garnish (optional)

Directions:

Heat the oil.

Fry the cumin and cardamom seeds for 30 secs.

Add the onion, garlic and ginger and fry for another minute and a half.

Add the red lentils and fry in the spice mixture for a minute.

Add a kettle full of boiling water, stir the mixture and turn down the heat to a simmer.

Add the tomatoes, carrots (if using), tumeric powder, chilli seeds, stock powder and stir.

Leave the pan to simmer for the next 30 mins, checking and stirring every 5 mins or so.

Add more water, if needed.

Eventually the lentils should start to break down and form a "mush". The contents of the pan should now be thick and stew like. At this point the daal is ready.

Keep tasting and add more stock/salt/chilli to taste.

Add the creamed coconut and stir in until melted and absorbed. If you haven't been able to find creamed coconut add $\frac{1}{2}$ to 1 can of coconut milk according to taste.

Once the taste of the daal is to your liking, serve alone or with rice, garnished with the chopped coriander.

New York City School Goes Vegetarian

Public School 244, in Queens, New York City, USA, has introduced an all-vegetarian menu as part of a city-wide plan to improve public health.

The school, which educates 400 children, now serves lunches such as tofu roasted in sesame sauce; falafel and cucumber salad; braised black beans and plantain; veggie chilli; and black bean and cheddar quesadillas served with salsa and roasted potatoes. Children also attend regular food and health classes.

Bob Groff, the school's principal, said that the vegetarian food has been popular and is having an effect. Speaking to *The Independent* he said: "Our internal studies show a clear reduction in the percentage of fat in body weight. And kids bring this home – they ask Mum if they can switch to brown rice or request chickpeas for dinner."

40% Surge in Veganism

The Vegan Society has reported that the number of people signing up to its online Vegan Pledge increased by 40% in the first two months of 2013 compared with the same period in 2012.

The Vegan Society offers a vegan pledge scheme for people who would like to try to go vegan for 7 or 30 days. On the 30 day programme the new vegan can be matched with an online vegan mentor who will support them during their pledge period by answering their questions and offering advice. The Society has seen a significant increase in pledges so far in 2013, of 40% worldwide and 26% in the UK.

There are also other signs of a burgeoning interest in the vegan diet and lifestyle. Anjali Sareen writing in the Huffington Post notes that there is evidence from Google Trends statistics that "veganism is entering the mainstream" following public support from figures such as former President Bill Clinton and Justin Timberlake for the vegan diet. Google trends statistics for both the UK and worldwide show an increase of over 30% in the number of searches in the past two years for the term "vegan", with March this year showing the highest number of searches ever for "vegan".

Vegan Society CEO Jasmijn de Boo commented: "We welcome the recent surge in interest in the vegan diet and lifestyle. It is hard to know whether it is the result of food scares such as the horsemeat scandal, the public support of celebrities for the diet or whether consumers are simply recognising that they need to re-think their food choices

for the benefit of animal welfare, the environment and their own health. Whatever the root causes, this trend can only be good news for manufacturers and retailers that cater well for the vegan community.”

Tel Aviv Police Support Meatless Monday

The Tel Aviv Police department has adopted Meatless Monday, which means completely vegetarian lunches for the force each Monday! The municipality of Tel Aviv also now backs the idea. The Meatless Monday Israel initiative, headed by television presenter Miki Haimovitch, is spreading fast in Israel with Hewlett Packard, Kibbutz Grofit, Kibbutz Ketura and the municipalities of Modi'in and Petach Tikva all taking part.

Knesset Bill Could Ban the Sale of Foie Gras in Israel

On 22 April, Israeli Knesset Member Rabbi Dov Lipman introduced a bill to ban the import and sale of foie gras. If it passes, the bill will be a step complementary to the decision of the Israeli Supreme Court ten years ago to ban the force-feeding of geese and ducks in Israel.

In the 1990s when the Israeli campaign against force-feeding of geese and ducks started, Israel was one of the world's leading producers of fatty liver. A precedential court decision led to the closing of the industry and still underpins campaigns against other common cruel practices.

Pressure groups Anonymous for Animal Rights and Let the Animals Live hope the bill will stop the imports of foie gras to Israel and set the principle that cruelty is unacceptable – whether carried out locally or abroad, by oneself or by paying someone else.

While the production of foie gras has been prohibited in a number of other countries in addition to Israel (Argentina, Austria, the Czech Republic, Denmark, Finland, Germany, Ireland, Italy, Luxembourg, the Netherlands, Norway, Poland, Sweden, Switzerland, Turkey and the UK), a ban on the actual sale of foie gras is only currently in force in California, USA

The 269life Campaign Continues

On 5 March, 269life activists stepped up their campaign, described as the “uncompromising demand for animal liberation”, by placing the heads of decapitated animals in public places throughout Tel Aviv and surrounding neighborhoods, displaying signs such as “end animal slaughter” and dyeing the water of fountains red to resemble blood. 10 people have been arrested for these actions. Undeterred, 300 activists attended an animal rights protest in Tel Aviv on 3 May in a public show of solidarity.

269life has amassed supporters from all over the globe who have either branded or tattooed the number 269 on their bodies – sometimes in public. “269” is the label given to a calf who was born into an Israeli dairy farm. The group says: “This anonymous male calf will be forever immortalized on our bodies, and hopefully this message of solidarity will somehow bring a new way of looking at non-human animals. No animal should be exploited to satisfy the selfish needs and whimsical desires of humans, and that is why we chose to use the industry’s own method of objectifying living beings as this symbolic means to convey our idea”.

Bill Gates Backs Vegan Meat

Bill Gates has become the latest high profile innovator to endorse the production of faux meats, writing on his website about their power to change the way we eat.

In a blog post entitled *The Future of Food*, the computer entrepreneur and philanthropist discussed the rise in meat consumption over the past 20 years and commented on its unsustainability in a world where resources are dwindling and the population is increasing.

Gates, who is a vegetarian, wrote: “Put simply, there’s no way to produce enough meat for 9 billion people. Yet we can’t ask everyone to become vegetarians. We need more options for producing meat without depleting our resources.”

He highlighted the work of two companies using vegetable proteins to create the meatless products - Beyond Meat and Hampton Creek Foods.

“Companies like [them] are experimenting with new ways to use heat and pressure to turn plants into foods that look and taste just like meat and eggs,” he wrote. “I tasted Beyond Meat’s chicken alternative and was impressed. I couldn’t tell the difference between Beyond Meat and real chicken.”

Beyond Meat’s Chicken-Free Strips are so “meaty” that they even managed to fool experienced *New York Times* food columnist Mark Bittman in a blind tasting. Currently the products are only available in the USA.

Victory as Shropshire Council Refuses Planning Permission for Intensive Chicken Factory

After receiving almost 5,000 objections from supporters of People for the Ethical Treatment of Animals (PETA), Shropshire Council has confirmed via its website that it has refused planning permission for a proposed intensive broiler chicken production facility in Bletchley, which would have condemned hundreds of thousands of birds to a life of misery and suffering.

The application, made by Harrison Farms, would have allowed for 330,000 chickens to be confined to the proposed facility. An online action initiated by PETA warned Shropshire Council's planning department that, in addition to being a living nightmare for animals, factory farms have a severely detrimental effect on the environment, both locally and nationally. Locally, farm traffic, noise and unpleasant odours can all cause unacceptable disruptions. Furthermore, it is now universally recognised that factory farms are among the main contributors to the greenhouse gas emissions that cause climate change.

