

The Jewish Vegetarian



HEAPS OF POTENTIAL:
BIRTHRIGHT TO RUN 1ST VEGAN
TRIP THIS SUMMER, P16

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JVS
SINCE 1966

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

WELCOME TO THE 200TH ISSUE OF THE JEWISH VEGETARIAN

We are just a few months in to 2017 and the veggie revolution is showing no signs of slowing down. A record number of participants - almost 60,000 - took part in Veganuary (a challenge that invites you to go vegan for the month of January), details of the first ever nationwide vegan festival have just been announced and not a week goes by without news of a restaurant or manufacturer trying to attract veggie customers.

We were delighted to see animal welfare feature predominantly at Limmud Conference UK in December (see pages 4 & 15).

The American organisation Jewish Veg has recently secured a 100% vegan Birthright trip from the USA to Israel, which is taking place this summer. Their executive director explains how and why they did it, over on page 16. Over on page 24, read all about the UK's first Jewish farm. And for our green-fingered readers, there are some tops tips on getting your garden ready for spring over in Gardener's Corner on page 26.

Save the date, our 52nd AGM is taking place on 30th April (details on the back page).

As always, we love hearing from you. Please get in touch via info@jvs.org.uk with ideas you have for this magazine, and for our events.

L Smallman

Lara Smallman
Director, Jewish Vegetarian Society



COVER STORY: P16



GET INVOLVED, P5

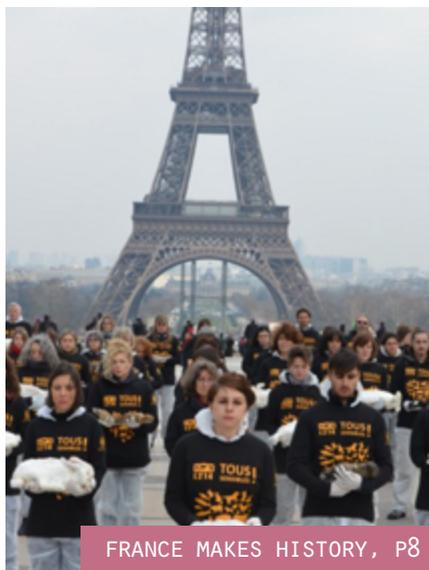
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Animal welfare featured highly on the programme of Limmud UK's winter conference in December. This was thanks, in part, to a dedicated Limmud fund used to bring over two American experts in the field, including Jewish studies professor Aaron Gross, the founder of Farm Forward, which seeks an end to factory farming.

There were more than ten sessions discussing ethical eating, and the treatment of animals, including a presentation on prominent Jewish vegans and vegetarians, delivered by the JVS director, alongside Sarah Chandler, Chief Compassion Officer at Jewish Initiative for Animals in America (Sarah shares her experiences on page 15).

JVS also ran a stall offering Limmudniks samples of ethical olive oil which had been produced sustainably as well as free magazines and recipes.

Record number of vegetarians and vegans attended the conference, a fact picked up by the Jewish Chronicle. 20% of the 3,000 participants requested vegetarian or vegan meals, double the previous year's figures. "It signals a definite interest in animal welfare and healthy eating in the Jewish community," our director told the newspaper.

JVS visits the USA:

Our director will be attending and presenting at the forthcoming Shamayim V'Aretz Animal Welfare retreat in Baltimore in mid-March. Shamayim V'Aretz (shamayimvaretz.org) is a Jewish animal welfare organisation that educates, trains leaders, and leads campaigns for the ethical treatment of animals. The retreat will bring together leading activists from across the US to discuss each others' campaigns, which centre on improving the lives of animals. Follow us @JewishVegSoc for live tweeting, plus, look out for a write-up in the summer magazine.

Opportunity to represent us:

JVS is a member of the AIA, an alliance of faith organisations promoting the compassionate treatment of animals. There is a vacancy on the AIA board for a Jewish representative who will bring Jewish wisdom on the compassionate treatment of animals to the organisation. If you'd like to apply, or find out more information, please email info@jvs.org.uk. There will be four London-based meetings a year. The AIA board is not asking for any more than that, although any further commitment that the individual wishes to give is always appreciated. Find out more about AIA at: animal-interfaith-alliance.com.



Update on our new community centre:

Last year we set about fundraising to convert the ground floor of the place we have called home for over four decades into a modern, flexible community hub. The space will host events, workshops, potluck meals, gardening days and lots more. We will also have resident charities in the building.

Thanks to the generosity of members and supporters worldwide we met our target within 5 weeks and have since been busy putting the final touches to the design, doing the groundwork, and getting ready for the renovation. We will start sending out regular updates very soon via our e-newsletter and website. Please get in touch with event ideas for our launch season by emailing: info@jvs.org.uk. Keep an eye on our website: jvs.org.uk/about/hub and see: tinyurl.com/jvscentre for details about the building project.

