



**JVS has been promoting a kinder society
without killing animals for food since 1966**



**... now we're opening the
UK's 1st Jewish centre for
vegetarianism & environment**



How you can make it happen: back page



NO. 197
 SUMMER 2016
 IYYAR 5776

JVS since 1966

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

Welcome to the summer 2016 issue of the Jewish Vegetarian

We are seeking donations from members and supporters towards the transformation of the ground floor of our Golders Green HQ into an open-plan, multi-purpose community centre, with a professional kitchen for cookery classes, a growing garden and space to house two like-minded charities. Turn to the back page to find out more about our plans and how you can help.

There have been some fantastic developments around the world:

- ⇒ New Zealand now recognises all animals as sentient beings.
- ⇒ Sales of processed meat in Israel have plummeted following the World Health Organization's decision to classify it as a carcinogen in late 2015.
- ⇒ As part of the UK's National Vegetarian Week in mid-May, the BBC featured a debate about vegetarianism and veganism during prime-time.
- ⇒ A New York Times article written by Jonathan Balcombe, 'Fishes Have Feelings, Too' brought some much-needed attention to this often overlooked topic.
- ⇒ The number of vegans in the UK has risen by 360 per cent over the past decade to 542,000, equivalent to more than 1 per cent of the population.
- ⇒ The first certified vegan farm in the

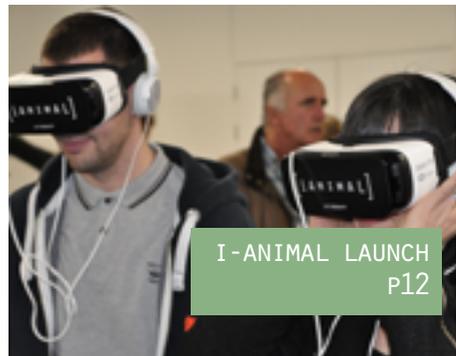
U.S. has opened in Philadelphia.

In this issue, we profile Fania Lewando, a woman ahead of her time, cooking vegetarian food in 1930s Lithuania. Over on page 12, you can find out about how Animal Equality is using virtual reality to revolutionise animal rights campaigning.

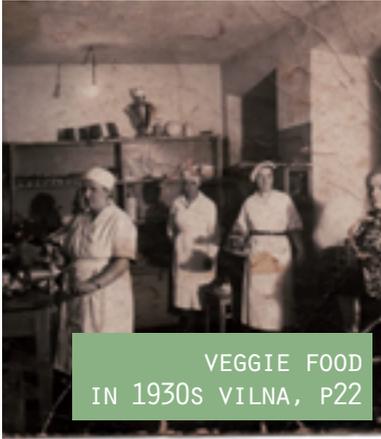
I hope you enjoy reading our magazine. The next issue will be a special one celebrating 50 years of the Jewish Vegetarian Quarterly. I wish all of our readers a lovely summer. We look forward to welcoming you to our new centre when it opens in the autumn.

L Smallman

Lara Smallman
Director, Jewish Vegetarian Society



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Who we are, what we do & why we do it...



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Discover the many treats enjoyed by our members, plus details of how to join our community online

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Details of our Trustees and Patrons

Founded in the mid 1960s, JVS is an international charity dedicated to promoting a kinder society, without killing animals for food. We spread 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.

We run a host of events, provide a range of free resources online at jvs.org.uk, sell cruelty-free eggs from rescued hens from our base in NW London and have a community library.

JVS has also been a member of the Jewish Social Action Forum since 2013.

As an international movement, membership is open to all: Annual subscriptions are £12 / \$20 [single] and £15 / \$25 [family].

Life membership is £200 / \$320 [single] or £300 / \$480 [family].

To find out more and to sign up for membership, please visit: jvs.org.uk/member-signup or phone 020 8455 0692.



Join the JVS
community -
Just £1 per month:
[jvs.org.uk/
member-signup](http://jvs.org.uk/member-signup)

JVS at JW3

We're delighted to be in partnership with JW3, Europe's largest Jewish cultural centre, for ongoing events



AN ALTERNATIVE SHAVUOT,
£25

8th June, 7.15pm

This cookery demo will be taught by chef, 'Essential Vegan' blogger and cookbook author Vanessa Almeida [essentialvegan.co.uk] and JVS Director Lara Smallman. Dive into the world of vegan delicacies and learn about the many benefits of dairy-free dining. Vanessa will show you how to transform a handful of ingredients into restaurant-quality pine nut cream cheese, hard cashew cheese and chickpea mozzarella. Lara will share two sumptuous "cheesecake" recipes with you, one fruit and one chocolate. Delectable, versatile and packed with protein and fibre, these dishes are going to change your life. ***You will get to taste everything we make and take recipe sheets home.**

JVS AT GEFILTEFEST

26th June, 12 - 1pm

Find us in the drama room at JW3, 341-351 Finchley Rd, London NW3 6ET

Join us for a very special cookery class: 'Step into the Vilna Vegetarian restaurant'. We'll bring to life the Vilna Vegetarian Cookbook, published in Yiddish in 1938 and recently translated to English. Venture into our recreation of the restaurant, with Yiddish cookery demo and tasters, plus klezmer accompaniment and the remarkable story of author Fania Lewando, a celebrity chef of her day. You can also find us in the piazza with tasters, giveaways and competitions.

***Read more about the Vilna Vegetarian Cookbook on page 22.**



jvs.org.uk/calendar



Events by our friends up and down the UK

1. GEFILTEFEST LONDON JEWISH
FOOD FESTIVAL, 26 JUNE:
GEFILTEFEST.ORG

2. BOURNEMOUTH VEGAN FAIR, 26
JUNE, DORSETVEGANEVENTS.CO.UK

2. BRAZILIAN COOKING
DEMONSTRATION WITH VANESSA
ALMEIDA, 18 JULY, SEE JW3.ORG.
UK FOR FULL DETAILS

4. UK FRUIT FESTIVAL, 27 - 31
JULY AT CROFT FARM WATERPARK:
VISIT FRUITFEST.CO.UK

5. RAWFEST, 29 - 31 JULY
IN BERKSHIRE: RAWFESTUK2016.COM



News from London

UK NATIONAL VEGETARIAN WEEK

We celebrated with a sell-out cookery class in London taught by JVS member Shana Boltin who made: Soda bread, open kibbeh, chopped living [a plant-based version of chopped liver], green bean salad and chocolate mousse.