On chicken farms, these inquisitive, highly social birds are forced to spend their lives in sheds that stink of ammonia with tens of thousands of other birds. After enduring the agonising pain of having the ends of their sensitive beaks cut off with a red-hot blade in an attempt to stop the frustrated birds from pecking at each other, chickens are dosed with antibiotics to fight disease and bred to grow so large so fast that many of them become crippled under their own weight and experience organ failure. Severe crowding and often filthy conditions leave chickens highly susceptible to chronic respiratory diseases. They are killed for their flesh as young as 42 days old, when they reach "slaughter weight".

For more information, please visit PETA.org.uk.



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Vegetarianism & Nutrition: How to Survive

BY ROSALIND BERZON

The following is a summary of a talk given by writer and nutritionist Rosalind Berzon on Sunday 3 March at the JVS.

Part 1: Becoming Vegetarian

For those new to a vegetarian diet or perhaps thinking of changing to it, you could be worried about replacing the nutrition you are currently receiving from meat and fish. You may be considering how to replace the vitamins and minerals that you feel you will lack.

A good way to think about it is as follows: Much of the food eaten by cows, sheep and chickens comes from a vegetarian source. So why not cut out the "middle man" and have your vegetarian source of nutrition directly? "Nutrition Direct"!

Let's look at what the Department of Health, Ministry of Agriculture, Fisheries and Food, and Health Education Authority say regarding Vegetarian Healthy Eating Advice. (A pie chart was produced some time ago and is obtainable from the NHS.) The general healthy eating advice given is to eat more carbohydrates, fruits and vegetables, and to cut down on fatty and sugary foods.

Part 2: 10 Tips for A Vitality Diet

- When eating fresh produce, try to get organic. This is not now that much more expensive than non-organic.
- Try to eat three meals a day; two light and one main meal. Try to make your main meal at lunchtime if you can.
- Drink more fluids: 3-4 litres a day in the form of water, juice (top up juice with 50% water), soups and not too much tea and coffee.

- Snack between meals on small portions of fruit, dried fruit, nuts, rice cakes, Ryvita, corncrips, oatcakes or low fat yoghurt.
- Choose more wholemeal, mixed grain and rye bread, wholegrain cereals, brown pitta bread, brown pasta, brown rice and porridge oats.
- Eat plenty of brightly-coloured fruit and vegetables, especially raw grated carrots, beetroot and cabbage (one of your meals should be raw food such as a salad a day).
- Get plenty of vitamin C from fresh fruit and vegetables.
- Sprinkle sesame, pumpkin and sunflower seeds (can buy as a ready-made mix) over cereals, soups, salads and casseroles (coliac sufferers are advised to avoid small seeds and tomato seeds).
- Eat more pulses, beans and lentils (canned varieties will do). Meal suggestions: A) Enjoy reduced sugar and salt baked beans with jacket potatoes and a side salad; B) Add a can of red kidney beans to cooked chilli "Beanfeast" and serve with basmati fine grain brown rice; C) Try hummus with falafel, brown pitta bread and a side salad.
- Above all, try to cut down on sugar and fat (particularly fatty sauces). Use unsaturated fat such as olive, sunflower, safflower, sesame and corn oil with your food and for cooking rather than too much saturated fat such as butter or even margarine. (Coconut butter is saturated fat.)

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.

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

Sentience and The Right To A Fair Life

By **Steven Altman**

Could this be the right time to begin reconsidering our relationship with the animal world? Indeed, are there a particular set of characteristics and behaviours that an animal must exhibit in order to "earn" the right to not be eaten, worn, experimented on or hunted? One point of contention that we can all agree upon is that we will never conclusively know what goes on within the mind of an animal, yet we can still question whether this inability to completely understand other species provides us with the option to treat them with disrespect.

In this article, I intend to outline the current debate between the two competing philosophies of animal welfare and animal rights, also known as the distinction between regulation and abolition. Arguably the two main figures in these movements are Peter Singer and Gary Francione respectively. Singer advances the view of animal liberation, which believes that the rights of an animal should be based around their ability to feel pain rather than their potential to portray intelligence, yet he also advocates that if the meat industry must continue, then it is important that we provide the animals with as much comfort as possible before they are turned into resources for human consumption. Francione argues that due to the fact that a pig, cow, sheep, or any other animal for that matter, can display sentience and a basic interest in being alive, then that very

cognisance prevents humans from treating animals as property. Ergo, Francione stresses the view that these basic qualities are enough to prevent animals from being exploited by any means, which must lead to the complete dismantling of the meat and vivisection industries.

In the seventeenth century, the French philosopher Rene Descartes advanced his theory that animals are nothing more than mere machines – cleverly designed automata. Therefore, man had no obligation to treat animals as any different from other machines. In one infamous experiment, Descartes nailed the paws of a dog to a board and ripped its stomach open, explaining to his students that the dog's whining was no different to the heavy creaking of an under-oiled wheel. A century later, Immanuel Kant stated that animals exist as merely a means to an end, and that end is man. For example, just as you wouldn't destroy the clock of another individual, you also wouldn't destroy their dog as you would be affecting their monetary interests. Some readers may feel that such ideas are barbaric and are no longer reflected in contemporary society, but has our ideology really changed so much over the centuries? Within this country, animal welfare laws began to be implemented during the nineteenth century, but they were not there to protect the interests of the animal but rather the interests of

the owner. Pigs are still kept in narrow crates with limited access to their young, chickens are fortunate if they have a few inches of space to move and calves are ripped away from their mothers, confined to a space where they can barely move in order to make their meat more pink and stringy.

The sad reality is that the meat industry is run purely in the interests of profit, and any basic changes to animal welfare will only be made towards the pursuit of this end. As demand for better welfare continues, small improvements have been implemented, yet the vast majority of animals are still left to live a life of misery and ignominy. It is also sometimes the case that reforms can lead to animal welfare activists sidling up to slaughterhouse owners, under the belief that they have scored a major victory for the cause. However, it is very important to be aware that welfare organisations can play a key role in highlighting abuse and putting the animal exploitation industry under continual scrutiny. Compassion in World Farming and PETA are just two examples.

In the USA, Ag-gag laws have recently passed into legislation. These laws make it a criminal offence to film or publicise any activities that take place within a slaughterhouse – the first person was arrested under this law very recently and is facing a potential prison sentence of up to six months! These types of laws are naturally of great concern to the welfare movement, as they prevent activists from ensuring that their reforms are

actually being put into practice. Another potential obstacle for the welfare lobby is the argument that welfare will ultimately lead to abolition. Unfortunately there is no evidence that this will be the case, as welfare reforms can often appease activists and the meat industry, aiding them in the belief that animal exploitation can be allowed to continue as long as suffering is minimised. Yet there is the fear that abolition activists can be perceived as extremists in response to certain events. For example, Gary Francione recently campaigned against Proposition 2 in California, which called for factory farmed animals to be given slightly more space in their confinement. The basis of his opposition revolved around the fear that the proposition would lead to no real change to animal suffering in the long-term and would make people more comfortable with exploitation. At the same time, his stance was seen as the heady reaction of an idealist to the unfortunate reality of needing to adhere to any concessions on animal welfare that the meat industry might be willing to offer.

I do hope that this article has given the reader a clearer insight into the current controversy between the welfare and abolitionist camps. The debate certainly calls into question whether animals must display particular qualities in order to not be treated as slaves. Is the only humane solution to abolish this system all together and embrace a vegan lifestyle as a means of personal protest, or can we continue to tolerate the exploitation that is happening in our name? The debate continues...

Eating People is Wrong: An Advance in Food Technology

BY DR. KENNETH FRIEDMAN,

Regis University, Colorado USA

Courtesy of the Interdisciplinary Journal of Economics and Business Law 2012,
Volume 1, Issue 4, pp 141-145.

But people have always eaten people.

What else is there to eat?

If the Juju had meant us not to eat people,

He wouldn't have made us of meat!