Volunteering opportunities

A big thank you to JVS volunteer Cressida and her kids (pictured below) for running a JVS stand at New North London synagogue's Farmers' Market in December. We are currently looking for volunteers to help with:

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

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



EVENTS BY OUR FRIENDS UP AND DOWN THE UK...

1. VEGFEST BRIGHTON, 12/03
BRIGHTON.VEGFEST.CO.UK

2. VEGGIEWORLD LONDON, 09/04
VEGGIEWORLD.DE/EVENT/LONDON

3. VEGFEST BRISTOL, 21/05
BRISTOL.VEGFEST.CO.UK

4. VEGAN FESTIVAL OF
BRITAIN, 20/05 - 10/06:
VEGANFESTIVALOFBRITAIN.ORG.UK

5. GEFILTEFEST LONDON JEWISH
FOOD FESTIVAL, 25/06: VISIT
GEFILTEFEST.ORG

SEE JVS.ORG.UK/CALENDAR FOR
MORE DETAILS



NUMBER OF

PARTICIPANTS



59,500 PARTICIPANTS WORLDWIDE

39,328 PARTICIPANTS IN THE UNITED KINGDOM

8,262 PARTICIPANTS IN THE UNITED STATES

4,041 PARTICIPANTS IN AUSTRALIA

1,327 PARTICIPANTS IN CANADA

DIETS

BEFORE VEGANUARY

OMNIVORE
23,692

VEGETARIAN
15,599

VEGAN
10,304

PESCE TARIAN
9,835



VEGANUARY

REASONS

FOR TAKING PART

ANIMALS
27,779

HEALTH
19,206

ENVIROMENT
7,707

OTHER
4,737



GENDER

88% FEMALE **10%** MALE **1%** OTHER **1%** PREFER NOT TO SAY

AGE RANGE



FRANCE MAKES HISTORY WITH NEW BILL, WILL THE UK BE NEXT?

France has passed a bill ordering slaughterhouses to install CCTV cameras, following an outcry over animal cruelty. Members of the French National Assembly were informed that lawbreaking is a widespread problem in the nation's abattoirs. The new bill requires slaughterhouses to install CCTV cameras across all areas, including in lairages and on the killing floor, by 2018. A trial will take place this year to inform how the technology will be rolled out across the board. Those caught inflicting unlawful cruelty on animals will face one year in prison.

Animal Aid - one of the UK's leading animal protection organisations has since called on George Eustice MP, Minister for DEFRA, to bring forward similar measures

to ensure the use of independently-monitored CCTV becomes mandatory in slaughterhouses, in an effort to combat unlawful animal cruelty. We have reason to believe lawbreaking is a widespread problem in UK slaughterhouses, potentially worse than the situation in France which resulted in legislation being passed.

Animal Aid has uncovered unlawful practices being conducted in 9 out of 10 UK abattoirs investigated. This includes cigarettes being stubbed out on pigs, sheep being picked up and thrown by their fleeces and other animals being stamped on. The Food Standards Agency, alongside a cross-party representation of more than 200 MPs and the British Veterinary Association (BVA), now support mandatory CCTV.

If the French National Assembly can make CCTV mandatory, then why can the UK Parliament not do the same?" asks Animals Aid's Farming and Slaughter Campaigns Manager, Luke Steele. "We call on George Eustice MP to recognise the vital need to implement this important tool and bring forward a change in the law."



IN OTHER NEWS...

- America's largest animal circus to close after 146 years
- World's first vegan fried chicken shop 'Temple of Seitan' opens its first branch 'Temple of Hackney' in London, next door to a butcher
- Vegan food sales have increased by 1500% over the last twelve months
- Mr Organic becomes the latest manufacturer to drop all animal products, coinciding with the Veganuary challenge to try veganism for the month of January
- Impossible Foods serve up a vegan burger at Davos
- Tyson Foods, the world's largest producer of meat, chicken, and pork, is investing £150million in new food start ups, some of which is reportedly earmarked for plant protein development
- South Korea's largest dog meat market has closed down after an ongoing campaign by animal rights group In Defense of Animals (IDA)
- In mid-January the U.S. Senate passed a bill to prohibit 'extreme acts against animals'
- PETA exposes cruelty at Marks & Spencer chicken farm
- A new dating app, Grazer, exclusively for vegetarians and vegans has launched
- The brand new All-Party Parliamentary Group on Vegetarianism and Veganism met for the first time at the end of 2016, read the minutes of the meeting here: tinyurl.com/vegappg
- Shoe manufacturer Birkenstock introduces 100% vegan line to US market
- A record number of participants took part in this year's Veganuary challenge



VEGANS TO CELEBRATE WITH FIRST NATIONAL FESTIVAL

From Aberdeen and Newcastle to Bristol, Exeter and Norwich, events are taking place all over the UK as part of the first ever Vegan Festival of Britain.

The three-week festival has been coordinated by Animal Aid to celebrate its 40th anniversary. The idea is for the rapidly growing vegan movement to inspire others by displaying its full range of creative talents. Events already organised include: Food and living festivals, cookery demonstrations, restaurant promotions, vegan markets, talks and cookery lessons offered to every secondary school in the UK, and a sponsored bike ride.