OUR 51ST AGM

We were delighted to host two special guests, Jeremy Coller, who spoke about the work of his Foundation. His fascinating presentation is available in full here: bit.ly/1Wc9FCz. We were also joined by Debori Nussbaum, a co-founder of Fresh Wholefood, the UK's first kosher, vegan caterer. Find out more at freshwholefood.uk. A very big thank you to JVS member Ines Romanelli [inesthewildchef.com] for providing us with delicious raw cakes and tarts.

Sundried tomato & courgette tart



OBITUARY: ROSI ALTMAN

We are very sad to announce the passing of Rosi Altman, born in 1926. Rosi was a big supporter of the JVS, as well as the mother of one our founders, Michael Altman.

For many years, Rosi was a regular at our Annual General Meetings and many other events. She was also an active volunteer in her community, well into her eighties.

Rosi will be deeply missed by all who knew her, including her grandson, Steve Altman, a long-time JVS supporter.

Campaign news



Phresh's kitchen hero at work

Meet Phresh, the Israeli startup set to enhance the shelf life of fruits and vegetables by three times with their brand new product.

Phresh gained more than 400 backers in its Kickstarter crowdfunding campaign, which ended in March. The company was raising funds to complete the building and delivery of a healthy, organic solution that prevents fruits and vegetables from spoiling after they have left the shops.

The product, which Phresh calls Kitchen Heroes is based on an organic non-toxic powder developed, which resides in stylish packages in the shape of a robot or apple.

Currently, one packet of the powder is designed to extend the shelf-life of cucumbers, tomatoes, potatoes, eggplants, apples, lemons, lettuce, grapes, mushrooms, strawberries, and peppers. Additional fruits and vegetables will be added soon.

Based on over 12 years of research at Israeli start-up BotanoCap, Phresh's powder is made from essential oils, which are natural preservatives created by plants, such as oregano, spearmint, and mustard oil. "Our campaign offers people all over the world the opportunity to reduce food waste" says the company's founder.

Elsewhere in Israel: "Animal Rights Day" was hosted by The Knesset [the Israeli parliament] in March. The Knesset's buffet served a vegan menu, and several animal welfare issues were discussed by the Knesset committees - among which, the pressing need for regulation of the egg industry [currently, egg producers in Israel are allowed to keep hens in tiny cages], and the need to introduce animal welfare programs in schools.

The Knesset presented commendations to several notable animal advocacy activists, and recognised the work of 'Anonymous for Animal Rights' covert investigation team, which continues to expose cruelty to animals in factory farming.

As veganism is on the rise in Israel, two Members of the Knesset - Tamar Zandberg and Sharren Haskel - have recently chosen to become vegan, and a few other Members of Parliament are vegetarian.





Molly hails from Michigan where she runs programmes on veganism and sustainability, and advocates for farmed animals as a newly appointed JIFA (Jewish Initiative For Animals) educator. She is working on her senior/honours thesis on the revival of the piyyut musical genre within contemporary Israeli society, at The University of Michigan.

WHY I AM A VEGAN

Molly Mardit

AT WHAT AGE DID YOU BECOME A VEGAN?

I was motivated to transition to vegetarianism around the time of my 21st birthday. Even at that time, I knew that the next logical step for me would be to eventually shift to veganism, and slowly, I managed to do so by my 22nd birthday.

WHY ARE YOU VEGAN?

My heart never liked that I was consuming animals. It struck me as cruel and unnecessary, and especially when I learned that humans did not need to consume animals, and that most farmed animals were terribly abused by a powerful, well-funded machine, my diet began to change.

I was finally eating, and eventually living more fully in accordance with my convictions - namely, that to consume animals and animal by-products

[especially when said animals were raised under the current conditions] was unjust.

Though Jewish spirituality and religion did not initially factor into my decision to become a vegetarian and then a vegan, over the past few years I've reflected on the ways in which these are now a part of why I remain a vegan.

When Adam and Eve lived in the Garden of Eden, they subsisted entirely on plants! They lived in Paradise! It was only once they were banished from there that HaShem instructed them to begin killing animals for food. Paradise had become a thing of the past.

I think about the ways in which I may be able to bring some aspect of that original Paradise into my life, and I do believe that in eating and living vegan, I increase my personal peace.

For me, this is a taste of the Paradise we could have enjoyed forever, and of which we will all enjoy when *Mashiach* comes again.

WHAT IS YOUR FAVOURITE VEGAN MEAL?

I really enjoy eating m'jedera, a Middle Eastern lentil and rice dish, either in pitta or as a hearty main dish with some vegetables and houmous on the side. Occasionally, I attempt this dish at home, but otherwise, I'm always on the lookout for a decent plate of it nearby.

WHICH IS THE BEST VEGAN RESTAURANT YOU HAVE BEEN TO?

A few years ago when visiting New York City, I ate in an entirely vegan, kosher, gourmet restaurant known as Candle 79. I cannot even remember which dishes I ordered with my family, but I know that all of us [even my parents who are not vegan] continued to be amazed with each successive plate brought out to us! I especially appreciated that our meal consisted of mostly whole foods, because I cannot stand eating too much over-processed vegan junk food, something which too many well-meaning vegan restaurants make the mistake of loading their menus up with.

WHERE IS THE MOST VEGAN FRIENDLY PLACE?

When I travelled to California a couple of years ago for a summer program, I was thrilled to find a plethora of options for me all around Los Angeles! I ate at Veggie Grill at least three different times during my journey; devoured a vegan red velvet cupcake at Sprinkles; enjoyed a unique dinner at Native Foods; and was

delighted by the brunch options at Real Food Daily. Los Angeles, and I suspect the whole state of California, really is a vegan mecca.

CAN YOU RECOMMEND ANY GOOD VEGETARIAN/VEGAN RESOURCES?

After attending The Shamayim V'Aretz Institute's annual conference in Brandeis, California last December, I regularly browse their website. Here, you'll find textual resources from the Jewish tradition pertaining to animal welfare matters; vegan recipes for Jewish holidays; suggestions for films and books that explain the importance of transitioning to a plant-based diet; and so much more. I also really enjoy perusing the resources on the No Meat Athlete blog. One of my goals is to become a regular runner, and the blog features podcasts with fitness advice; substantial recipes befitting the unique needs of a plant-based athlete; a suggested reading list; and many other treats.

WHAT'S YOUR SIGNATURE DISH?

Whenever I have budgeted my time properly, I bake challah for Shabbat. I found a recipe on-line for inspiration, but often tweak this slightly - using coconut oil rather than canola oil; sprinkling special spices into the dough; braiding it differently; and/or whatever else I can come up with. The challah can be used for days afterward if we don't finish it off during Shabbat, and sometimes ends up as French toast or sandwich bread.

Animal Equality launches iAnimal...



