



# The Jewish Vegetarian

UK'S 1ST KOSHER VEGAN CATERER!  
JVS MEETS: FRESH WHOLEFOOD P.11

NO. 196  
SPRING 2016  
ADAR 5776

**JVS** since 1966

*'They shall not hurt nor destroy  
on all my holy mountain' [Isaiah]*

# Welcome to the spring 2016 issue of the Jewish Vegetarian

Last year ended with the Board of Deputies, the representative body for British Jewry, actively promoting a meat-free Chanukah, a very promising sign of change on the horizon. We look forward to more organisations joining the dots between Judaism and vegetarianism.

This year is going to be an exciting one for the JVS. September will mark 50 years of this magazine. We are planning a very special edition. Please help us to make this a true celebration of all we have achieved together over the last half a century by emailing us [info@jvs.org.uk] your photos, stories and memories. Were you there at the very beginning? What was it like to be a vegetarian in the mid 1960s? Did you know or meet our founder Philip Pick? What has been your favourite JVS event? We can't wait to hear from you.

Further afield, in Israel, the meat-free revolution continues to gather pace, with three particularly notable headlines in recent months. The first, 'Agriculture minister orders installation of cameras in all slaughterhouses', is a bold move we applaud. Contrast that to the United States, which has been reducing the number of inspectors in slaughterhouses. The second, 'Meat producer Soglowek lays off 35 staff', this followed ongoing claims of animal abuse so bad it not only led to closures in 2015, but the kosher status was called

in to question by many – including one of Israel's two Haredi chief rabbis. The third: 'Life after brisket: veganism in Israel is taking hold among the Orthodox, who use textual sources to argue against all meat consumption' demonstrates the breadth of the movement.

We are delighted that a book on Jewish veganism edited by Rabbi Dr Shmuly Yanklowitz and Jacob Ari Labendz, Ph.D. is in the pipeline [jewishveganism.wordpress.com].

Wishing all of our readers a happy and kosher Pesach,

*L Smallman*  
Lara Smallman  
Director, Jewish Vegetarian Society



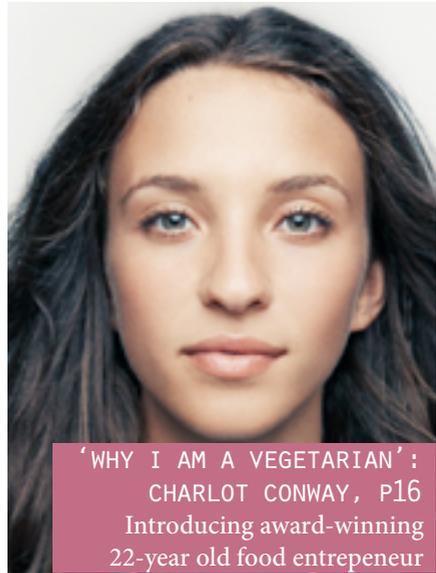
# Inside this issue:



**JEWISH INITIATIVE FOR ANIMALS**  
Chief Compassion Officer Sarah Chandler introduces this new organisation's vision: P26



**GARDENER'S CORNER, P28**



**'WHY I AM A VEGETARIAN': CHARLOT CONWAY, P16**  
Introducing award-winning 22-year old food entrepreneur



**BALCONY GARDENS**  
Urban farmer Talia Chain's top tips for creating your own green idyll, P30



**NEW RECIPES, P19**

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



## Find out more...

UPCOMING EVENTS, P5-6  
See the next page for details

RECENT ACTIVITIES, P8  
Read about what's been going on at  
the JVS since the start of 2016

JOIN THE JVS, P9  
Discover the many treats enjoyed by  
our members. , plus details of how  
to join our community

FORTHCOMING AGM, P10  
The guest speakers for our

FUTURE PLANS, P42

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](http://jvs.org.uk) and sell cruelty-free eggs from rescued hens from our base in NW London.

JVS has 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 see page 9 or visit: [jvs.org.uk/member-signup](http://jvs.org.uk/member-signup) or phone 020 8455 0692.



## JVS Events

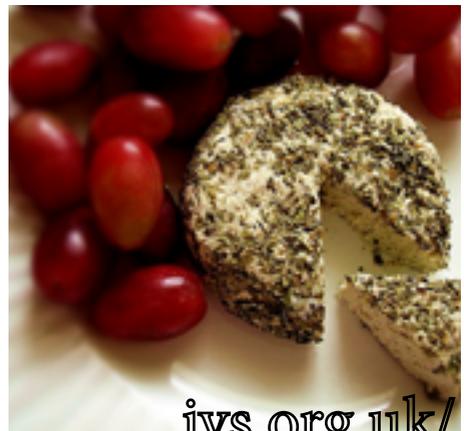
COOKING FROM THE VILNA  
VEGETARIAN COOKBOOK, 8TH  
MARCH, 7.30PM AT JW3

JVS ANNUAL GENERAL  
MEETING. 10TH APRIL,  
2.30PM AT JVS HQ IN  
GOLDERS GREEN. [SEE P.10]

MAKING A VEGAN FRIDAY  
NIGHT DINNER - COOKERY  
DEMONSTRATION  
16TH MAY, 7.15PM AT JW3

AN ALTERNATIVE SHAVUOT,  
COOKERY DEMO W. VANESSA  
ALMEIDA [ABOVE]  
8TH JUNE, 7.15PM AT JW3

DETAILS OVER THE PAGE:



[jvs.org.uk/  
calendar](https://jvs.org.uk/calendar)

# JVS at JW3

We're partnering with JW3, Europe's largest Jewish cultural centre for another two fantastic events this season:

## MAKING A VEGAN FRIDAY NIGHT DINNER, £25

Natalie Portman, Alicia Silverstone, Matisyahu and Mayim Bialik are all Jewish and vegan. What do they whip up for Friday night dinner?

Taking inspiration from their recipes and using some of her own, in this cookery demonstration, JVS Director Lara will show you how to make an array of Shabbat favourites which will more than satisfy and impress all your guests, from parev chopped livin' to chocolate mousse, with lots of surprises in between.

\*All of the recipes taught at both classes will be suitable for a small-sized kitchen and require no special equipment. Book at: [jw3.org.uk](http://jw3.org.uk).

## AN ALTERNATIVE SHAVUOT, £25

This cookery demonstration will be taught by chef, 'Essential Vegan' blogger and cookbook author Vanessa Almeida [[essentialvegan.co.uk](http://essentialvegan.co.uk)] and 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.