The Vegan Festival of Britain is to be launched at Vegfest UK, Bristol – Europe’s biggest vegan gathering – on 20 May, where 2000 slices of a giant vegan birthday cake will be handed out to the public.

‘Few will deny that veganism is the diet of the moment, with opinion polls showing a massive rise in the number of people switching to plant-based nutrition. But as well as celebrating this surge in popularity, the Vegan Festival of Britain is looking to the future, with a nationwide programme of events to whet the appetite of all those who are open to the growing

evidence that vegan food is better for our health and the environment and, of course, better for animals. What’s more, the food is fabulous!’ -says festival organiser Mark Gold.

For more information about The Vegan Festival of Britain, which will take place from May 20th – June 10th 2017, see: veganfestivalofbritain.org.uk.

* A 2016 Ipsos MORI survey of almost 10,000 people in the UK found that there are now more than 500,000 vegans in the UK – a rise of more than 350% in the previous decade.

SUCCESS FOR GO VEGAN WORLD

The largest and longest running vegan advertising campaign, Go Vegan World, moved from Ireland to the UK last year.

The educational campaign appears on billboards (pictured, right), video screens, buses, taxis and at underground stations.

It has featured in a TV commercial, as well as in numerous newspapers such as The Guardian, The Telegraph and at the Six Nations Italy vs. Ireland rugby match.

The award winning ‘Go Vegan World’ campaign features powerful, highly thought-provoking visual representations of non-human animals along with their message to the human world to ask us to stop using them.

Find out more at goveganworld.com.

DAIRY
TAKES BABIES
FROM THEIR MOTHERS

GOVEGANWORLD.com

www.edenfarmanimalsanctuary.com



SHE HAS ONE
PRECIOUS LIFE
IT IS NOT OURS TO TAKE

GOVEGANWORLD.com

www.edenfarmanimalsanctuary.com



A NOT SO QUIET REVOLUTION IS UNDER WAY...



More than half a million people in the UK now identify as vegan, which has increased by 260% in the last 10 years. Vegan food sales have increased by a staggering 1,500 per cent in the past year, according to new figures released to coincide with World Vegan Day in November 2016. Additionally, a third of the population identifies as 'flexitarian', which means they are cutting down on their meat consumption.

Thanks to the Vegan Society, there's a comprehensive list of vegan products available, which you can see via this link:

tinyurl.com/shopvegan.

If Sainsbury's recent announcement is anything to go by, big changes on the high street are just around the corner. Oxford University researchers have teamed up with UK supermarket giant to redesign the layout of aisles in a bid to alter consumers' behaviour. The initiative includes proposals to place vegetarian alternatives on the same shelves as meat products; giving vouchers and loyalty points to shoppers who choose vegetarian products; and providing recipes and leaflets that outline how shoppers can consume less meat.

Sainsburys are leading the way with vegan cheese, having reported soaring sales of the range they launched just a few months ago, which surpassed the company's predictions by 300%.

The supermarket launched five vegan coconut milk-based cheeses last year under the brand FreeFrom.

The initiative includes proposals to place vegetarian alternatives on the same shelves as meat products; giving vouchers as well as loyalty points to shoppers who choose vegetarian products; and providing recipes and leaflets that outline how shoppers can consume less meat.

Elsewhere, Marks and Spencer has launched vegan sandwiches in all of its stores. Coinciding with Veganuary, the challenge that invites you to try veganism for the month of January (which has attracted a record number of sign-ups this year), Marks & Spencer have launched their first vegan sandwiches: Rainbow Veg - with chilli squash and pumpkin seeds on soft red pepper bread, and Super Green - with minted edamame and pea crush on soft linseed and chia bread.

Healthy fast food chain Leon are also working hard to attract veggie customers -

earlier this year they announced six new vegetarian and vegan options.

Selfridges has launched its 'Thoughtful Foodie Campaign'. Not satisfied with where or how their food is produced, the Thoughtful Foodie now looks to solve environmental problems through their food choices. They refuse plastic, question food waste, choose to seldom eat meat, and consider the impact of mass produced food whilst positively seeking sustainable food sources - in order to reduce the impact of themselves on their environment. This new wave of conscious eating will be reflected under five key food pillars in the famous foodhall - Free From and Flavoursome, Health, Organic, Plant based and foods made using fruit and veg that don't make the grade. Customers will discover a vast array of food and drink that represent the values of conscious eating mentioned above as well as a number of exciting new pop-ups.

Animal Aid's 'Mark it Vegan' campaign has succeeded in encouraging Asda to label all of its own products which are vegan.

Pret a Manger decided to make its temporary veggie pop-up shop permanent after sales exceeded expectations. They have also decided to introduce more than 15 vegetarian and vegan options to their menu.

Holland & Barrett has launched the UK's first algae-based vegan eggs (and you can still scramble them and use them in a cake). They're high in fibre and are half the calories of hen's eggs.