**VIRTUAL REALITY
WILL SHOW YOU
WHAT THE MEAT
INDUSTRY DOESN'T
WANT YOU TO SEE.**

—
iAnimal.uk
—

animaleQUALITY

Paul McCartney once famously said ‘If slaughterhouses had glass walls, we would all be vegetarians...’ but of course they don’t, and most people remain unaware of the lives and deaths of animals reared for food. But now all that is changing with Animal Equality becoming the first organisation in the world to transport people inside factory farms and slaughterhouses via virtual reality technology.

In March 2016 the international organisation launched its iAnimal project, a virtual reality experience filmed over the 18 months inside four European pig farms, including in the UK. In this country, the majority of pigs killed for meat are intensively reared inside factory farm sheds and an estimated 60 per cent of breeding sows are confined to farrowing crates for weeks at a time when they give birth — a sight that moved Downton Abbey actor, Peter Egan to tears as he narrated the film. Tony Kanal from the band No Doubt narrated the U.S. version of the film.

‘Virtual reality opens up worlds that used to be hidden from us and there is nothing more secretive than the way animals are reared and killed for food’, says UK Executive Director of Animal Equality Toni Shephard:

‘iAnimal allows viewers to feel that they are inside the farm and slaughterhouse, standing alongside all the other animals, and sharing their fate. It is a powerful experience, an intimate experience, and one that moves viewers very deeply.’

Says actor, Peter Egan: ‘I have never seen anything as shocking as this in my life. It’s devastating, and completely inhumane. Virtual reality enabled me



Toni Shephard, UK Executive Director of Animal Equality

to experience, close up, for just a few minutes, the horror of the short lives of factory farmed animals, to see what they see, to get a real sense of how they live. It has shocked me deeply, and it has strengthened my resolve to help them.’ See his reaction here: bit.ly/242sNYh.

Says musician, Tony Kanal: ‘I believe that most people, when presented with what actually happens to animals behind closed doors in the process of turning them from living, breathing, feeling creatures into ‘food’, would prefer to not participate in that harm but rather embrace compassion. Investigations provide an undeniable truth: these animals suffer greatly. My hope is that many viewers will see this investigation and in turn make a difference #ForTheAnimals.’

The immersive experience affects people far more profoundly than traditional films, and, over the spring and summer, Animal Equality will be touring the country with iAnimal, visiting town centres and university campuses to share it with as many people as possible.



Virtual reality films of caged hens and 'broiler' chickens will shortly be released as part of the campaign group's iAnimal project.

Many people cry, and that is a normal human reaction to witnessing animal suffering. Most people tell us they did not know pigs are treated so badly on modern farms; they thought many of them still lived outdoors where they good root and take mud baths - sadly this is now very rare. Some people assumed the footage was taken in the U.S., believing we do not farm on such an industrial scale here. Again, this is not true. All of the footage in the film was taken in farms and slaughterhouses in the EU, with some from farms in the UK. We import a lot of the meat sold here from other EU countries - so everything that happens in our film is directly relevant to meat consumers in the UK.

We believe that showing people the reality of modern meat production - especially using virtual reality, which puts you right there in the factory farm and slaughterhouse - will lead to people changing their diet, not necessarily

because of the shock factor, but because most people inherently oppose animal cruelty - they simply do not know how severely animals suffer before they reach our plates.

We took iAnimal on tour to university campuses across the UK during the spring. Although we know people of all ages will be shocked to discover the reality of life - and death - for animals raised and killed for meat, evidence shows that young people are far more open to changing their diet in order to stop this suffering. Ultimately, our aim is to change as many people's diet as possible as this is the best way to help farmed animals.

For many people eating meat is not a conscious choice; it is a cultural tradition imposed upon us by our parents as the social normal. By the time we grow up it is just 'what we do' and many people do not give the animals and their suffering much thought. Many falsely believe that farmed animals have happy lives and humane deaths. Sadly neither is true. Modern farming is done on an industrial scale and animals are treated

as mere machines. We know that most people would be horrified by the treatment of animals in factory farms and slaughterhouses, that is why these places are deliberately hidden from public view.

Our goal is to expose these practices so that consumers can make an informed choice about the food they buy. We owe the animals whom we kill and eat at least that much. The best way to help stop this suffering is to stop eating animals; and every meat-free meal people eat makes a difference.

Readers can support the campaign by sharing www.ianimal.uk on their social media channels; inviting us to bring the iAnimal headsets to their workplace or university; organising a public viewing in their community; and donating to our appeal to purchase more headsets so we can reach as many people as possible with this powerful experience: animalequality.net/donation.

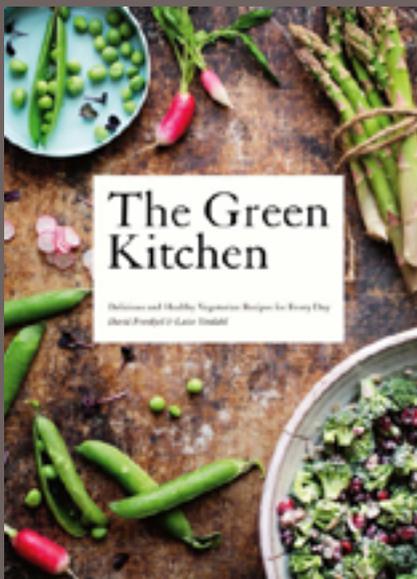
↪ **You can watch the film in 360 degrees here: ianimal.uk and see the trailer for iAnimal here: bit.ly/1NWA3rV.**

Animal Equality is a voice for farmed animals all over the world, inspiring individuals, companies and policy-makers to adopt compassionate changes for animals. The organisation has offices in the UK, the United States, Germany, Italy, Spain, Mexico, Venezuela and India.

In other news:

- Denmark is planning to tax meat in the fight against climate change
- Number of vegans in Britain has risen by more than 360 per cent over the past decade
- London's first vegan ice cream shop Yorica opens [yorica.com]
- Meat consumption declines following World Health Organization warning
- Thousands of dairy farmers face closure as debts reach crisis levels
- After the success of campaigns to get investors to divest from fossil fuel companies, factory farming is the next target
- Human cost of the meat industry revealed in new investigation
- Designer makes cruelty-free, biodegradable vegan 'leather' alternative using pineapples
 - New findings: vegan diet 'can cut risk of prostate cancer by 35 per cent'
 - Mojo-Box launches vegan bento box delivery service in London [mojo-box.com]
 - Chilean startup The Not Company uses a food-analyzing computer to create vegan replicas of animal products on a molecular level
 - Vegetarian and vegan diets could save millions of lives and cut global warming, study finds
 - Meat substitute producer Quorn set to make its entire range vegan
 - Veganism is the healthiest diet, according to new study discussed on BBC1

See more news at: jvs.org.uk/news



Recipe from 'The Green Kitchen: Delicious and Healthy Vegetarian Recipes for Every Day' by Luise Vindahl and David Frenkiel. (Published by Hardie Grant, hardback £25.00).