\*At each class, you will get to taste everything we make and take recipe sheets home.



# Events by our friends up and down the UK...

1. OHR GANI RETREAT OPEN DAY  
20 MARCH [OHRGANI.ORG]

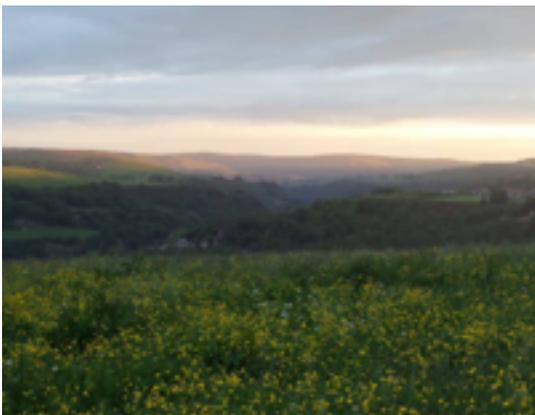
2. VEGAN PROTEIN CLASS WITH  
CHEF DAY RADLEY AT JW3, 28TH  
MARCH [JW3.ORG.UK]

3. BRIXTON'S 1ST VEGAN  
FAYRE, 3RD APRIL AT DOGSTAR  
ON COLDHARBOUR LANE FROM 1PM

4. NATIONAL VEGETARIAN  
WEEK 16-22 MAY  
NATIONALVEGETARIANWEEK.ORG

5. VEGFEST BRISTOL, 23 MAY.  
ALSO TAKES PLACE IN BRIGHTON,  
EDINBURGH AND LONDON. FULL  
DETAILS: VEGFESTEXPRESS.CO.UK

6. GEFILTEFEST LONDON JEWISH  
FOOD FESTIVAL, 26 JUNE: VISIT  
GEFILTEFEST.ORG



# News from London..

## ' THAT SUGAR FILM '

In mid December we screened 'That Sugar Film' at the JHub in West Hampstead. The film charts one man's journey to discover the truth about sugar.

Australian filmmaker Damon Gameau embarks on a unique experiment to document the effects of a high sugar diet on a healthy body, consuming only foods that are commonly perceived as 'healthy'. Through this entertaining and informative journey, Damon highlights some of the issues that plague the sugar industry, and where sugar lurks on supermarket shelves. Guests enjoyed a communal potluck supper before the screening. Find out more about the film here: [thatsugarfilm.com](http://thatsugarfilm.com). For new ideas of potluck dishes, visit: [bit.ly/1PCKkxi](http://bit.ly/1PCKkxi).

## ' JUST DO IT '

Our last film screening of 2015 was a rather radical one - 'Just Do It', the acclaimed feature documentary from director Emily James, which goes behind the scenes of the world of climate activism. This one-of-a-kind film charts the adventures of

the daring troublemakers who have crossed the line to become modern-day outlaws.

## MYSTERY COOKING

We held another 'Mystery Cooking Workshop' in December. Participants learned how to make; Loubieh [spiced green beans], Maneesh [flatbread with za'atar topping], Lebanese Fattoush Salad [pictured below], and a creamy kale salad.



## ' JUST EAT IT '

UK household food waste last year was more than 12 million tonnes, and globally, we waste up to 50% of what is produced. And so, we chose to make our debut at JW3's cinema with a screening in early February of 'Just Eat It', a film about food waste and rescue. In the same week, the Jewish Chronicle newspaper ran a feature on the topic. Read the article,

'Saving the fruits too ugly for the stores' here: [bit.ly/1T8jHTr](http://bit.ly/1T8jHTr).

## CLASSES AT JCROSS



A very big thank you to JVS member and chef Ines Romanelli [[inesthewildchef.com](http://inesthewildchef.com)], pictured above, who volunteered for us, teaching seven weekly cookery classes at JCoss School in Barnet. Ines has reached 175 6th form students over the last few months. She was tasked with showing students how to cook tasty, quick and healthy meals on a budget. Her recipes included; quiches, shakshuka, salads, savoury muffins and curry.

'I love the experience, I am happily surprised to see the students are interested in learning how to cook. Most of them have begun to share their cooking experiences with me.'

# JVS

## Join our community!

BECOME A MEMBER OF  
THE JVS, FROM  
£1 PER MONTH &  
RECEIVE...

- *A year's subscription to this quarterly magazine*
- *Discounted tickets to the majority of our events*
- *Free tickets to our Film Club*
- *Special offers on veggie products*
- *Free access to JVS library*
- *And have the chance to enter members-only competitions*

PERFECT AS  
A BIRTHDAY GIFT!

[JVS.ORG.UK/MEMBER-SIGNUP](http://JVS.ORG.UK/MEMBER-SIGNUP)

# AGM

**Join us for our 51st Annual General Meeting  
Sunday 10th April 2016, doors open 2.15pm**

Your chance to hear about our recent activities and our exciting plans for the future.

The guest speakers at this year's AGM are the founders of Fresh Wholefood. Read about their brand new company on the next page and meet them on Sunday 10th April to learn more about their vision for the future of kosher food.

Refreshments will be served after the meeting.

This is a free event. To help give us an idea of numbers, please book your ticket online: [bit.ly/1TquZSY](http://bit.ly/1TquZSY). We welcome donations on the day to cover the cost of the event. Booking closes on Saturday 9th April at 8.30pm.





# TVS meets: Fresh Wholefood

There's a new kid on the Jewish food block: the first kosher vegan caterer and delivery service in the country. We went to meet its founders, husband-and-wife team Isaac and Devori Nussbaum...

.....>

### *What is Fresh Wholefood?*

We are a brand new kosher caterer. Our food is all vegan, unrefined and unprocessed. Organic and locally grown produce is used wherever possible. Our top quality chefs are very creative and use exquisite colours, tastes and smells when preparing our food. We created Fresh Wholefood with the vision of bringing the best quality, strengthening, and energising foods to people who are inspired to feel great and use the gift of focus and energy to create success in their lives.

### *How did you come up with the idea?*

We personally have seen in our lives how good quality food has transformed our health. There is so little understanding of this in our community and we saw how little nourishing food there really was out there for people to buy if they didn't have time or couldn't make it themselves.

### *What were you doing before?*

Isaac: I was an estate agent.  
Devori: I am a psychotherapist, and an integrative nutrition holistic health coach. I constantly see the connection between mental / emotional health



and lifestyle / nutritional choices and I bridge the gap between mind and body in my practice to help people in a multi-dimensional way.