Good news for Baileys fans - the liquor company has obtained vegan certification for its Irish cream beverage, Almande Almond Milk Liqueur.

EVERYTHING YOU NEED TO KNOW ABOUT VITAMIN B12

**Information provided by the Vegan Society*



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

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

VEGAN SOURCES OF VITAMIN B12

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

SMART SUPPLEMENTS

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

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

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

Still not sure?

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

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

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

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

ANIMAL WELFARE AT LIMMUD CONFERENCE



Chief Compassion Officer at Jewish Initiative for Animals Sarah Chandler (picture above) shares her highlights from December's Limmud Conference in Birmingham, which saw animal welfare feature more than ever before.

When I can share about past victories that have improved the lives of hundreds millions of animals, and instruct others on how to duplicate them, I'm willing to fly thousands of miles to Limmud Conference.

After gulping down a few mugs of weak coffee and rice milk each morning, I spent seven days talking, teaching, learning, and sharing with hundreds of British Jews about animals, Jewish ethics, and of course, vegan

foods. In one late night session, "Praying with Four Feet: Animals in prayer and Jewish ritual," we read contemporary poetry written in Biblical Hebrew that reveal that the food on our plates is from a living being. Participants questioned whether young children should be exposed to the source of their sustenance, while others pointed to the recurring theme of slaughtering animals in the weekly Torah portion. We also participated in a text study that highlighted rabbinic teachings on preventing animal suffering, *tza'ar ba'alei chayim*.

Then, in the session "How to use compassionate communication to talk about compassion for animals," we learned how to use NVC (nonviolent communication) as an empathetic way to better understand each others' food choices.

A vegetarian in her mid 20's gave tips to a middle aged man who longs to understand and support his daughter who recently stopped eating meat. As she shared how difficult participation in Jewish life can be for someone who attends many shabbat dinners where meat is at the centre, we all gave her support towards naming her dietary choices and bringing a dish to share when possible.

Luckily, when the coffee wasn't enough fuel for me, there was always the salad bar.

VEGANISM & BIRTHRIGHT: TOGETHER AT LAST...

Over the last few years Israel has received international acclaim as the most vegan-friendly country in the world.

Although survey data is admittedly imperfect and incomplete, it is now widely proclaimed and accepted that Israel is the global leader in the number of vegans per capita. An estimated 5 percent of Israel's population is eschewing animal products, fulfilling the Torah injunction to be a "light onto the nations."

But the burgeoning vegan scene there has been all but ignored by Birthright Israel, the enormously popular program that sends tens of thousands of Jewish college

students and young adults to Israel each year for identity-building 10-day visits.

The vegan scene has been ignored, that is, until now.

Jewish Veg, the U.S. based vegan advocacy nonprofit, announced in January that it is organizing the first-ever vegan Birthright trip, scheduled for August 13th-23rd, 2017.

The trip will showcase the vegan movement in Israel, introducing American and Canadian participants to some of the best vegan restaurants and some of the most respected animal-rights activists there.

The significance of this development has not escaped the attention of the Jewish press in North America. The national Jewish newspaper The Forward published a full-length article about the trip within hours of receiving our press release, and the Jewish Telegraphic Agency gave Jewish Veg top billing in an article about specialty Birthright trips.

As I told The Forward, we firmly believe



this trip is perfectly aligned with Birthright's objective of strengthening Jewish identity in the young-adult generation.

So many vegan and vegetarian Jews – of all ages, really – have become estranged from our community precisely because our institutions and programs have ignored their dietary choices. This phenomena is bitterly ironic, as it is those same vegan and vegetarian Jews who are upholding the highest ideals of our religion when it comes to something as fundamental as eating

Now, Birthright is working with us to bring these compassionate souls back into the fold, as it were.

At Jewish Veg, we see an additional benefit: We expect these trips to produce scores of fired-up vegan activists who will energize the Jewish Veg Movement when they return home.

The response we've received from college students and young adults has been almost overwhelming. Taking into account that any one Birthright trip can accommodate only 30-40 participants, we believe the demand for a vegan version could fill 10 or more trips a year.

Accordingly, we fully expect to organize additional vegan Birthright trips, maybe even as soon as this year.

This initial trip came about somewhat serendipitously – or, if you're spiritually inclined, maybe you'll see divine intervention at play.

As an organisation, we were discussing the idea internally when Mayanot Israel, one of the longest-standing Birthright tour

providers, contacted us out of the blue last summer and asked us to partner with them to create a vegan trip.

So far, it's been a beautiful partnership. Mayanot is handling the registration process and many of the logistical details, while we're designing the itinerary.

It helps that we already have experience in showcasing the Israeli vegan scene. For the past two years, we've been bringing Israeli vegan leader Ori Shavit to the U.S. to speak on college campuses, in partnership with Hillel International.

Ori is now working with us to develop the itinerary for this summer's trip.