We love the concept of a chilled soup and although we appreciate a classic gazpacho, we often prefer to make this slightly sweeter version. Instead of tangy tomatoes, this soup oozes fruit.

We balance it with onion, celery, mint and a few drops of Tabasco.

SERVES 4 - 6

INGREDIENTS

600 g fresh strawberries, hulled and halved
500 watermelon, seeded and cut into 2.5 cm (1 inch) chunks
1 red pepper, seeded and chopped
2 small spring onions, halved
15 mint leaves
juice of 1/2 lemon
1 celery stick, chopped
4 drops of Tabasco (or more, to taste)

METHOD

Put all the ingredients in a blender or a food processor. Pulse until you have a soup consistency, taste it and add more salt, pepper or lemon if needed. Store in a large bottle in the fridge. If you are taking it to a picnic, put a few ice cubes in the bottle just before leaving so it stays cool. Take along a few glasses for serving.



This recipe is from 'The Vegetarian Italian Kitchen' by Veronica Lavenia (Published by New Holland, hardback £18.99), featured on page 33 of this magazine.

Farro, rice and barley are the heroes of this rich and colourful Mediterranean-style salad. A light and healthy dish, perfect for a lunch or summer dinner. You can enrich this salad with the ingredients you love the most. In the best supermarkets and in the fairtrade shops, these cereals are also available in practical quick-cook packets.

SERVES: 2

INGREDIENTS

8 ripe tomatoes
1 spring onion [scallion]
Black pitted olives, to taste
Sea salt and pepper, to taste
Balsamic vinegar, to taste
Extra virgin olive oil, to taste
100 g [3.5] oz brown rice
50 g [2 oz] pre-cooked farro
50 g [2 oz] pre-cooked barley
Fresh basil and mint leaves, to taste

METHOD

Wash and cut the tomatoes and onion and put them in a bowl.



Add the pitted olives and season with salt, pepper, balsamic vinegar and extra virgin olive oil to taste.

Cook the brown rice until al dente, in boiling salted water. In another saucepan, cook the pre-cooked farro and barley (washed and drained) in boiling salted water, according to the cooking times indicated on the packet.

Drain the cereals and season with the salad. Garnish with the mint and basil leaves.



SWEET POTATO ENCHILADAS

This recipe is from brand new cookbook 'Raw. Vegan.Not.Gross' by Laura Miller. (Published by Flatiron Books, hardback: £20.00). The tortillas become soft and chewy and soak up all that amazing enchilada sauce in the oven, making a perfectly comforting and hearty dinner.

SERVES : 5 - 6

INGREDIENTS

For the filling:

- 1 onion, finely diced
- 2 cloves garlic, minced
- 3 - 4 sweet potatoes, cut into small chunks

For the sauce:

- 2 tbsp coconut oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 3 - 4 tomatoes
- 3 tbsp chilli powder
- 1 tsp sea salt
- 1 tsp ground cumin
- 1 tbsp apple cider vinegar
- 2 tbsp cornstarch / gluten free flour

For the assembly:

- 10 - 12 corn tortillas
- Coconut oil cooking spray
- 1/4 cup nutritional yeast

METHOD

Preheat the oven to 375°F.

In a saucepan, sauté the onion, garlic, and sweet potatoes over medium heat until tender, about 8 to 10 minutes.

To make the sauce: In a second saucepan, put the coconut oil, garlic, and onion. Stir for a few minutes over medium-high heat, then add the rest of the ingredients and simmer for about 10 minutes. Transfer to a blender and blend until smooth, adding 3/4 cup water.

Warm the tortillas in a pan over medium heat for a few seconds to make them more pliable, then fill each tortilla with the sweet potato mixture and roll up like a taquito.

Place the little taquitos in a baking dish sprayed with coconut oil. Spread the sauce over the filled tortillas. Bake for 15 to 20 minutes, until piping hot, then remove from the oven and sprinkle with nutritional yeast.

BLUEBERRY LEMON MOUSSE CAKE
WITH SCENTED GERANIUM FLOWERS



Whipped coconut cream lifts up this dessert to amazingly light and gorgeously smooth dimensions. It is rich and fresh at the same time, rounded out with the other-worldly scents of fresh geranium flowers.

SERVES: 10 - 12

INGREDIENTS

For the filling:

- 1 x 400ml can coconut milk
- 150 g cashew nuts
- $\frac{3}{4}$ tsp Himalayan pink salt
- 325 g blueberries
- Finely grated zest of 2 lemons
- 100 ml lemon juice
- 110 g raw clear honey
- 75 g coconut oil

For the vanilla base:

- 90 g pitted Medjool dates
- $\frac{1}{4}$ tsp Himalayan pink salt
- 1 vanilla pod, split lengthways and seeds scraped out
- 70 g desiccated coconut
- 35 g hemp seeds
- 30 g coconut oil

For the decoration:

- 150 g blueberries
- Geranium / other edible flowers

1. The night before, refrigerate the can of coconut milk.

2. Line the base and sides of a 23 cm springform or loose-bottomed cake tin with baking parchment.

3. Soak the cashew nuts in 300ml of filtered water with half a teaspoon of Himalayan pink salt for 3 - 4 hours.

4. To make the base, in a food processor chop up the dates with the salt and vanilla seeds to form a ball-like paste. Add the coconut and hemp seeds and blitz to combine. Melt the coconut oil, add to the mix and process until everything is combined. Turn out into the prepared tin and press down to form an even base. Refrigerate.

5. In a blender, process 150 g of the blueberries, the lemon zest and juice, honey and remaining salt to form a purple juice. Drain and rinse the cashew nuts thoroughly, then add them to the blueberry juice and process until smooth.

6. Open the can of coconut milk and remove the cream on the top, which will have set overnight. You need 240 g, so use some of the thinner milk from the bottom of the can if necessary. Whip up the coconut cream in a free-standing mixer or using an electric whisk, until smooth and thick.

7. Melt the coconut oil and blend it into the blueberry juice, then add everything in the blender to the whipped coconut

cream. Lightly whisk everything once more until just combined. If you overmix, the cake won't be as light as it should be. Fold in the remaining 175 g of blueberries then pour the mix over the prepared base. Refrigerate for about two hours until firm.

8. When set, demould. Decorate with blueberries and scented geranium flowers. Serve immediately. Keeps well in the fridge for up to five days.