### *How does it work?*

Our catering service is personalised to whatever is needed e.g. corporate events, parties, supper clubs. We have chefs who have been highly trained in the art of healing nutrition and who take time and care to make sure that the food is balanced and nutritionally dense. We also have a range of bakery products which can be bought through our website [freshwholefood.uk](http://freshwholefood.uk)





### *What makes it unique?*

There is nothing like this in the Jewish community. There are many caterers and restaurants but none of them are focused on the health benefits and nutritional quality of the food like we are. When we prepare meals we keep in mind the exquisite balance that is needed in order to nourish your cells and immune system. We put a lot of thought into creating meals that are healing for the body and truly energising. Our meals are acid / alkaline balanced, anti-inflammatory, very high in micro-nutrients and phyto-nutrients. We take into consideration food sensitivities and the importance of repairing and rebuilding the digestive and intestinal flora.

### *How can people buy the product?*

At the moment we are taking orders via email, phone or via our website [[freshwholefood.uk](http://freshwholefood.uk)].

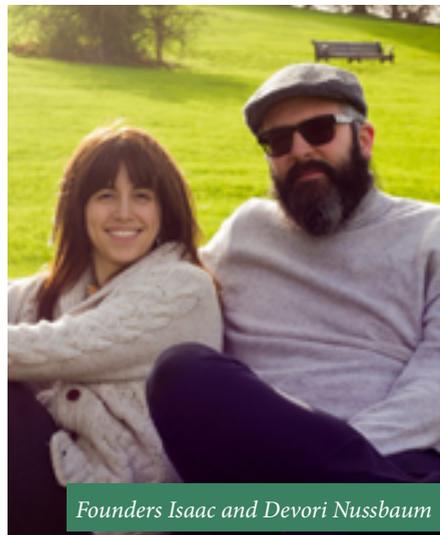
We also run retreats for women which include:

- Delicious kosher, unrefined plant-based [vegan] foods.
- Learn how to nourish your body through nutrition and how to listen to what your body needs.

- Discover how to use food as a tool for healing,
- Exercise classes that maximise energy flow and vitality in your body.
- Learn breathing and meditative techniques.
- Hikes, outdoor fire circle, walks and loads more!

**Find out more information about the retreats:**

- [contact@freshwholefood.uk](mailto:contact@freshwholefood.uk)
- [freshwholefood.uk](http://freshwholefood.uk)
- 020 7101 3535



*Founders Isaac and Devori Nussbaum*

# Campaigns Update...

## 23,000 SIGN UP FOR VEGANUARY

Veganuary began three years ago with 3,000 people participating. Nearly 13,000 signed up in 2015. This year 23,000 people took part, with organisers expecting 50% to remain vegan after the one month challenge is over.

Guardian columnist Jamie Doward attributes the campaign's success and the growing trend of eschewing meat, fish and dairy products to a number of high-profile advocates who are vegan.

Downton Abbey's Peter Egan tried vegan for January, "I can't accept the price another creature has to pay in order for me to satisfy my taste buds for a limited time each day. My appetite is not worth another living creature being butchered!

All creatures on our planet have one thing in common... one life... we must all respect and protect that. I believe also, that industrialised slaughter is not sustainable and is damaging to our planet.

There are so many good reasons for following a totally plant-based diet and I look forward to discovering them. There is also an added attraction to following a vegan way of life: The vegans that I know are some of the most interesting, compassionate and generous people I've had the pleasure to meet. Never turn away from our friends with no voice... They need us now more than ever. Those beautiful animals who make our planet so rich, interesting and diverse... We have the love, let's give it to them and let's help

save their lives."

The list of famous Jewish vegans includes: Natalie Portman, Alicia Silverstone, Sara Gilbert and Mayim Bialik. Find out more at: [veganuary.com](http://veganuary.com)

## COOLER EATING

The Animal Interfaith Alliance [[animal-interfaith-alliance.com](http://animal-interfaith-alliance.com)] has launched its 'Cooler Eating' campaign to raise awareness of the effects of meat-eating on global warming.

The AIA is encouraging people to embrace a plant-based diet, which is less harmful to the climate, the environment, human health, the billions of factory-farmed and slaughtered animals around the world, and which also helps to tackle world hunger.

The report, produced by the influential think-tank, Chatham House, on 24th November 2015, entitled 'Changing Climate, Changing Diets: Pathways to Lower Meat Consumption', states that almost 15% of global emissions are caused by the livestock sector, and a reduction in meat consumption could drastically reduce emissions. Its findings were as follow:

- Our appetite for meat is a major driver of climate change.
- Reducing global meat consumption will be critical to keeping global warming below the 'danger level' of a two degrees celsius rise.
- Public awareness of the issue is low, and meat remains off the policy agenda.
- Governments must lead in shifting attitudes and behaviours.

The report can be read at:

[bit.ly/1KpVpSv](http://bit.ly/1KpVpSv) and comes on top of a decision by the World Health Organisation [WHO] to classify meat as carcinogenic.

## STOP THE ROT

Journalist and Chair of the London Food Board Rosie Boycott has created an online petition calling on supermarkets to tackle food waste in their supply chains.

UK supermarkets and businesses throw out over 7 million tonnes of food annually, before it gets to your shopping basket. That's enough to lift all the hungry people in the UK out of food poverty.

'I've started this petition as part of Stop the Rot campaign because I want to see an end to this stark injustice.

Globally, if food waste was a country, it would be the third top carbon emitter after USA and China. Consumers are currently asked to do the lion's share of tackling food waste, but many businesses waste more in a day than a consumer does in a year.