While we still have an enormous amount of work ahead of us in creating a Judaism that is living up to its ideals, it is deeply gratifying to see such popular and mainstream institutions as Birthright and Hillel embracing vegans and veganism.

Let's hope the U.K. arm of Birthright follows suit, and soon.



Article written by Jeffrey Cohan. Jeffrey is the executive director of Jewish Veg. To learn more about the trip, visit JewishVeg.org

NEW VEG EATERIES

* RECOMMENDED BY YOU!



London's Little Cooking Pot Supperclub brings together veggie food from around the world



The UK's first vegan fried chicken shop Temple of Hackney (@templeofseitan)



Tuck in to some vegan pizza at 100% vegan Green Cat Pizzeria in Tel Aviv



A new Village Green, on Nahalat Shiva - Jerusalem's first 100% vegan restaurant

GIGANDES WITH SPINACH

Baked butter beans, with wilted spinach, onion, garlic and tomato sauce. this exclusive dish is one of three brand new vegan dishes available at the Real Greek restaurant (therealgreek.com) from 27th february to 15th April.

Ingredients (serves 4):

Greek olive oil

1 large onion, chopped

500g fresh spinach, washed and drained

2 x 400g tins plum tomatoes

2 x 250g tins giant butter beans

Small bunch of fresh dill, chopped

20g fresh flat leaf parsley, chopped

Salt and pepper

Method:

1. If you're using dried giant butter beans, soak them overnight and boil for 40-60 minutes, until the beans are cooked all the way through.

2. Pour a little of the olive oil in to a large pan, add the chopped onion and sauté on a medium heat, stirring frequently so that it doesn't stick.

3. Add the spinach in small batches, wilting them down to 20% of it's size, pour in the plum tomatoes, breaking them



up a little with the back of a wooden spoon and stir well.

4. Add the drained giant butter beans, chopped dill and flat leaf parsley and season to taste.

5. Transfer to a dish and bake on a medium to high oven (190°C) for 20 minutes OR simmer for 15-20 minutes on the hob.

6. Serve hot with flatbread or crusty bread.



RAW BUCKWHEAT, BLUEBERRY
& CARDAMOM PORRIDGE

Reishi is an adaptogenic mushroom known for reducing stress and improving your sleep quality. Reishi also has immuneboosting and hormone-balancing qualities. This recipe is from the new book *Porridge* by Anni Kravi (Quadrille, hardcover RRP £12.99). Photography by Andrew Taylor.

Ingredients (makes 1 bowl) for the porridge:

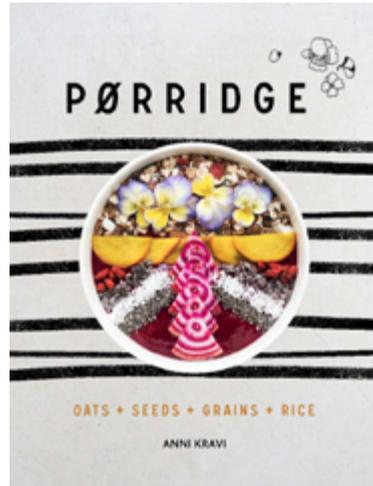
70g (scant ½ cup) raw buckwheat groats
100ml (7 tbsp) oat milk
100g (scant 1 cup) fresh blueberries or bilberries
1 large, fresh banana
1 tbsp ground flaxseeds
½ tsp ground cardamom
½ tsp reishi (optional)

Toppings:

1 tbsp fresh blueberries or bilberries
1 tbsp fresh raspberries
1 tbsp fresh sea buckthorn berries or cranberries
1 tbsp coconut flakes

Method:

The night before, rinse then soak the buckwheat in a bowl of water at room temperature. In the morning, rinse the buckwheat well in fresh water, then place in a high-speed blender with all the remaining ingredients and blend together until smooth.



Porridge is the new food trend on the block. It has become the ultimate canvas for creating imaginative, healthy recipes, packed full of flavour and topped with an abundance of superfoods.

Here are over 50 recipes which take inspiration from around the world, using oats, quinoa, amaranth, raw buckwheat, bulgur wheat, rice and spelt. The chapters are broken down into 'mylk' (almond milk and coconut milk) bases, sweet, savoury, raw and cooked recipes and over 20 inventive toppings. All the recipes are sugar-free, dairy-free, vegetarian and vegan.

In *Porridge*, Anni Kravi re-writes the porridge rule book, creating bowl food that will transform the way you eat breakfast forever, and there are recipes for every occasion.



ALMOND FUDGE

Make these little guys. Put them in the freezer. Forget about them. Then rediscover them when foraging in the freezer for some peas, and feel like you've won the lottery.

Recipe from 'Pip and Nut: The Nut Butter Cookbook' by Pippa Murray (Quadrille £15). Photography by Adrian Lawrence.

Prep: 15 minutes & freezing time

Ingredients (makes 21 pieces):

A little vegetable oil, for greasing
50g coconut oil
60ml / ¼ cup maple syrup
¼ tsp sea salt
350g / 1½ cups almond butter

Method:

- Lightly grease a 450g/1lb loaf tin and line with baking parchment so it overhangs the long sides.