(Flanders and Swann, "The Reluctant Cannibal")

In contemporary society cannibalism is politically incorrect. Yet eating other sentient animals is widely accepted. There are exceptions. Hindus, Jains, and some Buddhists do not eat meat or fish because of religious proscription. Other vegetarians avoid animal flesh for a variety of reasons. Still, meat constitutes a major component of diet for most people on the planet. Even in India, only one-fifth to two-fifths of the population is vegetarian (*The Hindu* 2006).

Careful studies (Key, T.J. et. al. 2006; Craig, W.J. et. al. 2009) conclude that vegetarian diets may be as, or even more, functional than meat consumption in reducing mortality and morbidity. It is not necessary to eat meat for survival, much less for health.

This raises two sets of questions with respect to raising, killing, and eating animals. One involves moral considerations; the other, ecological ones.

Morality

It is immoral to cause unnecessary pain or suffering. While this is a starting point of utilitarianism, it is also reflected in Kant's duty of beneficence. Moreover, while there are potent objections to both utilitarianism and deontology, those objections leave this starting point unscathed.

If killing animals and eating meat is to be justified morally, the argument must restrict beneficence to humans, ignoring animal suffering. Until recently in Western thought, this was easy. Animals, lacking souls, are no more than machines and cannot suffer. As late as Descartes this was the received wisdom.

Today, contrary evidence, not only from animal behavior and from evolution, but also from neurophysiology, is overwhelming. That animals cannot feel pain is no longer a tenable position.

A fallback justification might acknowledge

that animals can feel pain, but would claim that their pain is outweighed by the nutrition and pleasure eating animals affords to humans. This is problematic for several reasons.

One is that the suffering of animals is not limited to their supposedly painless execution. Our appetites have spawned a giant industry geared, as most industries, to maximizing profits. Spending just to decrease the discomfort of animals (who lack ombudsmen to demand decent treatment on their behalf) reduces profits.

As a result, animals are raised in conditions widely acknowledged to be brutal. In only a few countries has public opinion led governments to violate neo-classical economic dicta and to demand the abolition of the worst conditions (Park and Singer 2012).

A more fundamental problem is that even if we improve the conditions in which livestock are raised and lessen their suffering, killing and eating animals is not necessary. Causing even a lesser degree of suffering would still be immoral if that suffering were unnecessary.

Ecology

The raising and slaughtering of livestock is a huge industry, generating more than \$1 trillion annually. Globally, there are 4½ billion cattle/sheep/pigs/goats and more than 17 billion poultry. By-products include trillions of pounds of waste. Livestock account for nearly 20% of anthropogenic greenhouse emissions – one-tenth of carbon dioxide, three-

eighths of methane, two-thirds of nitrous oxide and ammonia (FAO 2006, p.112-4).

Some of this is related to the degradation of land. Grazing takes up one quarter of the Earth's land (FAO 2006). Overgrazing has led to the desertification of large areas. Cattle ranching is responsible for most of the deforestation of the Amazon basin.

Livestock needs intensify demand for fertilizer, increasing the run-off of phosphorus and nitrogen compounds. The resulting eutrophication of surface water and pollution of aquifers overwhelms natural recovery mechanisms. This presents a serious, often nonlinear and irreversible, environmental threat (Scheffer et. al. 2001; Schindler and Vallentyne 2008).

“An important implication here is that small environmental changes, such as overgrazing, increased dust loading, or changes in nearby ocean temperatures, may potentially cause a total state shift for the entire area once a critical threshold is passed.” (Scheffer et. al. p. 594)

Certain livestock-raising practices pose a direct threat to humans. Raising fowl in proximity to pigs (common in Southeast Asia) incubates human pathogens. This may have been the source of the avian influenza epidemic as well as earlier swine influenzas. In the U.S. livestock consume four-fifths of all antibiotics, accelerating development of antibiotic resistance in pathogens.

Technology

Meat is muscle. If we could grow muscle without the rest of the animal, we could grow meat by itself. This would resolve the moral problem of causing suffering to livestock. There is convincing evidence that muscles cannot feel pain. Eating dead muscles, though it may sound repugnant to many, would not cause suffering.

Ecologically, growing muscles (meat) directly, without having to grow organs, a central nervous system, a complex circulatory system, and a skeletal structure would plausibly require less energy and produce less waste.

Moreover, the biology of growing meat in this way is well understood. The basic idea is simple. First, obtain a few embryonic stem cells (or myosatellite cells, an adult stem cell) – a procedure that need not harm an animal.

“A bacterial-based growth serum is applied to multiply the stems. Researchers then coax them to differentiate into muscle cells, which are grown on an edible or biodegradable scaffold to form myofibers. Those, in turn, are exercised under tension – as if in a miniature, high-tech gymnasium – to build bigger muscle tissues.” (Krause, p.30) Voilà! *In-vitro* meat.

It is not merely that this new technology could reduce the direct costs of producing meat. If one considers the enormous negative externalities of our present practices, *in-vitro* technologies could

significantly lower the indirect costs that we all, even vegetarians, pay.

If *in-vitro* meat technology proves viable, its primary competition may come from *faux* meat developed from vegetable proteins. Even if *in-vitro* technology cannot withstand such competition, it may provide important collateral benefits.

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

Spicy “Vegi Sausage” Stir Fry

This sausage works well in this recipe and make an excellent stir fry accompanied with noodles. This medium strength spiced sausage is laced with red pepper. It slices up beautifully and absorbs all the Chinese flavours with splendour!

Serves 4 **Prep time** 15 minutes **Cooking time** 15 minutes



- ✦ 2 – 3 small pak choy – trimmed and chopped
- ✦ 6 spring onions – trimmed and sliced at an angle
- ✦ 2 “Vegusto Pepper Sausages” – sliced
- ✦ 3 tablespoons soya sauce
- ✦ 250 g Chinese noodles

For the garnish

- ✦ 2 tablespoon sesame seeds

Ingredients

- ✦ 1 tablespoon sesame oil
- ✦ 4 cloves garlic – peeled and finely chopped
- ✦ 3 cm fresh ginger – peeled and grated
- ✦ 1 small red chilli – deseeded and finely chopped
- ✦ 4 carrots – peeled and cut into match sticks
- ✦ 100 g chestnut mushrooms – cut into quarters

Method

1. Heat a large non-stick wok or frying pan and add the oil.
2. Add the garlic, ginger and chilli then fry for 1 min. Add the carrots, mushrooms, pak choy, spring onions and stir-fry for 5 minutes.
3. Then add the Vegusto Pepper Sausages. Cook for a further 5 minutes.
4. Cook the noodles according to the packet instructions. Drain and add to

the vegetables.

5. Add the soy sauce, toss well and season accordingly.

To serve the stylish way

Garnish with sesame seeds and serve in warm bowls.

Tricolour Minestrone

In Italy, minestrone usually means a vegetable soup, although it might contain chicken or meat broths so always check this! Vegetables vary from recipe to recipe and region to region. Often pasta, beans and rice are added as well. Minestrone is sometimes served with pesto stirred in, or with Parmesan grated on top like this one.

I have chosen vegetables that are green, red and white giving a bright coloured appearance and texture that make the most of the freshness from the summer vegetables.