Someone pays for these mountains of wasted food – be it you, victims of climate change, the person who can't afford to eat, or the supermarket's suppliers,' says Rosie. For more information visit:

[stoptherot.org.uk](http://stoptherot.org.uk)



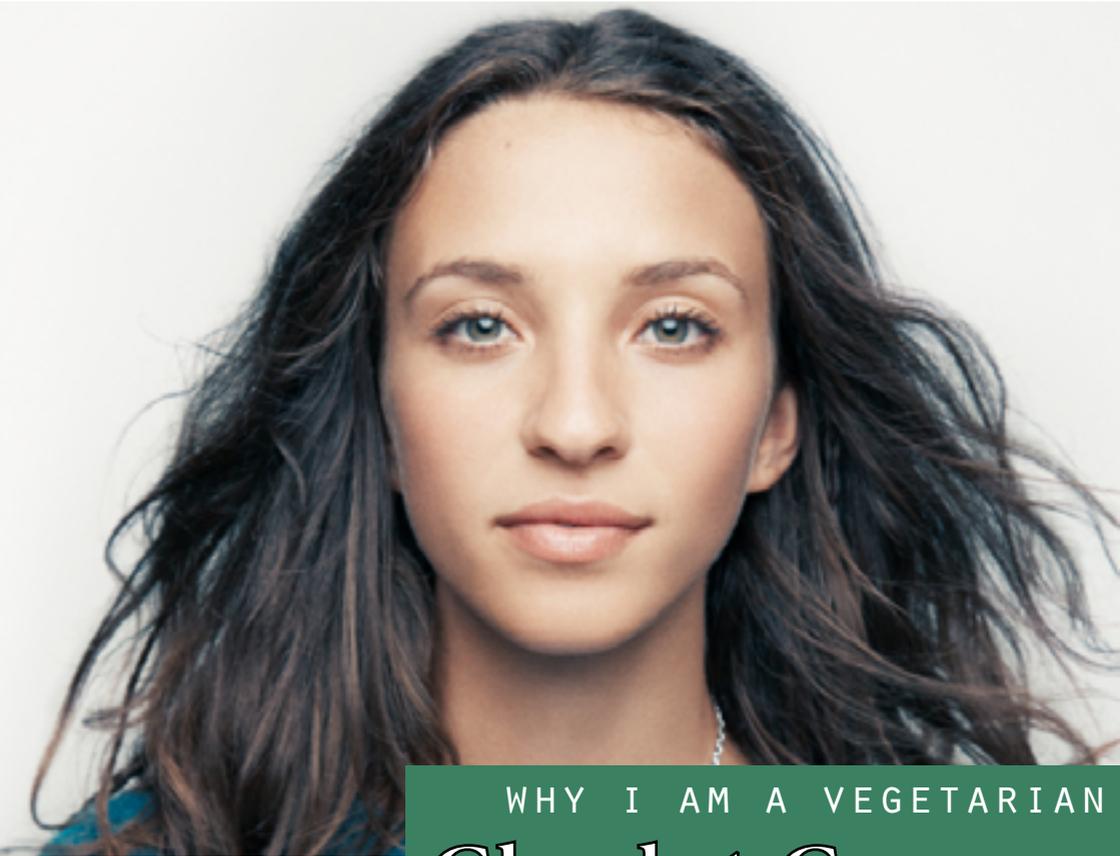
## IN OTHER NEWS:

- America's first vegan butcher shop, 'Herbivorous Butcher' opened in Minnesota earlier this year
- Waitrose becomes first UK supermarket to ban milk from factory farms
- Ben & Jerry's unveils new range made from almond milk
- The first vegan and alcohol-free bar in the UK, Redemption, opened in London in late 2015
- Vegan supermarket Veganz set to open in Portland, Oregon
- The Australian Religious Response to Climate Change has recommended eating less or no meat
- Hellmann's introduces eggless mayo
- Asda becomes first UK supermarket to sell 'ugly' vegetables.

## PETITIONS:

- A petition on change.org is calling on the British government to create more vegetarian and vegan schools in the UK
- A 38 degrees petition is calling on the BBC to make an ethical cookery show
- Processed and red meat products should carry a health warning 'may cause cancer'
- The British Government is being asked to introduce animal compassion into the National Curriculum
- Introduce a nationwide vegan label for all vegan foods.

SEE [JVS.ORG.UK/NEWS](http://JVS.ORG.UK/NEWS)



WHY I AM A VEGETARIAN

# Charlot Conway

**C**harlot Conway is a 22-year old health food entrepreneur and pioneer of the raw food movement in the UK. Charlot's company Raw Ecstasy, which she runs with good friend and business partner Prem Hobden, has innovated the 'activation process', which enhances the digestibility and flavour of nuts, grains and seeds by part-germination.

They produce a wide range of different

'activated' products including sweet, savoury and raw chocolate coated activated nuts and stoneground activated nut and seed butters. In 2014, Charlot won the enterprise category of the Jack Wills Extraordinary Young Brits awards. See [rawecstasy.co.uk](http://rawecstasy.co.uk) for details of educational evenings, which celebrate the health benefits of plants.

**Twitter:** @RawEcstasy

AT WHAT AGE DID YOU  
BECOME A VEGETARIAN?

Although I was born in to a meat-eating family, I personally chose not eat meat as soon as it was fed to me. My mum tells me that I used to spit out her chicken soup. I can recall being very disturbed by the smell of leather as a child, and I joined Animal Aid aged 11.

WHY ARE YOU VEGETARIAN?

I do not like the concept or the taste of meat. There are also great environmental detriments caused by industrial animal agriculture and fish farming that is disturbing and unnecessary. Being part of the raw food movement and health food industry has taught me that one can get all the nutrition one needs from plant-based sources.

WHAT IS YOUR FAVOURITE  
VEGETARIAN MEAL?

Definitely one of my all time favourite vegetarian meals is a traditional, preferably Israeli, pitta pocket filled with falafel, salad, houmus, pickles - the works! I think it just doesn't get much better than that and it is totally vegan. I always feel really good afterwards too, which is important for me.

WHICH IS THE BEST  
VEGETARIAN RESTAURANT YOU  
HAVE BEEN TO?

Nama Foods in Notting Hill is a highly innovative vegan raw food restaurant. All of the dishes taste incredible and are presented beautifully and are impressively made from unusual ingredients that are all genuinely very healthy.

WHERE IS THE MOST  
VEGETARIAN FRIENDLY  
PLACE?

Usually countries with large Buddhist and Hindu populations are great destinations for the vegetarian traveller offering unique local delicacies, for example India.

WHAT HAS BEEN YOUR  
WORST EXPERIENCE AS A  
VEGETARIAN?

Sitting around a dinner table where all the meat eaters are excitedly talking about how delicious their meat is and I'm just lumped with all the side dishes.

CAN YOU RECOMMEND ANY  
GOOD VEGETARIAN/VEGAN  
RESOURCES?

My company Raw Ecstasy's website [rawecstasy.co.uk](http://rawecstasy.co.uk) has some useful nutrition blog posts, as well as recipes to experiment with. Also, the Vegfest website is a bountiful source of information, ideas, events and more about vegetarianism and veganism. I definitely recommend their events too - for inspiration and awesome shopping.

WHAT'S YOUR SIGNATURE DISH?