- Melt the coconut oil, maple syrup and salt in a small saucepan over a low heat.

- Spoon the almond butter into a large mixing bowl, then slowly pour in the melted ingredients, stirring as you go. Keep stirring until completely smooth and combined.

- Don't worry – at this stage it will be quite runny.

- Spoon the mixture into the prepared tin and smooth the top with a spatula.

- Place the tin, uncovered, on a flat surface in the freezer and freeze for at least 1 hour, or until solid.

- Take out the freezer and, using the edges of the baking parchment, pull the whole slab out of the tin. Cut the slab into 21 cubes (lengthways into 3, then across into 7) then place in an airtight container and store in the freezer.

- They will keep in the freezer for up to 3 months.



UK'S FIRST JEWISH FARM OPENS ITS DOORS...



February 2017 saw the launch of the Sadeh, the first Jewish farm community in the UK. We asked their farm manager, Talia Chain, to tell us more...

Through Jewish roots, we grow food, cultivate community and sow the seeds of change. Sadeh means caring for our planet. Sadeh's Jewish values are rooted in a commitment to social and environmental justice, and creating a healthier and more sustainable world for everybody. We aim to engage and invigorate the Jewish community through farming and outdoor education, to connect with other faiths and communities through

growing food, to educate on why local and community food is so important and to strengthen the Jewish community's voice and commitment to environmental issues.

In Spring 2014 I attended the Adamah programme at the Isabella Freedman Centre in Connecticut, USA. I was not really interested in farming and my connection to Judaism had been fading but I thought I would do something to take me out of my comfort zone and spend three months doing 'Jewish farming' in America. It was more than an inspirational experience, Adamah teaches an earth based Judaism taking us back to the agricultural roots of Judaism and combining a care for soil and soul. It was such an incredible experience that I decided I wanted to join a Jewish farm in the UK. There are many such programmes in America but when I came home, I found there was no Jewish farm community to be part of, so I decided to create one.

Sadeh has been created by a community (see our team page: sadehfarm.co.uk/team), and the wider community supported its creation through donating to our successful crowdfunding campaign in October 2016. Our first event took place in February, a tu b'shevat party with a *seder* followed by a party and tree planting the following morning.

There are many opportunities to get involved, from volunteering to attending events at the farm, visit sadehfarm.co.uk and facebook: facebook.com/UKJewishfarm for more information.



GARDENER'S CORNER

Our regular despatch from our green-fingered columnist

The greenhouse is an integral part of the garden in so many ways that this article will concentrate on a year in it. Those of us who are fortunate enough to own a greenhouse however large or small have a further dimension to their garden and to growing. Although the British Isles has what is termed a temperate climate we can expect frosts from the latter part of October to the end of May. Apart from that we can also experience high and prolonged rainfall at times while at others, drought.

The greenhouse gives us a controlled environment, one which we can choose to heat firstly in the deep winter to keep the frosts out and throughout the other months suitable for growing tender subjects.

At this time in Spring, we are ready to sow the seeds of our Summer blooms, the annuals and half hardy annuals which will

create a riotous Summer display. Typically a packet of flower seeds costs about £2 and from this you can grow as few or as many plants up to the number of seeds which will vary between 100 and 1000. So you can go for variety or just plan for a splendid in depth display of a few favourites.

In March, we sow in pots, filled with a good general purpose compost. These are for both flowers and vegetables. Fill the pot to within half an inch of the top, using the base of another pot, firm down the surface. The packets always give good instructions, as some are planted with just the finest covering of compost while other seeds are fine and just need scattering onto the top of the soil. We grow some things which can also be greenhouse subjects,

like early lettuces. They will germinate in as little as three to four days and can be ready for table in 6 or 7 weeks. As a rule when sowing give the lightest of watering and cover with plastic or newspaper. This maintains the humidity which is essential for germination. After a few days, inspect the pots and where necessary give a further sprinkling of water, from a can with a fine rose. Remove into the light the pots which have germinated. Next we come to the singling out of the small seedlings into seed trays. This stage is crucial. The plantlets should only be handled very gently and only by a leaf, never by the stem as they are so easily bruised and will just damp off. This means the collapse of the plant caused by damage to the stem.

This is also a good month to sow tomato seeds. As the seedlings grow, and this will happen amazingly quickly, continue with more sowings in successive weeks to keep the pot boiling, so one has as many or as few plants according to space and preference.