Serves 6 **Prep time** 10 minutes **Cooking time** 15 minutes

Ingredients

- ✦ 3 tablespoons olive oil
- ✦ 2 red onions – finely chopped
- ✦ 1 tablespoon sun-dried tomato paste
- ✦ 450 g plum tomatoes – cut into small pieces
- ✦ 2 green courgettes – trimmed and roughly chopped
- ✦ 1 yellow courgette (or use a yellow pepper if unavailable) – trimmed and roughly chopped



- ✦ 100 g small pasta e.g. Faralline (small bows) or macaroni – cooked
- ✦ 400 g cannellini beans – rinsed and drained
- ✦ 3 cloves of garlic – peeled and sliced
- ✦ 1.2 litres vegetable stock
- ✦ 6 tablespoons shredded fresh basil
- ✦ 75 g grated vegetarian or vegan Parmesan cheese
- ✦ Salt and freshly ground black pepper

Method

1. Heat the oil in a large saucepan and sauté the red onions – cook gently for 5 minutes.
2. Stir in the sun-dried tomatoes, chopped tomatoes, courgettes/yellow pepper, beans, and garlic.
3. Mix well and cook for a further 5 minutes. Stir from time to time so that the vegetables do not stick to the saucepan.
4. Add the stock, bring to the boil and

simmer gently for 10 minutes or until the vegetables are just cooked. (Over-cooked courgettes lose their colour and texture.)

5. Add the cooked pasta and stir. Check the seasoning.

To serve the stylish way

Remove the pan from the heat and stir in the basil and half of the cheese. Taste for seasoning. Serve hot with the remaining cheese.

Pear, Apple and Pistachio Nut Crumble

I don't think you ever have too many crumble recipes and this one is quite different. I love the chocolate addition and, for me, the ultimate in comfort food is to serve it with custard! It is delicious hot, cold or warm so ideal for Friday night or leftovers for Shabbat lunch.

In a recent article scientists reporting in *The Telegraph* said a handful of pistachio nuts a day can help destroy bad cholesterol, ward off heart disease and prevent cancer. They are full of antioxidants – so don't feel too guilty about second helpings!

Serves 6-8 **Prep time** 25 minutes **Cooking time** 40 minutes

**Ingredients****For the crumble**

- ✦ 50 g wholemeal plain flour
- ✦ 100 g plain flour
- ✦ 100 g porridge oats
- ✦ 1 tablespoon baking powder
- ✦ 75 g dark chocolate – grated
- ✦ Pinch of coarse sea salt
- ✦ 100 g light muscovado sugar
- ✦ 100 g unsalted butter/non-dairy margarine – cold and diced
- ✦ 100 g unsalted shelled green pistachio nuts – roughly chopped

For the fruit filling

- ✦ 4 Conference or William pears – peeled, cored and sliced finely (choose ripe)
- ✦ 3 eating apples – peeled, cored and sliced finely
- ✦ 2 tablespoons light muscovado sugar
- ✦ 2 tablespoons apple or pear juice

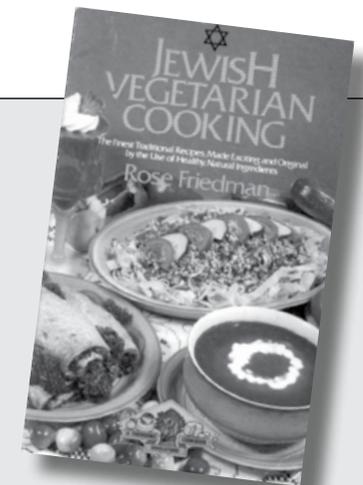
Method

1. Preheat the oven to 180°C/375°F/gas mark 4.
2. For the topping, combine the flours, oats, sugar, chocolate, salt and butter in the food processor and whizz together until crumble forms. Remove and stir in the chopped pistachio nuts.
3. In a large bowl, mix the fruit with the sugar and place in a large ovenware dish. Add the fruit juice.
4. Arrange the crumble topping on top of the fruit.
5. Bake the crumble for 35 to 40 minutes or until the top is golden and the fruit is bubbling.
6. Enjoy hot, cold or warm with custard, cream or yogurt on the side. Or even vanilla ice cream, if you like that combination.

HALF PRICE BOOK SALE

Jewish Vegetarian Cooking
by Rose Friedman

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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.

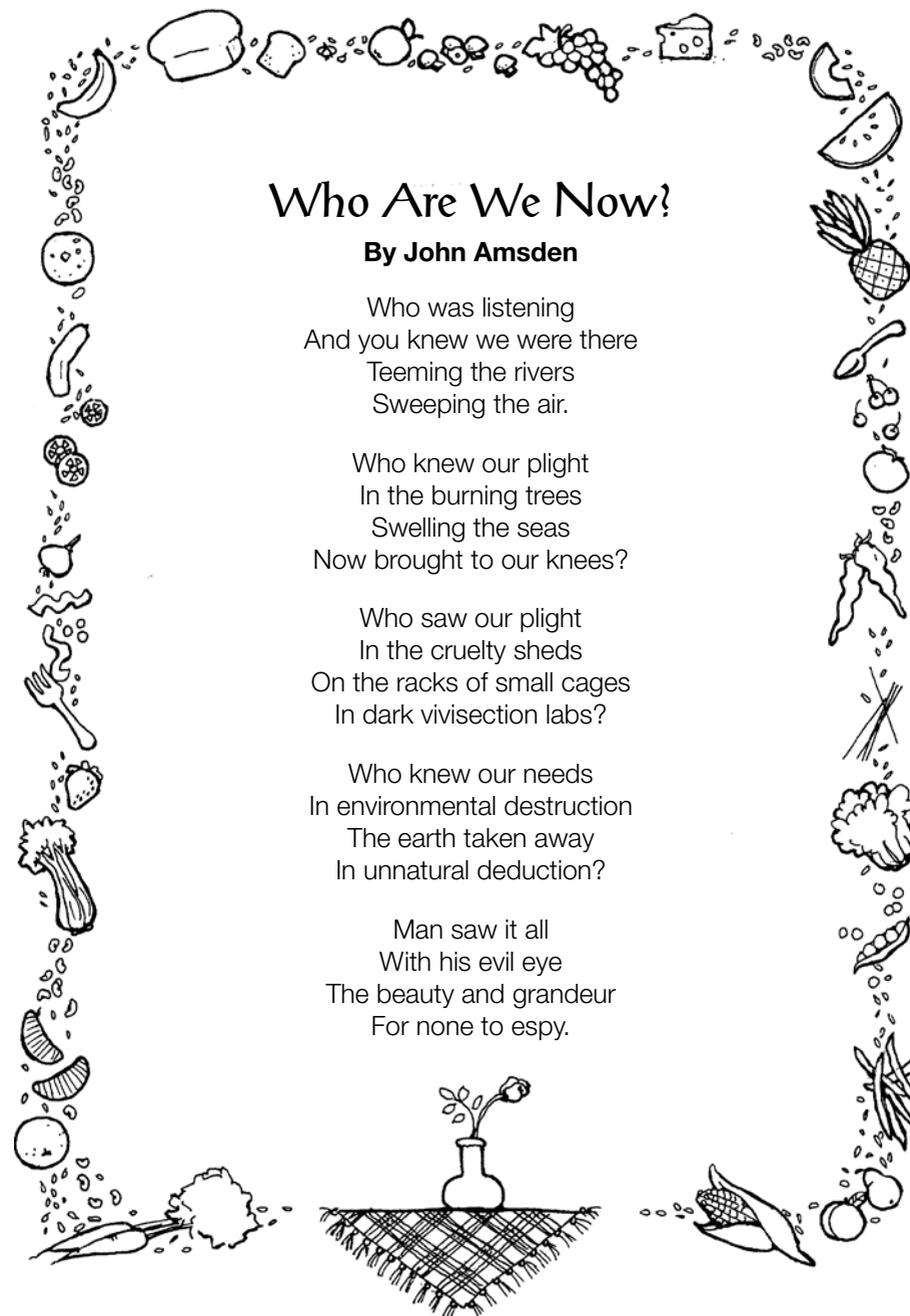
Have Your Say

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”.



Who Are We Now?

By John Amsden

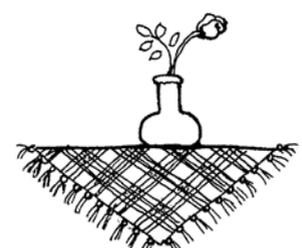
Who was listening
And you knew we were there
Teeming the rivers
Sweeping the air.