A really quick and easy one to prepare is a dish I like to call Mushroom Miso Madness; black rice noodles [gluten free and contain more antioxidants than normal noodles] tempeh and mushrooms fried in coconut oil, with a good helping of kimchi - spicy Korean sauerkraut [fermented foods are packed full of digestive enzymes], watercress and some fresh miso sauce, all mixed together in a bowl. A bit like a hot noodle salad, you can even add peanut butter for extra Asian flavour and protein.

# New products

Have you tried a great new veggie food? Tell us why you love it: [info@jvs.org.uk](mailto:info@jvs.org.uk)



## Primrose Kitchen's raw beetroot & ginger muesli

A gluten-free muesli containing oats, beetroot, ginger, nuts and seeds and sweetened with raw agave nectar:

[primrosekitchen.com](http://primrosekitchen.com)



## Dell'ugo gluten-free pasta

Made from chickpeas, this pasta won first place in the FreeFrom Foods awards Innovation category last year. RRP £1.79, available from Waitrose and Ocado: [dellugo.co.uk](http://dellugo.co.uk)



## Trek flapjacks

Protein packed chocolate covered flapjack. Gluten free and GM free.

Available in other flavours:

[naturalbalancefoods.co.uk](http://naturalbalancefoods.co.uk)



## Pulsin sunflower protein

Sprinkle into soups, cereal, juices and smoothies for an easy, great-tasting protein health boost.

[pulsin.co.uk](http://pulsin.co.uk)



## Lifebar: fig

A handy and healthy snack between meals, these 47 gram raw bars provide a wide range of important nutrients, vitamins and minerals:

[lifefood24.co.uk](http://lifefood24.co.uk)



# Meet Chef Day Radley

Day works as a private chef specialising in healthy vegan cuisine. She has worked in Asia, Africa and across Europe taking this innovative way of cooking and eating to new audiences.

Over 20 years ago, Day became vegan for purely ethical reasons, however, it also cured her of a lengthy bout of severe anaemia and fatigue. Look out for Day's class, 'Vegan Protein' on 28th March at JW3 in London. She will also be demonstrating dishes at Vegfest Brighton, London and Bristol this year [[vegfestexpress.co.uk](http://vegfestexpress.co.uk)].

Turn over for two of Day's newest recipes, one sweet and one savoury...

## MUSHROOM TEMPEH SOUP

This soup pairs earthy mushrooms with tempeh, a product rich in protein, which is readily available in health food shops. It is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form.

See more of Day's recipes and healthy eating tips at [yeschefday.com](http://yeschefday.com).

SERVES: 2

### INGREDIENTS

Olive oil

1 white onion, finely chopped

2 garlic cloves, finely chopped

10 chestnut mushrooms, roughly chopped

2 tsp fresh thyme leaves

1 litre water

2 tsp stock powder

1/2 block tempeh, roughly chopped

Salt and white pepper

Black peppercorns

14 kale flowers or brussel sprouts

A squeeze of lemon juice

### METHOD

Heat the oil in a large pan. Add the onion, fry it on a medium heat until soft. Add the garlic and fry for another 5 minutes. Add the mushrooms, thyme, water, stock and tempeh.



Simmer for 15 minutes, blend with a hand blender till smooth.

Taste, add salt and white pepper to your personal preference. Grind the black peppercorns in a pestle and mortar.

Cut the kale flowers or sprouts in half length ways. Heat a little oil in a frying pan on a high heat, add the kale flowers / sprouts. Fry for a few minutes, add a splash of water, a dash of salt and a lid or plate to completely cover.

Cook for a few minutes until just cooked, you can put a fork into them. Add the lemon juice and stir, remove from the heat. Pour the soup into bowls and dress with the kale flowers / sprouts and black pepper.

# CHOCOLATE MOUSSE TRIO

## 1: THYME & SEA SALT

1 avocado  
50 g dates  
1 tbsp cacao powder  
1/2 tsp fresh thyme leaves  
1/4 tsp sea salt

Soak the dates in boiling water for 5 minutes, discard the water. Blend the avocado using a hand blender until smooth. Add the dates and blend again, you may have to move the blender up and down to get a smooth consistency. Add the cacao and the thyme, blend again. Pour into a serving dish, sprinkle with the sea salt and decorate with more thyme leaves.

## 2: COFFEE & PISTACHIO

1 avocado  
70 g dates  
1 tbsp cacao powder  
1 tsp freeze dried coffee granules  
1 tbsp pistachios  
2 cardamom pods

Soak the dates in boiling water for 5 minutes, discard the water. Blend the avocado using a hand blender until smooth. Add the dates and blend

again, you may have to move the blender up and down to get a smooth consistency. Add the cacao and the coffee, blend again. Grind the cardamom in a pestle and mortar. Add the pistachios to roughly grind them. Put 1/2 tsp of the nuts aside for the topping. Add the rest of the nuts to the mousse and mix well.

Pour into a serving dish, sprinkle with the remaining pistachio cardamom mixture.

## 3: RASPBERRY & ALMOND

1 avocado  
50 g dates  
1 tbsp cacao powder  
1/2 tsp almond essence  
Handful of frozen raspberries

Soak the dates in boiling water for 5 minutes, discard the water. Blend the avocado using a hand blender until smooth. Add the dates and blend again, you may have to move the blender up and down to get a smooth consistency. Add the cacao and the almond essence, blend again. Pour into a serving dish, scatter the raspberries and push them down into the pudding.





**R**ecipe from 'Leon  
Fast Vegetarian' [By  
Jane Baxter & Henry  
Dimbley. Hardback  
£25.00, published by Conran]

'Leon: Fast Vegetarian' enables you to make the most of the fresh vegetables available in markets, allotments, veg boxes and supermarkets.

The philosophy at the heart of this book is about cooking and eating delicious, healthy fast food made from sustainable ingredients.

This collection of more than 150 really simple, really fast recipes, is a treat for vegivores everywhere.

SERVES 4

PREP TIME: 15 MINUTES,  
COOKING TIME: 15 MINUTES

#### INGREDIENTS

1 fresh pineapple  
1 tablespoon sunflower oil  
1 onion, finely chopped  
1 yellow pepper, diced  
1 cinnamon stick  
10 curry leaves  
1 tsp mustard seeds  
3 cloves of garlic, crushed  
2 cm piece of fresh ginger, grated  
1 red chilli, chopped  
1 tsp curry powder  
1/4 tsp ground turmeric  
125 ml coconut milk

#### METHOD

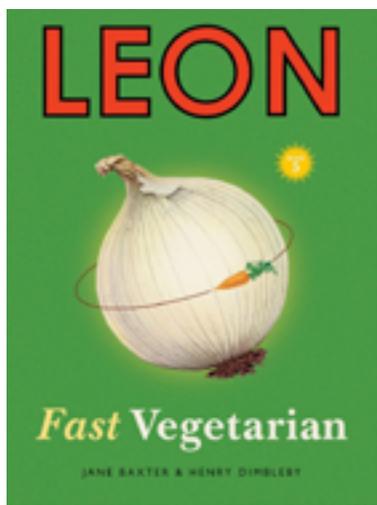
Remove the tough skin from the pineapple and chop the flesh into small rough chunks. Set aside.