A plan for the summer will involve gradually moving out into the garden, to be hardened off before planting out. This leaves space for the summer residents. In early May, sow cucumber seeds. The shops have a number of varieties, but the most suitable are the all female ones like Femspot. These bear only female flowers which will produce sweet cues without the bitterness of those that have been fertilised. Cucumber seed should be sowed on its side, very shallow with just a covering of compost. Sow one seed in a pot. Usually there are four to six seeds in a packet, but that is ample. Start tomatoes and cues in small four inch pots and then move them on to a six inch pot. They are destined to be finally planted into grow bags or twelve inch pots. With the tomatoes, it is best to let them get potbound with the first flowers showing. This will ensure earlier fruiting and stockier plants. Support will be needed. So have some canes or sticks available for this. Once in the final places, tie the growing plants loosely to the supports, remembering that they will form large stems and should not get strangled by



their ties. We add some grafted aubergines and melons as these will grow quicker and fruit early. These are available from good nurseries. They need good light and do not like being crowded. A few capsicum, sweet peppers will bear well.

Keeping the greenhouse pests under control is an ongoing job. Just as the plants like a warm protected environment, so too do whitefly and greenfly.

Rather than spray insecticides, we obtain friendly parasites to do the job more effectively and in a more eco friendly way. We buy some microscopic wasps, *Encarsia Formosa* which feed on whitefly and ladybirds which love greenfly. So if these are a problem, there is a good control. You will be picking fruit from early July until late Autumn. A corner of the greenhouse can be allocated to house plants. Cyclamen and cacti are very interesting and can come into the home when flowering and then return to the comfort (for them) of the greenhouse where light levels and regular but not over watering will keep them happy.

Throughout the year ventilation is important, so opening and closing vents is a good way to do this. Vents can be temperature controlled by expanding springs which open them as the sun rises and automatically shut them in the evening. On a simple scale the greenhouse door can be opened and shut to do a similar job. At the end of the season, the plants are cleared away and the greenhouse cleaned to maintain good light and remove debris where pests could over winter. As the

frosts return, use the space now created to bring in favourite but tender plants, such as geraniums and fuchsias which have given pleasure in the summer days and which can bloom again in the coming year.

At this time we take in lemon trees in large pots which enjoy the garden in the warm months and while they will withstand a modicum of frost, do so much better when taken in like this. We can pick lemons the whole year through.

Winter maintenance is minimal with just a weekly light water until we are ready for yet another year. Water can be collected from the roof and a supply kept inside to avoid freezing.

Whatever you do, enjoy your garden and make the most of it.



REPORTING FROM ISRAEL



Yossi Wolfson is a long-time vegan and animal liberation activist, born in Jerusalem.

He was one of the founders of Anonymous for Animal Rights. He works as a lawyer and co-ordinator for animals in agriculture at Let the Animals Live.

As you will read these lines, a new book will join the Hebrew veg book-shelf: the Hebrew translation of Melanie Joy's book "Why We Love Dogs, Eat Pigs and Wear Cows". The Hebrew title is "The Cow in the Room: the Psychology of Meat Eating". The book was translated by Debbie Eylon, and the publishing house is HaKibutz HaMeuchad – one of the largest publishing houses in Israel.

Melanie Joy's book is an eye-opener for meat eaters. It challenges the self-evidence of meat eating. Why do people eat certain animals, but are disgusted by even imagining eating other kinds of animals?

And how is it that the kinds of edible animals vary from society to society? When we start asking questions about meat-eating and about our beliefs and feeling regarding animals, things that used to be obvious become problematized. We find, claims Joy, that eating animals is not a given. It is underpinned by an ideology, by a set of beliefs, which she names "carnism". It is no surprise that this ideology has not been given a name: its strength is in being invisible and going unnoticed. It is not different, in this respect, from other violent ideologies such as patriarchy or racism. Such ideologies are at their highest strength when oppression is just the way things are. The moment that the ideology underpinning oppression is named, its obviousness is cracked.

For meat-eating readers, the book can raise questions about their dietary habits. These habits can now be perceived as they are: as choice, and the decision-making process can be elevated from being based on social conditioning. With knowledge about animal industries (also provided in the book) and the basic compassion we feel towards other animals – the choice is obvious.

While the book can be transformative for meat eaters, it is no less important for veggie activists. Joy's analysis of carnism can give us insights on why certain activities are effective. Joy says that carnism's hold on people is aided by beliefs, deliberately propagated by different social agents, that meat-eating is normal, necessary and

natural. Knowledge about the cruelty of the industry may motivate people to act, but it will be difficult to make them change their diet as long as they deeply believe that meat eating is normal, necessary and natural – and vegan diets not. And society intensively nurtures this belief. Parents, raising their child vegan, might be criticized for jeopardizing the child's health and not letting him or her choose – while parents taking their child to McDonalds will not be frowned upon. A vegan teenager will be suspected as having eating issues. From TV ads to airplane meals, from school teachers to dieticians – the message is the same. It is no coincidence, then, that some of the most effective work of veggie activists is to make vegan eating normal, or to show that meat eating is not.

When non-vegan restaurants offer clearly indicated vegan dishes, when vegan recipes become routine in newspapers, when vegans are visible in different social niches - veganism becomes normal.

Meatless Mondays acquaint people with the option of vegan eating and normalise it. When doctors are taught how to give their patients advice on cooking legumes, and dieticians are taught about plant-based sources of iron – the perceived necessity of meat diminishes.