Who knew our plight
In the burning trees
Swelling the seas
Now brought to our knees?

Who saw our plight
In the cruelty sheds
On the racks of small cages
In dark vivisection labs?

Who knew our needs
In environmental destruction
The earth taken away
In unnatural deduction?

Man saw it all
With his evil eye
The beauty and grandeur
For none to espy.



A Case for a Vegetarian Way of Life

by **Derrick Cohen**

Should we of the Jewish faith with all our Torah ethics on being humane act against our principles by being part of the world that kills animals for food consumption, when we can get all food needed from the earth's resources?

If we follow the bible closely we find that G-d's initial planned dietary laws were strictly vegetarian and G-d said: "Behold I will give you every herb yielding seed which is on the face of the earth and every tree which is fruit yielding. It shall be as food for you." (Genesis 1-29) Also in Genesis 1-30 we find "And every beast of the field and every fowl and bird of the air, also every creeping thing, wherein there is a living soul I have given green herb for food." Immediately after giving these dietary laws, G-d saw all that he had made: "And behold it was very good." (Genesis 1-31) Everything in the universe was as G-d wished.

The vegetarian diet then is consistent with G-d's initial plan, but unfortunately man is not always ready to live up to G-d's highest ideals, for man has free will and sometimes forsakes the dictates of his Creator and abides by the whims of his own choosing.

By the time of Noah, humanity had morally degenerated to its lowest point. "And the Almighty saw that the earth was corrupt". All flesh had corrupted their way (Genesis 6-12). People had sunk so low that they would eat a limb torn from a living animal. G-d then had to bring about the flood to purge the world of the pollution that existed, to enable man to ascend back to his sublime state by his own endeavours. It was only temporary in order for the earth to replenish its resources and begin reproducing again. Then, from a concern for mankind's weaknesses, permission for the killing of animals and the eating of flesh was given, so enabling man to utilise the little moral fibre he still possessed in refraining from killing his own kind and respecting the life of his neighbour.

Man then has been given the pick of either a carnivorous or vegetarian diet. It is his own choice based on his free will.

When the Almighty rescued us from the depths of hell and Egyptian bondage bringing us through the desert towards our freedom at Matan Torah, he provided us with

manna – the substance that was to sustain us on our journey. But the Israelites were not satisfied with this simple staple food and complained: "Would that we were given flesh to eat." (Numbers 11-4)

G-d was angry and reluctantly provided meat in the form of quails. Whilst the flesh was still in their mouths, the anger of the Lord was kindled and he struck the Israelites with a great plague. (Numbers 11-4-33) Perhaps the many deaths were intended to teach the lesson that they should not hunger for flesh and, if they did, it could lead to dire consequences.

At Matan Torah, when G-d gave us his Commandments, it was said "You shall eat meat only if your soul truly desires to eat meat". Only if mankind strenuously desires from the depth of his being, and not through hunger or habit, is he permitted to eat meat.

In this statement is concealed a shrewd reproach and a qualified injunction, for deeply installed in man's moral creed is a detestation against the slaughtering of animals and the eating of flesh, and there will come a time when we will refrain from these habits because of this moral loathing contained therein. Then it shall be said "Because your soul does not long to eat flesh thou shall not partake of it".

If we look at the world today, we find much of the population starving through lack of grain and the remainder overindulging and partaking of the animal flesh fattened on the very grain that could be used to save millions of lives.

Man has chosen to be a carnivore and until he is able to overcome his animalistic passions, the harmony that once existed between him, his brother, the animal world and the Almighty will continue to be missing. It is up to us the Jewish people to guide the world towards this moral choice thereby fulfilling G-d's command to be "A light unto the nations".

Surely now is the time to act – the continued cases of Mad Cow Disease and news of chickens fed with drugs certainly point that way, not forgetting the threat of Asian Flu and now the horse meat scandal.

The utopian state of the Garden of Eden was certainly vegetarian and, according to the Torah, in the times of the Mashiach the world of the future will again revert back to this state. Then only sacrifices of herbs, fruits and flowers need be made to show our appreciation of G-d's bounties.

Wild Trail Unveils Vibrant New Look



Award-winning popcorn and wholegrain bar producers, Wild Trail, are delighted to unveil their vibrant new rebranding, undertaken by London based B&B Studios, who recently worked on Innocent Juices.

Wholegrain Bars

Available in Orange & Apricot, Sour Cherry and Cranberry & Raspberry, Wild Trail Wholegrain Bars are made from wholegrain oats and fruit, and are bound with fruit, rather than refined sugar, making them a nutritious bar. They offer one of your 5-a-day fruits, one of your 3-a-day wholegrains, are wheat free, dairy free and are suitable for vegetarians and vegans. Each bar is only 147 calories, contains virtually no saturates and is the lowest bar for sugar and fat per bite.

Popcorn Bars

Available in Cranberry, Fruit & Nut and Apple & Raspberry, Wild Trail Popcorn bars are made with natural ingredients and are free from artificial flavourings, colourings and preservatives. They contain no hydrogenated fats and are suitable for vegetarians. Wild Trail's Cranberry Popcorn Bar won gold in the prestigious Great Taste Awards. These bars are crammed with plump juicy cranberries as well as almonds, walnuts, raisins, pumpkin seeds honey and wholegrain popped corn.

Each 45g bar retails at 89p. Find out more at www.wildtrail.co.uk.

Low in saturated fat, gluten free and made with no artificial flavours or colours, Sakata Japanese rice crackers are oven baked for full-flavour, with a delightful light and crispy texture, which makes them perfect for a guilt-free snack.



The range includes Lightly Salted, Sour Cream & Chive, Sizzling Barbecue, Roast Tomato & Balsamic, and the authentic, Japanese-inspired Seaweed & Soy Sauce.

Sakata rice crackers were created by the Sato Brothers in the Japanese village of Sakata more than 50 years ago. Popular in Australia, the brand was first launched in the UK earlier this year.

Sakata rice crackers are available in 100g packs from all good supermarkets (RRP £1.99) Find out more at www.sakata.uk.com.

Jack Daniel's® Barbecue Sauce Turns Up the Heat



Turn up the heat this summer with two new, Limited Edition, Jack Daniel's® Barbecue Sauces.

The Jack Daniel's® Extra Hot Habanero Barbecue Sauce offers the unique taste of Jack Daniel's® Whiskey, blended with habanero chillies to create a smokey flavour with a fiery kick of heat, while the Hot Pepper Steak Sauce, blended with jalapeno peppers, ramps up the temperature to create a sweet but spicy sauce.

The Limited Editions range offers an exciting extension to the current range that includes the Smokey Sweet Barbecue Glaze, Smooth Original Barbecue Sauce which features a Jack Daniel's® Whiskey flavour and Full Flavour Smokey Barbecue Sauce with hickory undertones.

Made with real Jack Daniel's® Tennessee Whiskey, this unique recipe has been specially blended with habanero chillies to create a smokey flavour with a fiery hot kick.

The glaze and sauces are made with real Jack Daniel's® Tennessee Whiskey direct from the distillery in Lynchburg, and available from Sainsbury's and all good supermarkets.

Sakata Rice Crackers Now Available in New Flavours

Japanese rice cracker brand Sakata has launched a range of vegetarian mouth-watering new flavours providing the perfect snack for the calorie-conscious who won't compromise on taste.

All the sauces are suitable for vegetarians, vegans and coeliacs. They are priced at RRP £1.99 per bottle.

A full range of recipes has been developed for the new sauces and is available at www.jackdanielsbbqsauces.com.