Heat the oil in a large pan and add the onion, yellow pepper, cinnamon, curry leaves and mustard seeds. Cook for 2 minutes over a medium heat.

Add the garlic, ginger, chilli and spices, and stir well, and cook for another two minutes. Season with salt.

Tip in the pineapple chunks and coconut milk, stir, then bring to a simmer over a low heat. Continue to simmer for another 10 minutes, then check the seasoning and serve.

*Make sure your pineapple is on the firm side of ripe. It needs to retain its astringency or this dish can get sickly sweet.*



**R**ecipe by Coyo [coyo.co.uk] Coyo is an award-winning smooth and creamy yoghurt alternative and ice cream alternative that combines the natural goodness of the coconut with plant-based cultures. This fruity and colourful smoothie bowl is a great breakfast to start your day with. It can be served with granola for a more filling **breakfast**. \*See [jvs.org.uk/recipes](http://jvs.org.uk/recipes) for more dishes starring Coyo.

## INGREDIENTS :

1 banana, frozen  
200 g frozen mixed berries [blueberries, blackberries, cherries, etc]  
125 g mixed berry Coyo natural vegan yoghurt tub  
100 ml apple juice  
Nuts, dried fruit and seeds to top



## METHOD :

In a high speed blender or Nutribullet, blend the banana, berries and Coyo with 100 ml apple juice and water to thin to desired consistency. Pour into a bowl to serve and top with anything you desire! Here we used dried pineapple rings, banana, pomegranate, strawberries, blueberries, coconut and almonds.



An acclaimed surgeon specializing in weight loss delivers a paradigm-shifting examination of the diet and health industry's focus on protein, in new book 'Proteinaholic', explaining why it is detrimental to our health, and can prevent us from losing weight.

Whether you are seeing a doctor, nutritionist, or a trainer, all of them advise to eat more protein. Foods, drinks, and supplements are loaded with extra protein.



Dr. Garth Davis

Many people use protein for weight control, to gain or lose pounds, while others believe it gives them more energy and is essential for a longer, healthier life.

Now, Dr. Garth Davis, an expert in weight loss asks, "Is all this protein making us healthier?" The answer, he emphatically argues, is NO. Too much protein is actually making us sick, fat, and tired, according to Dr. Davis.

# Proteinaholic

How our obsession with meat is killing us & what we can do about it - new book by Dr. Garth Davis [Hardback £16.99 Published by Harper One]

If you are getting adequate calories in your diet, there is no such thing as protein deficiency. The healthiest countries in the world eat far less protein than we do and yet we have an entire nation on a protein binge getting sicker by the day.

As a surgeon treating obese patients, Dr. Davis was frustrated by the ever-increasing number of sick and overweight patients, but it wasn't until his own health scare that he realized he could do something about it. Combining cutting-edge research, with his hands-on patient experience and his years dedicated to analysing studies of the world's longest-lived populations, this explosive, groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss, health, and longevity.

*In late 2015, The Times newspaper ran a feature entitled 'What eating too much meat is really doing to your health', examining Dr. Davis' research. Read this on the JVS website: <http://bit.ly/1TCeznu>. Proteinaholic is one of over 450 books stocked in the JVS library.*

# Jewish Initiative for Animals



BY SARAH SHAMIRAH  
CHANDLER

*Sarah is the CCO [Chief Compassion Officer] and team leader for JIFA, where she works to support Jewish institutions to establish meaningful food policies rooted in Jewish ethics and animal welfare. She recently served as the Director of Earth Based Spiritual Practice for Hazon's Adamah Farm and teaches, writes and consults on a national level on issues related to Judaism, the environment, food values, farming and mindfulness.*

**A**re you the Jewish vegan in your community? Are you a vegetarian who still consumes dairy and eggs, but is seeking a way to do it more ethically? Even if you aren't vegetarian, if you've read this

far, it's likely you are part of a Jewish community that is striving to stay relevant in contemporary times. You may even be someone who feels estranged from your Jewish community because of ethical considerations—sadly, we all know people who have given up on Jewish institutions in favor of more secular or simply cultural engagement in order to build community with those who share our values.

As you may have noticed, there's a growing identity out there - those who choose to consume animal products according to ethical considerations of health, environment, and animal welfare. At the Jewish Initiative For Animals [JIFA], launched in mid-January 2015, we are working to leverage vegans, vegetarians, meat-reducers, as well as ethical consumers, to shift the consumption of animal products in the Jewish community.

In recent decades, many of us have carried out major overhauls of our diets and our family purchasing habits. And yet, the food we serve at Jewish institutions is significantly behind the times. Even if our synagogues and schools aren't ready to go vegan, those of us who care about animals are stepping up to shift the menus toward more plant-based foods and fewer animals products. This process will benefit animals, farm workers, and our planet. Furthermore, since it includes a series of educational and organizing programs, it will also benefit each community, as it provides a model for how to align your values with

your actions. JIFA provides new ways for the Jewish community to bring its values of compassion for animals into practice and strengthen Jewish communities in the process.

With partners such as Jewish Veg and Shamayim V'aretz, we are taking the Jewish values of animal welfare to a new level. Whether collaborating to attend conferences, hosting speakers in various cities, or simply networking our constituencies with each other in their local settings, JIFA is supporting a national community of Jewish leaders to put animals on the agenda in communities across North America.

Whether you are a farmer, a chef, a vegan gardener, or simply an individual who is seeking to align your values with your food choices, JIFA is providing resources for you to bring your community to the next level of ethical eating.

We have three areas of focus:

**1. EDUCATION:** We collaborate with Jewish nonprofit organizations—camps, synagogues, youth groups, community centers, schools, college programs, and more—to produce educational resources that will spark inquiry into how Jewish values should interact with human-animal relationships. We're already partnering with nearly 65 national and local Jewish organizations and we're only getting started!