Joy assumes that people care about animals. Our task, then, is not to convince them that they should care, but to find out what desensitizes them. She points to cognitive mechanism such as the objectification of animals, their

de-individualization and the dichotomy between “edible” and “nonedible” animals. Again, this can lead us in our activities. Instead of talking about the masses of animals, we can break the masses to individuals – each with her own story to which we can bear witness. Where people see meat we should make them see the concrete animal.

In a world that seems to be governed by tweets and posts in social media, there is still importance to books. In a society where ideas are “sold” by copy-writers using the same techniques as commodities, it is important to base our activism on solid sociological analysis.

I hope that the publication of “The Cow in the Room” serves both to capture the hearts and minds of meat eaters, and to create deeper understanding and critical thinking within the Israeli veggie movement.

In other news: As part of Animal Rights Day at the Knesset (Israeli Parliament), a number of committees discussed ideas related to animal welfare and the enforcement of the Animal Welfare Law, a conference on animal rights was held in the Knesset auditorium, and a special vegan meal was served in the cafeteria in the parliament building.

NEW BOOKS



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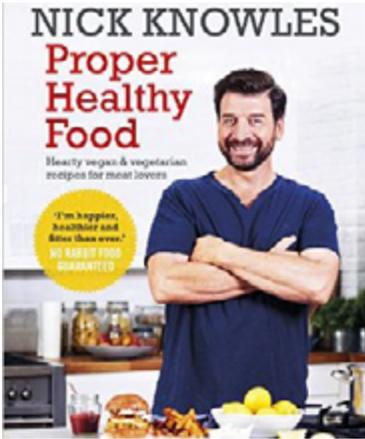
Hardback, RRP £15.00

Quadrille Publishing Ltd.

15-Minute Vegan features 100 brand new vegan recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be from shopping to cooking to serving.

The book starts with Katy's introduction to vegan cooking and cooking, with advice on the equipment you need to make your cooking go faster, plus essential storecupboard ingredients. In chapters covering Breakfast, Light Bites, Mains, Essentials and Sweet Stuff, Katy offers 100 straightforward recipes and tips about preparation, freezing and storing.

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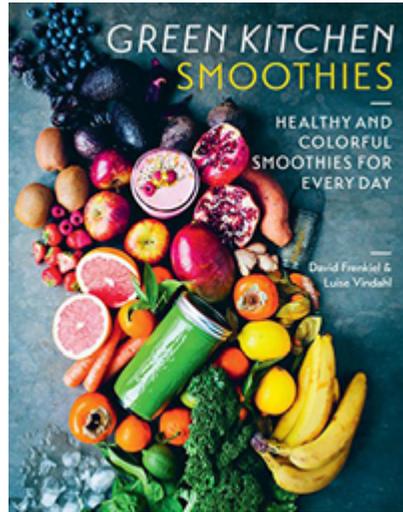
Hearty vegetarian and vegan meals for meat lovers, by Nick Knowles

Paperback RRP £14.99

Published by BBC Books

In 2015 Nick Knowles felt overweight, unhealthy and was feeling every one of his 53 years. He travelled to Thailand for a retreat and after fasting for a week, and then adopting a purely vegan diet, Nick returned a changed man.

Now slimmer, healthier, and eating a vegan or vegetarian diet, Nick wants to share what he has learned with everyone else who wants to look and feel better, but isn't sure if the vegan/vegetarian lifestyle is for them. As Nick says: I'm 6'2" and 16 stone - I need hearty meals not thin weedy plates and I often work outside in cold and wet conditions - a salad won't cut it - so here's a vegan and vegetarian cookbook for meat eaters full of hearty filling healthy recipes.



GREEN KITCHEN SMOOTHIES

by David Frenkiel & Luise Vindahl

Hardcover, RRP £15.00

Published by Hardie Grant Books

Bestselling authors and bloggers David Frenkiel and Luise Vindahl share their favourite smoothie recipes, as well as some exciting ideas that will give you the confidence to create your own. Divided into two main sections, Simple Smoothies and Showstoppers, this is a book perfect for both smoothie enthusiasts and newbies. There are options for pre- and post-workout, bedtime and breakfast, and smoothies especially for kids (or adults) who need more greens in their diet.

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chicp.co.uk

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A G M

JOIN US FOR OUR 52ND ANNUAL GENERAL MEETING:
SUNDAY 30TH APRIL 2017, DOORS OPEN 2.30PM

Your chance to hear about our recent activities and our plans for the year ahead, including an update on our environmental project Big Green

Jewish. Our guest speaker this year is Ori Shavit (pictured, right). Ori is an Israeli food writer, food critic and leading promoter of the Israeli vegan cuisine and vegan culture, animal liberation and green living.

Ori will be joining us via a live Skype link up from Israel. We are excited to hear about Ori's recent trips to the USA to promote veganism on university campuses, and to hear more about the vegan revolution sweeping across Israel

Afternoon tea will be served after the meeting. This is a free event. To help give us an idea of numbers, please book your ticket online:

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