Amy's Kitchen presents Two New Week Night Dinner Winners

Amy's Kitchen, the family run brand, has been cooking up a storm to create two new dishes packed full of all natural, quality meat-free ingredients. The ideal week night dish for all the family; the new Thai Red Curry and Broccoli and Cheddar Bake are set to be firm favourites.

Following the traditional Amy's Kitchen process, of healthy convenient meals for families who don't always have time to cook, each dish uses the freshest products and is handmade. Amy's Kitchen only uses ingredients you would find in your own kitchen to give each portion a truly home cooked taste.



Thai Red Curry

A delicious blend of finely cut vegetables including sautéed onions, broccoli, carrots and butternut squash, slowly cooked in authentic spices and coconut milk. Topped off with tofu and served with fragrant Jasmine rice, this all natural, tasty dish is a week night winner with one of your 5-a-day in each dish. Suitable for vegetarians, vegans and free from gluten, wheat and dairy.

Broccoli & Cheddar Bake

A rich, creamy, aged cheddar sauce layered over rice pasta and crunchy broccoli. Finished off with gluten free toasted bread crumbs to give each mouthful added bite and flavour. A truly wholesome dish that is suitable for vegetarians and free from gluten and wheat.

Learn more about the Amy's Kitchen family and the product range through the Amy's Kitchen website www.amyskitchen.co.uk or the Amy's Kitchen facebook page www.facebook.com/AmysKitchenUK.

Cinnamon Soho

☆☆☆☆☆

5 Kingly Street, London W1B 5PF



While the Cinnamon Soho (and its sister restaurants Cinnamon Kitchen and the acclaimed Cinnamon Club) are not vegetarian, founding chef Vivek Singh is a supporter of meat reduction and his team contacted the JVS offering some of their unique recipes in celebration of National Vegetarian Week.

The Cinnamon restaurants' ethos is to "revolutionise the way Indian cooking is viewed in the UK and to continue to push the boundaries even further".

Certainly Cinnamon Soho is not what you

would call a traditional Indian restaurant. With green 1960s low hanging lamps, minimal décor, modern wooden furniture and jazzy music playing, the place has a laid back contemporary feel. There's a sign about cocktails outside and the restaurant looks like it attracts a hip, professional, city crowd.

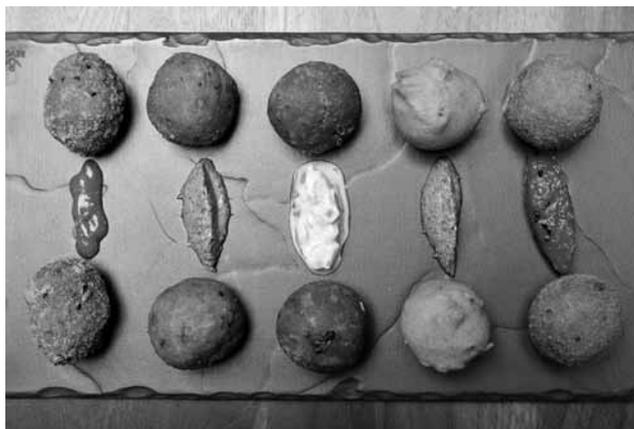
To start, I had a quinoa salad which had mild Indian spicing and felt fresh and healthy, and my friend opted for crisp Portobello mushrooms served with a peppery salsa and authentic green chutney. Both of us were impressed and

only wished there could have been a little more.

While only 2 out of the 10 mains listed were vegetarian and none were vegan, the staff were more than happy to create something for me, so I ended up with a delicious vegan dish of stir-fried baby aubergine served with a spicy tomato sauce. I've never been much of an aubergine fan but it had a great combination of flavours and I'd definitely have it again. We shared a tasty side of stir-fried okra with mango, and my friend had spinach dumplings and some 24 hour-cooked black lentils (the latter turned out to be unnecessary as the dumplings came with a tomato fenugreek sauce). While it is not the most inexpensive Indian cuisine, (starters range from £3-£6.75 and mains £11-£17), the food is of high quality, presented beautifully and very enjoyable.

The Cinnamon Soho offers excellent service and a relaxed dining experience. While the options are limited for vegetarians (and more so for vegans), what meat-free food the restaurant *does* offer looks and tastes absolutely delicious.

Reviewer:
Suzanne Barnard



To Bee or Not To Bee

By Michael Freedman



Michael at his hives

Bees have been in the news a lot lately for many reasons. Most recently the focus has been on the universal use of neonicotinoids, an insecticide used to treat agricultural seed and to reduce insect infestations of farmed crops.

The prevalence of this has come at a time when colonies of bees are dying out at an alarming rate and could have a tremendous impact on the pollination that these wonderful creatures provide for many fruits and certain vegetables. Also affected are such items as oilseed rape, flax, clovers, in addition to the many obvious apples, pears, plums and other non-food trees and flowers which depend on bees to produce seed for future generations.

My interest is from a threefold stand point. Firstly as a writer of this article for more than 20 years, I am a very keen gardener. Secondly as one who has kept bees for 30 years, I can be considered an experienced bee keeper. Finally as a strict vegetarian for 62 years, I was always keen and interested in the ethical aspect of keeping bees and adhering to my vegetarian convictions. I wondered to myself, were some of the practices of bee keeping in any way inhumane or in some way perverting a natural process?

I have always been conscious that vegans, who I greatly respect, do not partake of honey, as it is produced by an animal (insect).

Can it be that there is some cruelty involved whereby the beekeeper kills bees to obtain the honey? This certainly was a widespread practice historically when bees were kept in straw skeps without moveable combs and at the end of each beekeeping season the skeps were placed over a sulphur pit to kill all the bees in order to get at the honey. This was an unnecessary and barbaric practice which had many opponents throughout the generations as there were alternative methods put forward by great and humane men which preserved the bees, which after all, were vital to the whole process of having hives. Over the last century no bees are killed in beekeeping. On the contrary, as the name suggests, the objective is to keep or preserve and help the bees to prosper. The more bees in a hive, the more honey it can produce. So killing bees is not carried out at any stage.

Unlike many other forms of livestock; sheep,

goats, cows, hens and geese, etc, bees are not domesticated. They are completely wild creatures, living in the same way as they have over many millions of years (some estimate 30 million from fossilised remains). All the beekeeper does is to provide them with accommodation. The bees themselves do the rest, with only a little help, but in their unique way they fashion the honeycomb in which they live, breed, make and store honey, and pollen their food.

In a typical hive in summer there may be up to 50,000 bees. There is one queen, about 1,000 drones and the rest are workers. Each worker has a sting, which is an effective and potent deterrent to any clumsy mishandling of the manipulator. The queen bee is larger than the workers so can be confined to the brood chamber, where she freely roams from comb

to comb, depositing her eggs, one to a cell. Above the brood chamber are honey supers which are added in the summer and



A swarm taking flight



The swarm has settled in the rhododendrons



Michael bottling the honey

between the two boxes a mesh is placed, through which the worker bees freely pass (but not the queen so no eggs are laid or brood reared in this section). Only surplus honey is stored in these upper boxes and this is what the harvest of honey consists.

So far then no cruelty. Is the use of smoke a cruel practice? Well the bees have a primeval instinct to prepare themselves for flight in the event of a forest fire. When smoke is sensed, they gorge themselves with honey to be ready to provision a new home away from the conflagration. By the use of a few gentle puffs of smoke, the bees busy themselves in filling up with honey and so take little notice of the skilled bee master while he/she looks to see what needs the bees have in terms of extra space, if they are in good health, or subject to attack by some outside force. He/she then does his/her best to make provision and in this way crucially help the bees to survive.