Recipe from 'Clean Cakes: Delicious pâtisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar' by Henrietta Inman (Jacqui Small, £20)

Clean Cakes is the ultimate cookbook for anyone who enjoys baking as well as experimenting with new and alternative ingredients. It provides a wealth of ideas for cooking everything from spectacular cakes, energy-boosting muffins and wholesome loaves to stunning raw desserts and scrumptious tarts and pies, with distinctive flavour combinations and original twists on established classics. It will prove invaluable for anyone who for health or lifestyle reasons wants to eliminate gluten, dairy or refined sugar from their diet but who still wants to satisfy their sweet tooth and create their own nutritious guilt-free masterpieces.

Vilna's vegetarian trailblazer

Londoner Howard Skolnick shares the story of his great aunt Fania Lewando, whose revolutionary cookbook, written in the 1930s, was recently rediscovered and translated from Yiddish to English.

Fania was born 1887 in northern Poland. She was married to Lazar and when her parents, four sisters and a baby brother came to London in the early 1900s, they stayed in Europe.

By 1920 Lazar was a prosperous egg merchant. Early in the 1920s Lazar was arrested by the Russians on a business trip, he escaped from custody but lost a leg in the process. By the mid-1930s Fania had established a famous kosher vegetarian restaurant in Vilna and also had a cookery school, which taught 'home economics' to poor women.

There was a small vegetarian movement

in Vilna which Fania was at the vanguard of. This wasn't 'political vegetarianism', which started in Dresden in around 1908, but pure social activism. She in fact, wasn't vegetarian, but thought it important that you had two meat free days a week, to "rebalance the system" - just like today's 5/2 diet.

The mid-1930s saw unrest throughout Europe and the couple subsequently decided to leave to go to her sister Rose in the U.S. - both sisters were childless.

Fania got a job as a celebrity chef aboard a cruise ship - the SS Batory - what could possibly go wrong? They were refused entry to live the U.S. because of Lazar's wooden leg. They came back to London where they stayed for a bit but decided that Europe wouldn't be that bad.

It was at this time they left copies of Fania's cookbook, 'The Vilna Vegetarian' with their siblings and offered to take my uncle Ben back to Vilna to study in the Yeshiva there. Vilna was known as the Jerusalem of the east. My grandma Golda



Fania Lewando, right, in the kitchen of her restaurant in Vilna in the 1930s. [Images courtesy of the Fania's family].



Fania Lewando, middle, teaching Jewish women about healthy diets and nutrition in Vilna.

said ‘No, I have eight fingers and eight children and I would miss the loss of either one of them.’

Ben stayed in the UK, became a Rabbi, went to Australia via New Zealand, and in fact died last May 2015, days before the book was republished by Yivo in New York in English.

Fania and Lazar fled Vilna when the Nazis invaded Poland and were last seen being arrested on the border by the Russians. We have no trace of them after this time.

In 1995 Mr Sterne, an American, and his wife came across a copy of Fania’s book in Ross-on-Wye. Not only could they read Hebrew and understand Yiddish but they had friends in NYC who could translate it. Even more incredibly, they had contacts at Yivo where they eventually donated the book.

Yivo in New York has the only repository of a complete archive of Jewish books to escape Europe pre-WW2, all 375,000 of them. And the archive is from Vilna.

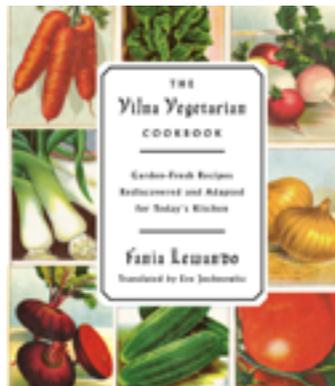
In 2005 an American cousin of mine, Harvey, also a great nephew of Fania, found recipes being demonstrated on the

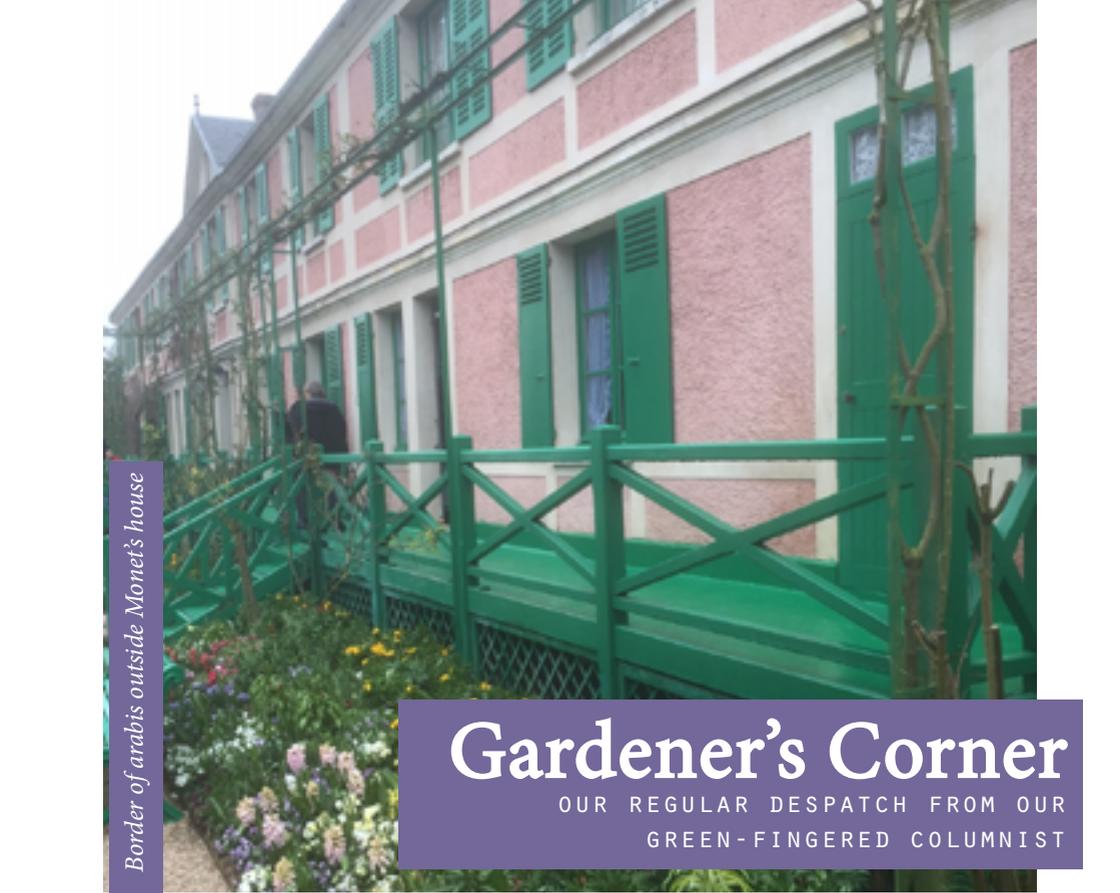
internet, in Yiddish, using Fania’s name. So, he on behalf of the family, contacted them.