**2. ETHICAL FOOD POLICIES:** We empower Jewish institutions to create ethical food policies that will allow them to live their values and lay the groundwork for future national campaigns.

**3. EXPERT CONSULTATION:** We provide expert consultation to

Jewish institutions that serve animal products to assist them in lowering meat consumption and finding higher-welfare sources. We even help your Jewish institution set up new supply chains so that any animal products you serve truly represent your community's values. JIFA is also collaborating with over a dozen Jewish farms on their animal welfare guidelines, compiling both educational resources for working with animals, as well as setting standards for staff training and quality of care. This coming summer, more than two dozen Jewish summer camps with gardens or farms will utilise a new curriculum created in partnership with JIFA and Amir. This high quality educational programming will focus on the challenges of factory farming -- and will move these camps toward serving fewer animal products overall.

We are currently recruiting Moishe Houses, university students, rabbis, school board members, community leaders—and anyone who would like to take advantage of our resources—to work toward an ethical agreement around food. Additionally, we are partnering with the Hazon “Seal of Sustainability” to ensure that animal welfare is among the key issue considered when a community decides to make an ethical food policy. Join us today! JIFA is an initiative of Farm Forward.





*Homegrown potatoes and mint*

# Gardener's Corner

OUR REGULAR DESPATCH FROM OUR GREEN-FINGERED COLUMNIST

**T**he winter has been one of extreme weather with high winds and excessive rain. It seems that the climate is changing, whether be it man made or just part of the cycle that is ever ongoing. In the 1600s there was ice skating on the river Thames and there were days in my youth when it did not rain for weeks and when we had snow knee-deep and blazing summers. Yet year after year the seasons have progressed and the garden has given us challenges and rewards. Gardens are generous things. If we miss the time for planting, we get another chance as late sowing will catch

up more often than not. The grey and bleak winterscape is driven back by the emerging fresh green shoots on trees and hedgerows and the blossoms and flora, which miraculously reappear.

What a gift from the Almighty nature is. Let us make something from it as we welcome the spring.

In the flower garden, it is still time to prune the roses. Shortening the stems down to a low bud, cutting away from it will remove lanky shoots and cause new strong ones to emerge and bare flowers in June. How much pleasure the rose provides. It takes so many forms, small hybrid teas, climbers which will reach a great height and ramblers, which

will cover a pergola and bare profuse flowers often sweetly scented right through to almost the end of the year. With little care, they will reward us for years and years. Yes they sometimes get pests like greenfly, but this represents an opportunity to the blue tits and their cousins to pick them off and feed them to their chicks, also to the ladybird, that beloved symbol of summer, getting its strength back after a winter in hibernation.

If you are starting a new garden or just adding to an existing one and have a space for a new rose bush, many of the old fashioned cabbage flowered varieties have the most fragrant aroma, which cannot fail to remind us of happy days gone by. A visit to a local garden centre is now almost a day out. The various roses are labelled and their properties, height and planting space explained. They do best when they get a good share of sunlight. If you are going to bring home a new friend, as a rose will become, prepare the ground well. First dig a generous hole, breaking up the harder ground at the base. Buy a small sachet of mycorrhizal fungi, which is readily available, [even if it has a strange name]. Sprinkle this generously into the planting hole. It will set up a symbiotic relationship with the rose roots. Each will benefit the other and the rose will be much healthier and productive as a result. It is also possible to obtain well rotted horse manure in nice plastic bags, which will also be of great help to both new and well established bushes.

For the more active gardener, from now we can sow flower seeds for a summer of extravagant colour and form to come in the next few months until the end of autumn. We all have favourites, so

indulge in these, whether by planting seed or a little later obtaining some professionally grown to perfection. Be careful not to plant out tender subjects until the frosts have passed, this will vary according to your location. In the city, it will be a month earlier than in the more rural areas, where it will be safe at the end of May. There are also plenty of hardy plants, like pansies and violas, bellis daisies as well as all of the alpines, such as saxifrage and aubretia.

To grow your own food, a small part of the garden can become your allotment and it is a joyous thing to make seed drills and sow thinly direct into the ground now for lettuce, radish, beetroot, carrots, spinach for summer eating and parsnips and leeks, which will stand all year long and be good to eat in the depths of winter to come. That old staple, the potato will taste better than any shop bought one, especially boiled up with a sprig of mint.

Let us not waste this moment and resolve to enjoy the spiritual and temporal pleasures that are a gift to us from the Creator.



Honey bee on apple blossom

# Grow a balcony garden

You don't need a large garden or an allotment to grow a variety of useful and beautiful plants. A balcony or a window box will do! Here are Talia Chain's top tips for growing a great balcony garden...



*Talia is a Jewish urban farmer. She is passionate about growing, preserving and getting the Jewish community out into nature. She is also the Director of Red Light Campaign, an anti-human trafficking charity. She has recently relocated to the rural west coast of Ireland where she will be spending the next eight months farming and brewing beer with her husband in an inspirational care home community. Her goal is to set up a Jewish farm and retreat centre in Kent, which will be opening at the beginning of 2017.*



**C**onsider the purpose of your garden and your commitment to it. Ask yourself the following questions and then you will be in a better position to choose your plants according to your needs. How much time do you have to spend on your garden? Is it just a quick water once a week or are you willing to get out there a few times a week? Do you prefer an edible garden or are you obsessed with red roses? Do you want a winter / summer interest mix or would you like to put your garden to bed over the colder months? A very important question is also to establish how much weight your balcony can take so you do not overload it.

Plan your space. Is it shady or sunny? Are there stronger winds because it is high up? Are there some sheltered areas? Where is the water source?

How easy is it to get compost in and out / will you have the space to make your own compost?





**K**now your pests and problems. Luckily, balconies are usually protected from slugs, snails and other pests simply because of their height. However, your garden will not be free from bird damage and other pests.

Choosing your containers:

Remember you will have to carry your containers up your stairs and onto the balcony so go for something lightweight and weigh them down with a few stones at the bottom. If you don't have a lot of space, consider vertical growing on pallet walls [look them up on YouTube] or tying pots to the railings. There are plenty of ideas for how to make your

own containers using recycled milk bottles, old bins, old wellies and many more.

Choose your plants: super easy level. Firstly, I would go for a herb garden. Mint is one of the easiest plants to grow and you can get the standard peppermint, or you could experiment with a mini mint garden and include chocolate mint, lime mint, moroccan mint and so many more. Sage is a great herb and also has lovely purple flowers. Rosemary, thyme, lavender and oregano will all also be fine in a relatively windy, sheltered, shady or sunny area and will provide a culinary use, lovely view and wonderful scent.