In the British Isles there are 30,000 to 40,000 beekeepers and each has a number of hives from one or two up to twenty to thirty. A few "bee farmers" have a few hundred hives and make this their livelihood. Without these hives and the help given to these wild creatures, we would be unlikely to have any honey bees at all, as for example in this year, a cold winter was followed by a prolonged and cold spring with many areas covered in snow till the end of April. Also many days of rain, when even if there were suitable flowers, the bees could not forage and bring in food by way of nectar and pollen. At such times the beekeeper gives food to the bees and

without this feeding supplement, most of the colonies would die due to starvation. This in turn would lead to vastly reduced crops with a savage effect on the farming and market gardening community as well as our own gardens on which we depend so heavily for our daily foodstuffs.

So whilst farmed animals like sheep and cattle are slaughtered for their meat, no such thing happens with bees, as the colony reproduces by bees swarming (a natural process), or the old queen being superseded by a younger one (a perfectly natural process entirely capable of being carried out by the bees themselves).

So in essence the honey surplus is a product of humane and kindly treatment and handling of the bees. No bee is intentionally killed by the beekeeper/honey producer. Without these people the bees would be subject to death by starvation, disease or poisoning by the use of pesticides. Incidentally, the use of neonicotinoids has been banned by the European community for the next two years, while a solution to the issue is advanced.

My conclusion is that while vegans may choose not to eat honey, there seems to be little reason for this on cruelty or exploitation grounds. Without beekeepers, our other food sources would seriously be diminished and, as a planet struggling to feed its human population, the effects would be catastrophic.

I should be happy to answer any correspondence on this subject through the columns of this publication.

Big IF London

**Saturday 8 June
2.00 pm
Hyde Park**

As Prime Minister David Cameron holds a Hunger Summit on Saturday 8 June, join communities around London in Hyde Park, making a noise that he and other leaders can't ignore.

With the event falling on Shabbat, Shabbat for Change will see synagogues across the denominations hosting an Enough Food for Everyone IF Kiddush and there will be a Jewish group walking into Hyde Park together meeting at 1.45 pm under Marble Arch. More details on pages 48 to 50.

JVS Musical Soiree

**Sunday 9 June
6.00 – 10.00 pm
(6.00 pm doors open – no admission after 6.30 pm)**

£12.00 (£10.00 members) including refreshments.

Advance booking recommended.

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

A melange of live music, both instrumental and vocal. Stimulating programme from classical piano and opera, through musical theatre and popular, with professional performers. A variety to suit all tastes. So come and enjoy!

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

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.

Vegan Camp

**Saturday 3 August to Saturday 17 August
Pentire Haven Holiday Park/Penstowe Holidays, Stibb Road,
Kilkhampton, Bude, Cornwall, EX23 9QY
Per night: £8 adults, £6 children (6-17),
plus parking and insurance**

Vegan Camp is a friendly and enjoyable annual social gathering for singles, couples and families of all ages. Each year a new location is chosen with people coming to stay from day visits to the full two weeks.

Approximately 60 – 130 people come to stay over the two week period, and there are communal meals (sometimes with a talent show), sing songs, camp fires (if allowed) and general lounge-about. There are outings to the beach, walks in the countryside, picnics and visits to local places of interest.

More details can be found at www.vegancamp.co.uk

Vegfest London

**Saturday 5 October and Sunday 6 October,
11.00 am – 7.00 pm**

**Admission each day: £10 adults, £6 concessions,
£2 kids under 16**

**(Tickets bought in advance are on special offer for a limited
period only – buy one get one free.)**

**Kensington Olympia West Halls, Hammersmith Road,
Kensington, London W14 8UX**

Vegfest London is a celebration of all things vegan with up to 180 stalls across two floors. The festival will feature cookery classes with special guest Chad Sarno (both days), talks and presentations (nutrition, lifestyle, campaigns), living raw preparation zone, performance stage featuring special guest Macka B (Sunday), two cinemas, comedy hours (both days) with Dave Spikey & Andrew O'Neill, 12 global caterers, snack bars, food bars plus loads of special offers and free tasters!

More details can be found at www.london.vegfest.co.uk

Enough Food for Everyone IF

Hunger is the one of the great scandals of our age. Hunger kills more people than AIDS, malaria and tuberculosis combined. Two million children die each year because of malnutrition. And around the world, one in eight go to bed hungry every night. The food system is broken.

We know we can change this. All this suffering and death is preventable IF we can persuade our governments to act.

On 17 and 18 June, the world's most powerful leaders will meet in the UK for the G8 Summit. They could change the future for millions of people who live with the day to day struggle of hunger, but only IF we work together to force them to fix it.

WHAT IS "IF"?

"Enough Food for Everyone IF" is a movement of individuals and organisations who have joined together to demand an end to the scandal of hunger. The JVS has signed up to support this campaign and we are asking the government to address key issues including aid, land, tax and government/company transparency. The JVS also sees vegetarianism as part of the solution: IF we stop using a third of the world's cereal crops as feed for farmed animals, everyone would have enough food to eat. Join the IF campaign by visiting <http://enoughfoodif.org>.



GET INVOLVED ON THURSDAY 6 JUNE

The Big IF Fast

Fasting is a way of putting our body on the line. This is about more than just signatures on a petition – this about giving up something we depend on, because we're so desperate for political action to end this scandal.

Fasting is of course also about food – it reminds us that we actually have a choice about whether to eat or not, unlike the one billion people around the world who go to bed hungry every night.

Fasting is a powerful tradition in Judaism and other faiths, and played a part in many protest movements throughout history and in the present day – such as Gandhi and the Suffragettes.

There are many ways to participate (don't worry, you don't need to give up everything for the whole day!). The important thing is that we make our statement about IF, together.

Options include the following:

Fasting one meal during the day, or

Fasting dawn till dusk or

Fasting the entire day or

Abstaining from luxury foods during the day (for example, you could just have very simple meals of a few basic items)

To ensure maximum political impact, it's really important that we tell the world we're fasting. (It would be a shame to give so much up without it getting noticed, after all!) Please make sure that you register your involvement in The Big IF Fast by going to <http://enoughfoodif.org/IFast>

GET INVOLVED ON SATURDAY 8 JUNE

Prime Minister David Cameron will be hosting a Hunger Summit on Saturday 8 June, in London. On the same day, Food for Everyone IF supporters are planning a day of action, with inspiring speakers, stories and music – to show him and other world leaders we expect action on hunger at the G8.

Shabbat Walk for Change

The day of action falls on Shabbat so a number of synagogues will be hosting an Enough Food for Everyone IF Kiddush and there will be a Jewish group walking into Hyde Park together, meeting at 1.45 pm under Marble Arch. You are welcome to join these communities for their Shabbat morning services, or simply arrive for the kiddush and join one of the groups walking to Hyde Park.

Participating synagogues:

New London Synagogue 33 Abbey Road, London NW8 0AT

The Saatchi Shul 37-41 Grove End Road, London NW8 9NG

The Liberal Jewish Synagogue 28 St John's Wood Road, London NW8 7HA

West London Synagogue 33 Seymour Place, London W1H 5AU

Western Marble Arch, 32 Great Cumberland Place, London W1H 7TN

Big IF Interfaith Service

There's also an Inter-faith IF service led by World Jewish Relief which you are welcome to attend.

12.30 – doors open

13.00 – service begins

13.40 – walk to Hyde Park

Venue: West London Synagogue, 33 Seymour Place, London W1H 5AU

For more details about the Shabbat Walk for Change and Big IF Interfaith Service, please visit www.wjr.org.uk/shabbatforchange.