It took twenty years from the book being found, ten years from when our family got involved, for money to be raised to have the book translated and the 400 recipes tested, by no other than Joan Nathan, America’s answer to Claudia Roden.

Without these incredible series of coincidences Fania and Lazar would just be two more statistics of the Holocaust.

☞ *‘The Vilna Vegetarian Cookbook’ is available to buy online, all proceeds go directly to Yivo.*





Border of arabis outside Monet's house

Gardener's Corner

OUR REGULAR DESPATCH FROM OUR
GREEN-FINGERED COLUMNIST

At the Royal Academy this spring there was an exhibition of great artists such as Monet, Caillebotte and Matisse who were not only top artists but passionate about their gardens too. It was an era, in the latter part of the 19th century that plant hunters were going out to places like Mexico, South America and Japan to bring back exotic specimens such as dahlias and chrysanthemums.

These became the subjects of their art and not only was the garden a backdrop for many paintings of friends and family but objects in themselves. These works were to be a huge influence on gardens large and small from that time to this

day. The exhibition included a great many priceless Monets painted at his garden in Giverny. Monet settled there in 1883 and spent his last 43 years developing and painting what he had created.

It is situated in Normandy not far from the town of Vernon. A tributary of the river Seine runs nearby. To make his famous water garden he was able to divert a small channel to a connecting plot and created his dreamy lily pool.

We visited it in spring time, just as the gardens reopened from the winter rest.

The lilies had not yet developed from the winter slumber but the water was still and mirror like, reflecting the weeping willows and poplars with just the faintest distortion of of the images caused by

the lightest of breezes. The iconic green bridges lead over the little brook at each end of the pool and are festooned with wisteria. Rose bushes and foliage shrubs grow along the bank and a wonderful contemplative air pervades. A small row boat is tethered in the rushes.

The main garden lies in front of Monet's house, so that it was what he saw as he spent his waking hours. It is walled and divided into strips. As we arrived, the morning mist swathed the garden and the valley beyond adding to the drama of this theatre of flowers.

After looking round the house with its easy to live in feel, the sun had lifted the mist and illuminated the borders. Gravel paths divide the beds and each has a distinctive character.

There are edging of pansies and violas,



Monet's primroses

bellis daisies, aubretia and primroses, that most natural of spring flowers. There is a natural meadow area with naturalised tulips and narcissus clumps and a bench to sit and take in all the beauty around.

The garden slopes down from the house, and at the top along the front of the house are apples and other fruit trees, all pruned so that they will supply good fruit but will not obstruct the view from the path or the windows.

Such is the colour effect of the floral display that it evokes a tapestry as the backdrop for the interspersed climbing roses which give promise of a spectacular display in a month or two. Other subjects included forget-me-nots hyacinths and perpetual wallflowers.

Monet loved his garden and painted its many moods and displays. He would not leave it even when the occupation occurred and he defiantly remained throughout.

This visit was pleasing and enriching to us and we would like to come again.



Camellia



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, and is currently the JVS co-ordinator in Jerusalem. He works as a lawyer and co-ordinator for animals in agriculture at Let the Animals Live.

The British Ministry of Health recently updated its dietary guidelines, and reduced the recommended consumption of dairy products by half. At the same time, in Israel, a heated debate has been going on, behind the scenes, over the dairy question.

The front cover of the weekend magazine of Ha'aretz (May 6th 2016) exclaimed "White Lie". An extensive investigative article inside, by journalists Neta Ahituv and Ido Efrati revealed that pressures by the Israeli Dairy Board led to changes in the new draft dietary guidelines of the Israeli Ministry of Health.

For years the Dairy Board has been propagating "at least 3 dairy products per day". This slogan was heavily pushed through public campaigns and with the support of nutritionists, doctors and medical associations. As was revealed in the article, the Dairy Board and the dairy industry invested a lot of money in their relationships with the medical establishment and specific doctors – financing the associations, giving research funds, employing key people and more. Such strategies are, of course, not unique to the Israeli milk industry. For many years, the dairy industry around the world promoted itself by claiming dairy products to be vital for good health and by using money and political influence to make health-oriented bodies promote them.

The "at least 3 dairy products per day" slogan was never engraved in the dietary guidelines of the Israeli Ministry of Health. While the former guidelines did recommend dairy, they did not give any quantitative recommendation regarding its consumption. During the discussion of new guidelines, it was suggested that there should be a recommendation to limit the consumption of dairy products. The reason was that many dairy products are high in saturated fat, cholesterol, sodium and sugar. I would add that milk consumption has been associated with a number of types of cancer and with osteoporosis. Therefore, the initial recommendation of the dietary unit in the Ministry of Health was to limit dairy consumption to "up to 2 portions per day", which

means that zero consumption is included in the recommendations, while consuming 3 portions is contradictory to them.

This original draft posed a real risk to the industry. The industry has, for some years, been fighting against cracks in the health perception of dairy. Despite its huge investment in advertising, per capita dairy consumption has been steadily diminishing. If the government itself undermined the flag-slogan of “at least 3 dairy products per day”, this would have been disastrous. It was no surprise, then, that the industry used all its tools of pressure, including its financially-aided supporters within the medical establishment. A revised draft, Haaretz revealed, included a totally different recommendation – to consume “2-3 portions of dairy or dairy substitutes per day”. While not adopting the “at least 3 dairy products” slogan, this is a clear recommendation to consume dairy, rather than limit its consumption. And while other foods may be included instead of dairy, they are only in the secondary class of “substitutes” to the “real thing”.

Formal recommendations on dairy going against expert reasoning is nothing new. Going back more than 70 years, in the “Nutritional Economic Survey of Wartime Palestine 1942-1943”, published by the English mandate’s Department of Health, the writers claim that “the League of Nations Commission have taken strong line in regard to animal protein and state that during growth, pregnancy and lactation it should form a large proportion of the total [some 40 gram], 1.5 to 1.75 pints of milk being

taken each day by persons of this classes of the population. Certainly such advice is an impossibility in this country, as it is throughout the Middle and Far East. The writers suggest substantially reducing this recommendation. To the best of my knowledge, this criticism was never adopted, and national and international bodies continued to shove milk and dairy down the throats of the world population under the pretext of good nutrition.

As to whether the exposure in Haaretz will influence the final dietary guidelines, this remains to be seen. The direction though is clear: while the industry is financially strong and politically powerful, truth is a powerful force, as well. If we keep spreading the word, dairy consumption will continue to diminish and voices within the establishment, challenging the value of dairy, will become stronger.



A raw, vegan meal at Ginger Vegetarian Centre in Jerusalem

‘How not to die:’

Jeffrey Cohan, Executive Director of Jewish Veg reviews this number one bestseller by Michael Greger (Paperback £14.99 Published by Macmillan)



Jeffrey Cohan

All doctors are familiar with the Hippocratic Oath, but most either ignore or are just ignorant of something else Hippocrates famously said: “Let food be thy medicine.”

Washington, D.C., doctor Michael Greger may be the biggest exception. Upon graduating from medical school, Dr. Greger made it his life’s mission to read every nutrition study he could get his hands on and then disseminate what he was learning. He travelled the country, speaking to medical students and to Rotary Club members, living out of his car. His quest eventually took shape as a website, daily e-newsletter and nonprofit

organisation called NutritionFacts.org.

His book ‘How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease’ is the culmination of two decades of work.

Dr. Greger devotes one chapter apiece to the 15 leading causes of death, showing the relation of diet to each of them. It should be noted that the book is not called ‘How to Not Die.’ Even Dr. Greger would admit that no matter how much broccoli we eat, we all have to go sometime.

But we don’t necessarily have to spend our last two or three decades undergoing bypass surgeries, chemotherapy and dialysis — dying slowly and painfully from chronic diseases. That is how not to die.

Instead, we can greatly improve our odds of ageing in good health and enjoying active lifestyles well into our golden years, depending on what we eat. And the evidence continues to mount



Dr. Michael Greger

that an unprocessed, plant-based diet is our best hope.

In the book's second half, Dr. Greger dispenses practical yet very specific advice on how to rework your diet for optimal health. While this isn't a traditional cookbook, he does present a number of simple, delicious, healthy recipes. How about a cauliflower steak served with tahini and paired with a pumpkin pie smoothie?

Undergirding everything in the book are a staggering 133 pages of footnotes. He cites literally thousands of studies from nutrition and medical journals.

Dr. Greger has been accused in some quarters of cherry-picking research and exaggerating the benefits of a vegan diet. But his case rests on a mountain of evidence.

While the media loves to trumpet outlying studies showing that butter is good for you or that carbs are the devil, the reality is that the largest, long-term nutritional studies have reached remarkably similar conclusions: Vegans and vegetarians live longer and experience lower rates of heart disease, cancer and diabetes. It gets trickier when it comes to smaller studies that look at the effects of specific foods on specific diseases.

Here, rock-solid, incontrovertible conclusions are much harder to come by. But, Dr. Greger argues that it makes no sense to deprive yourself of the remarkable, evidence-based benefits of

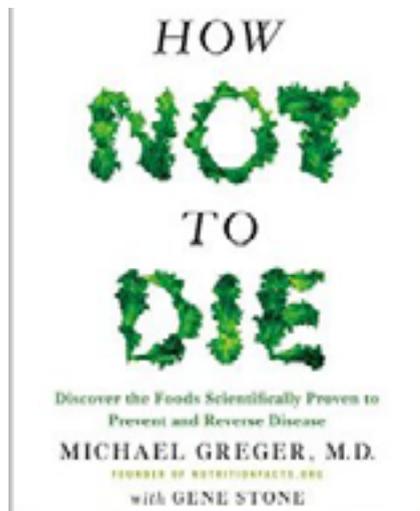
turmeric, blueberries, kale and other antioxidant- and phytonutrient-packed plants while you're waiting for absolute proof.

In 'How Not to Die,' Dr. Greger avoids using the word 'vegan' and makes a point of stating that you can still enjoy an occasional treat so long as your regular diet revolves around vegetables, fruit, beans, nuts, spices and whole grains. Health, in other words, is not an all-or-nothing proposition, but it is based largely on nutrition.

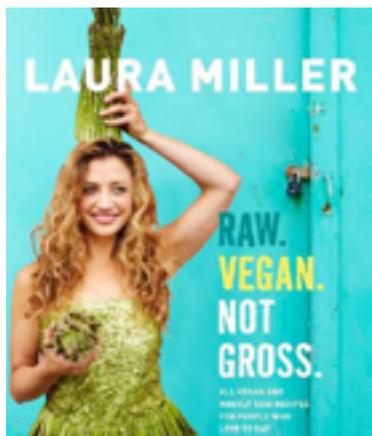
This year, doctors in the U.S. will write 4 billion prescriptions for various ailments. That's a lot of disease, and a lot of drugs. Hippocrates must be turning in his grave.

**This book review was originally published in the Pittsburgh Post-Gazette.*

How Not to Die is one of over 450 books stocked in the JVS library.



New books...



RAW. VEGAN. NOT GROSS

By Laura Miller

Hardback: £20.00

Published by Flatiron

Introducing the debut cookbook from YouTube star Laura Miller. A soon to be modern classic, 'Raw. Vegan. Not Gross.' will engage your taste buds with strengthening breakfasts [avocado grapefruit bowls; ginger maple granola], easy weeknight dinners (golden gazpacho; sweet potato curry), crowd-pleasing party food (mango and coconut jicama tacos; spicy mango chilli wraps), irresistible drinks & desserts (lavender cheesecake; chile truffles), and many more nutritious, satisfying dishes that are as beautiful and fun to make as they are healthful, eschewing a strict or dogmatic approach to raw veganism.



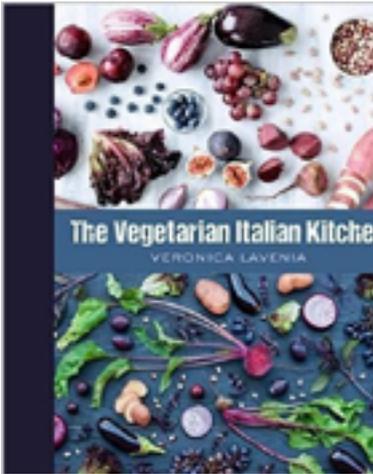
THE MIDDLE EASTERN VEGETARIAN COOKBOOK

By Salma Hage

Hardback: £24.95

Published by Phaidon Press

A definitive, fresh and approachable collection of 150 traditional recipes from an authoritative voice on Middle Eastern home cooking. Traditionally, the Middle Eastern diet consisted largely of vegetables, fruits, herbs, spices, pulses, grains and legumes. Salma simplifies this fast becoming popular cuisine with easily achievable recipes, many with vegan and gluten-free options. Drawing inspiration from ancient and prized Phoenician ingredients, from grassy olive oil to fresh figs and rich dates, this book offers an array of delicious breakfasts and drinks, mezze and salads, vegetables and pulses, grains and desserts. Salma shows how to easily make the most of familiar everyday fruits and legumes, as well as more exotic ingredients now widely available outside of the Middle East.