Vegetarian Visitor

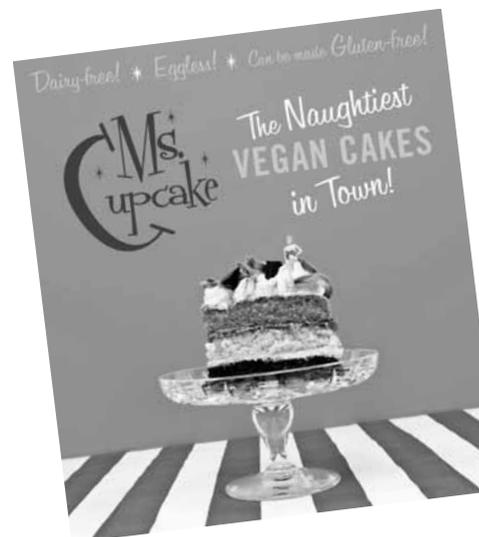
Where To Stay and Eat in Britain

Edited by Annemarie Weitzel

The printed Vegetarian Visitor guide is no longer being published, but for the last twelve years the website www.vegetarianvisitor.co.uk has run in parallel and the site will continue. Run on an annual basis and updated when necessary during the year, all the information for vegetarians and vegans regarding accommodation and restaurants/cafes/pubs in England, Scotland and Wales that was in the printed guide is available on the website. Photos of accommodation addresses are also included.



If any readers of *The Jewish Vegetarian* would like to have information about a specific part of the country, please contact Annemarie at a.weitzel@live.co.uk and she will email you the regional text to print out.



The Naughtiest Vegan Cakes in Town!

By Ms. Cupcake

Published by Square Peg, part of The Random House Group, hardback, £16.99

Ms Cupcake is a glamorous, fifties-styled vegan baker who dreams of bringing decadent vegan baking to the masses. She launched London's first entirely vegan cake shop which was shortlisted for Britain's Best Bakery on ITV. In this

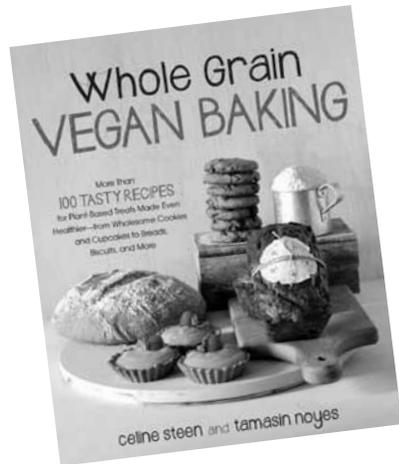
sumptuous book, Ms Cupcake shares her secret recipes and enthusiasm for delicious vegan cakes and bakes.

Ms. Cupcake, originally from Canada, moved to London in 1999. She began baking from home when she couldn't find indulgent bakery goods for vegans in London and soon realised that it wasn't just vegans that weren't being catered for, but also those allergic to different foods like eggs and milk.

Her cupcakes are as light as a feather as well sweet and tasty, with the added benefit that many of them can easily be made gluten and wheat free, so almost anyone can enjoy them.

Chapters include Cupcakes, Muffins, Cookies, Icings and Spreads, Tray-Bakes, No-Bakes, and Deep-Fried Treats. Ms. Cupcake brings her North American influences to the flavourings with Peanut Butter Cookies Sandwiches, and Fried Cookie Dough Balls. She puts her own twist on British classics like her Victoria Sponge Cake and Bakewell Tart Cupcakes.

Visit www.mscupcake.co.uk for further information.



Whole Grain Vegan Baking

By **Celine Steen and Tamasin Noyes**

Published by **Fair Winds Press,**
paperback, **£12.99**

Do you struggle to find wholesome, vegan versions of your favourite cakes, biscuits and bread? Look no further than *Whole Grain Vegan Baking!*

All you need is a bowl, a spoon, and a little “can-do!” attitude to whip up treats like Caramel Nut Barley Squares, Potato and Walnut Wheat Bread and Chocolate Raspberry Tart. With more than 100

tasty recipes to choose from, the hardest thing you will have to do is pick out what to bake first!

Authors Celine Steen and Tamasin Noyes are two vegan ladies who know their way around the oven – and barley and buckwheat flour too. You will not find an ounce of white flour, refined white sugar or powdered egg replacer in this book. Instead indulge in wholesome breads, muffins, pies, pancakes and other treats.

With over 45 colour photographs and easy-to-follow recipes, the added bonus is that the weights are in both grams and cups.

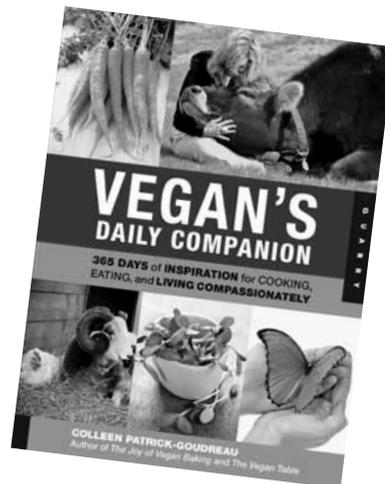
Vegan's Daily Companion

By **Colleen Patrick-Goudreau**

Published by **Quarry Books, part of the Quayside Publishing Group, paperback, £10.99**

Live a joyful, compassionate life, 365 days of the year with the *Vegan's Daily Companion*.

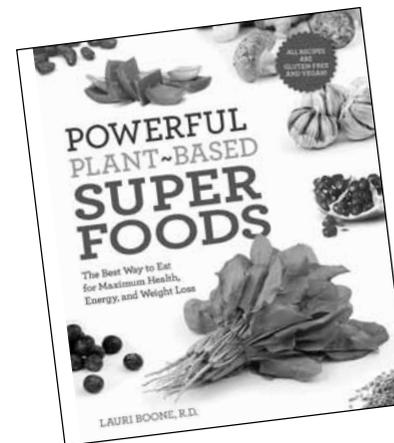
In this inspirational, engaging and practical guide, the author guides us day by day through every week of the year, with recipes, advice, resources and information on leading a compassionate, caring and principled lifestyle.



With concerns about the provenance, morality and sustainability of meat and animal products continuing to make the news, the case for veganism is more compelling than ever. *Vegan's Daily Companion* is the perfect guide for anyone wanting to become, or remain, and inspired vegan.

Sections in the book include; Mondays – For the love of Food; Tuesdays – Effective Communication; Wednesdays – Optimum Health for Body, Mind and Spirit; Thursdays – Animals in the Arts; Fridays – Stories of Hope, Rescue and Transformation; and Saturdays & Sundays – Healthy Recipes.

Vegan's Daily Companion is one of those books that inspires you to be a better person.



Powerful Plant-Based Superfoods

The Best Way to Eat for Maximum Health,
Energy and Weight Loss

By **Lauri Boone**

Published by **Fair Winds Press,**
paperback, **£14.99**

Superfoods are for everyone. Whether you define your diet as raw, vegan, vegetarian, carnivore, conscious carnivore or perhaps you don't define your diet at all – this book and the superfoods in it are for you. With practical tips and a mix of simple raw and cooked food recipes, anyone can begin to work with the fifty plant-based superfoods in the book, integrating them into their diet for incredible health and amazing taste.

From local superfoods – like greens, berries, and garlic – to more exotic superfoods – like maca, cacao, and yacon – *Powerful Plant-Based Superfoods* also includes 50 nutrient-rich recipes that are all naturally vegan and gluten free. From Berry Lavender Ice Cream and Mesquite Sweet Potato Hash to Luscious Cashew Cream Spinach Soup and Carob Bark, you can begin to work superfoods into your daily diet – effortlessly and deliciously – one meal and snack at a time.

A beautiful compilation of information, tips, recipes and photos, *Powerful Plant-Based Superfoods* will inspire you to start working with superfoods in your own kitchen.

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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.

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

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Jewish Vegetarian Society,
853 Finchley Road,
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London
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Tickets

Call
020 8455 0692
or email
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Advance booking
recommended

Time

6.00pm
doors open
(no admission
after 6.30pm)