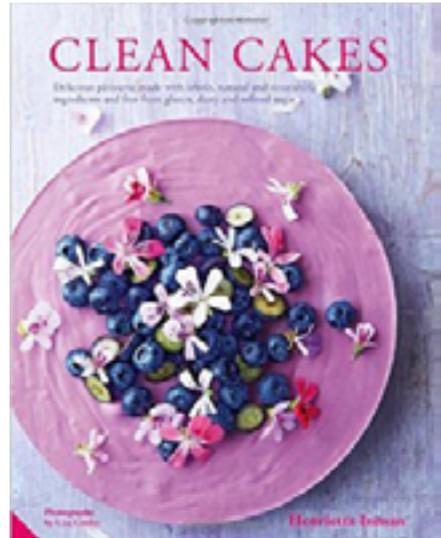
THE VEGETARIAN ITALIAN KITCHEN

By Veronica Lavenia

Hardcover: £19.99

Published by New Holland

The Vegetarian Italian Kitchen represents the true contemporary culture of Italian homemade cooking that is both healthy and affordable for everyone. This beautifully designed book is a collection of 120 vegetarian recipes uniquely divided into seasons and into savoury and sweet sections for each of the seasons. The scrumptuous photography throughout showcases the beauty and goodness of simple, healthy, seasonal recipes that are typical of true Italian homemade tradition, prepared with unrefined ingredients that are readily available. This brilliant book is aimed not only at vegetarians and Italian food lovers, but also at those who love healthy, sustainable, tasty food prepared with seasonal high quality ingredients.



CLEAN CAKES

By Henrietta Inman

Hardback: £20.00

Published by Jacqui Small LLP

Clean Cakes is the ultimate cookbook for anyone who enjoys baking as well as experimenting with new and alternative ingredients. It provides a wealth of ideas for cooking everything from spectacular cakes, energy-boosting muffins and wholesome loaves to stunning raw desserts and scrumptious tarts and pies, with distinctive flavour combinations and original twists on established classics. It will prove invaluable for anyone who for health or lifestyle reasons wants to eliminate gluten, dairy or refined sugar from their diet but who still wants to satisfy their sweet tooth and create their own nutritious guilt-free masterpieces. [See page 20 for recipe: Blueberry lemon mousse cake with scented geranium flowers.](#)

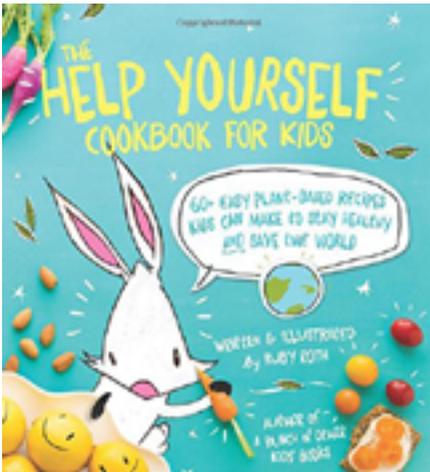
THE HELP YOURSELF COOKBOOK FOR KIDS

By Ruby Roth

Paperback: £14.99

Andrews McMeel Publishing

Experts tell us the best way to teach kids healthy eating habits is to involve them in the process. This irresistibly charming cookbook presents 60 fun, appealing recipes kids will beg to make themselves, in uniquely creative photo collage illustrations they will love. Bursting with colour, humour, cute animal characters, and cool facts, 'Help Yourself' inspires and empowers children to take charge of their own nutrition - for now and for life.



VEGETARIAN FOOD FOR HEALTHY KIDS

By Nicola Graimes

Paperback: £12.99

Published by Nourish

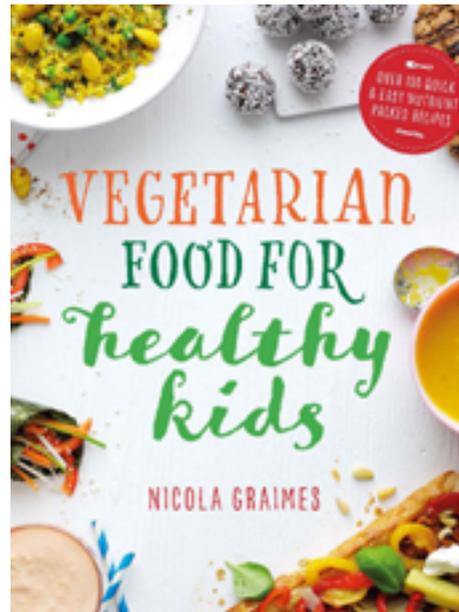
This new book is the perfect accompaniment to any hectic family kitchen, as it offers fun, quick, delicious,

and nutritious meals that are sure to bump up the veggie intake of every household, vegetarian or not.

With sugar taxes and childhood obesity in the news, and the timeless struggle of getting kids to eat their veg, this book provides recipes, tips, and inspiration for parents and children alike to take control over their eating, and develop a wide repertoire of colourful and nutrient-rich vegetarian food to increase children's nutrition.

The book encourages children's involvement in their meals, by offering easy prep, vibrant photography, clear step-by-step guidelines, and "Hero Food" and "Kids Cook" bite-sized information peppered throughout.

This helps children develop an understanding of their own nutritional needs, and a taste for cooking fresh, healthy, and delicious food, now and throughout their lives.



New products

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Get involved in JVS's next chapter!

We are crowdfunding for a new community centre in the heart of Jewish London, at the building we've called home for more than 40 years.

The space will be used for JVS's full calendar of events, including:

- ↪ chagim celebrations
- ↪ yoga, meditation & mindfulness
- ↪ film screenings, lectures and debates
- ↪ cookery classes in our new purpose-built kitchen
- ↪ learn how to 'grow your own' in our revamped garden



How you can help...

1) **Donate online / phone: 0208 455 0692:**

As a thank-you for your contribution, you can choose from a range of special treats, including a raw vegan three-course meal for two cooked in your home, a healing massage and a professional culinary declutter. Dedicate a bench or name our garden in memory of a loved one... Every £1 you donate before **July 13** will be instantly doubled, thanks to 'match funding' from a charitable foundation.

2) **Share the news:** Tell your friends and family!

3) **Get in touch** to suggest ideas for future events you would like to see in our new centre (and ideas for what you think we should name it).

Donate and find out more here:
tinyurl.com/newjvscentre