**I** focus on edibles that also look lovely so I would go for runner beans, which have beautiful flowers and a long picking season. A variety of kale, chard and other leafy greens will look good especially if you go for fun varieties such as chard's "bright lights" and purple kale. You can cut them and they will keep coming back for an extended season. Edible flowers are also lovely, try nasturtiums and marigolds. They encourage bees and

a few on top of your salads will be the envy of your guests.

I would suggest a wormery if you have space. My wormery is my favourite possession. It is very low maintenance - I put my old fruit and veg peelings, newspaper and coffee grounds in it and in return I get fantastic compost and worm tea, which you can use to feed your plants. If possible, regarding water, install a waterbutt which can collect rain water or just leave a bucket out.

A new group recently started meeting at Ginger – a newly formed cell belonging to Green Course, which is dedicated to highlighting the harmful impact of animal-based food production on the environment.

Green Course is one of Israel's leading environmental activism organisations, with over 6000 student volunteers in 26 'chapters' on university campuses across the country.

It has been a launching pad for many environmental leaders, from Eran Ben Yemini [who founded it] to Yael Cohen-Paran who recently entered the Knesset [Israeli Parliament]. Wherever protest is needed, they are there.

I recently met them at a hearing of a planning and zoning committee, which discussed a planned neighbourhood near Jerusalem, to be built on a half-forested mountain that is home to the largest remaining gazelle family in the Judea Mountains. They were the ones who dared to stand up; they were the ones to demonstrate

outside with banners. And now they are recognizing animal-based foods as a big problem.

The readers of the Jewish Vegetarian Magazine need not be told how harmful animal-based foods are to the environment. From climate change to water pollution to resource overuse – in any aspect of environmental degradation and unsustainability, these industries are among the leading villains. Reducing the consumption of animal-based foods, and going vegan is one of the easiest, simplest and most effective ways an individual [or a society] can help save our planet.

However, within the environmental movement the issue has not received the attention it deserves. Also, within the vegan movement, in Israel at least, the environmental argument for vegetarianism and veganism is rarely emphasized. Most people here, so it seems, become vegan to avoid animal cruelty. Many are attracted [usually only as a secondary motivation] by the health advantages of a vegan diet. The environmental aspects – though they have crucial impacts on the lives of both humans and other animals, are less recognised.

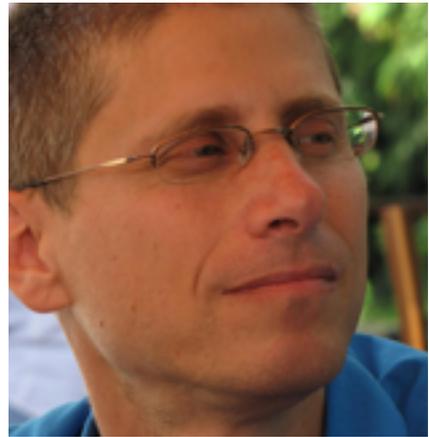


In recent years this has been changing. We saw a convention on food and the environment, which also featured discussion of veganism. We saw joint campaigns between environmental and animal rights groups. Green Course's new cell is another important step in the recognition of this issue.

The newly created cell has already been active in two important campaigns. The first campaign involved the Israeli chicken industry. Until recently, this industry had an internal arrangement that controlled production, so as to prevent surplus. For producers, surplus means financial loss. For animals it might mean that tens of millions of chicks would hatch and live a terrible life without anyone demanding their flesh. This is actually what happened when a production-control arrangement was not put in place. The Ministry of Finance tried to extend antitrust laws to prohibit this arrangement. From the Ministry's point of view, surplus would bring price-reduction. "Chicks are not cucumbers", animal protection groups protested. And Green Course' new cell joined in, pointing out the environmental cost of such surplus production, and arranging demonstrations and meetings with Members of the Knesset. Eventually, thanks to this joint effort, the Ministry of Finance withdrew. The second campaign is still far from being won - it is the campaign against live imports of calves and lambs for slaughter. In 2015 Israel imported 292,274 such animals - mostly from Australia and from Eastern European countries. These poor animals suffered torturous journeys, by trucks, ships and sometimes planes, just to be

slaughtered. Beef production is probably one of the most unsustainable industries. Add to this the animal excrements that are washed from the ships directly into the sea, the carcasses thrown to the water [that are sometimes washed onto Israeli beaches] and the environmental impacts of long transports, and you will surely understand the special interest Green Course has in this issue.

The meetings of an environmental group in Ginger Vegetarian Community Centre here in Jerusalem makes it a mirror of what vegetarianism and veganism are all about: a focal point of causes and ideals, where sustainability, nonviolence, justice, spirituality, health and vigor merge together.



*Yossi 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*

# New books

## V IS FOR VEGAN

*By Kerstin Rodgers*

*Paperback: £20.00*

*Published by Quadrille*

If you are looking for something different, or merely to cut down on your animal intake, this book will change your perception of veganism forever. As well as 120 recipes mined from all over the globe, Kerstin offers easy ideas for flavour bombs like vegan parmesan, vegan mayonnaise and super tasty condiments and spice mixes to maximise the flavour of your food. Then, the exotic, comforting and mouthwatering recipes include dips and snacks, breakfast crumpets, pancakes and waffles, all sorts of flavourful soups and salads, naturally vegan dinners, and desserts you never thought possible without eggs or dairy.

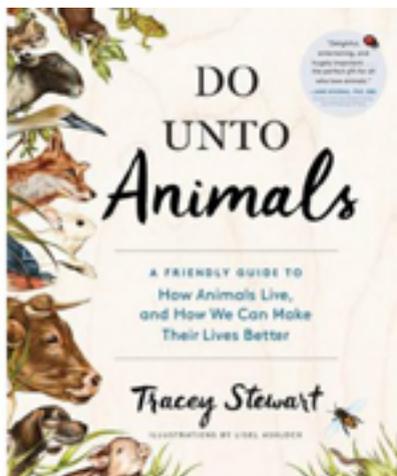
## DO UNTO ANIMALS

*By Tracey Stewart*

*Paperback: £14.99, Aristan*

Through hundreds of charming illustrations, a few homemade projects, and her humorous, knowledgeable voice, Stewart provides insight into the secret lives of animals and the kindest ways to live with and alongside them. Part practical guide, part memoir of her life with animals, and part testament to the

power of giving back, *Do Unto Animals* is a gift for animal lovers of all stripes.



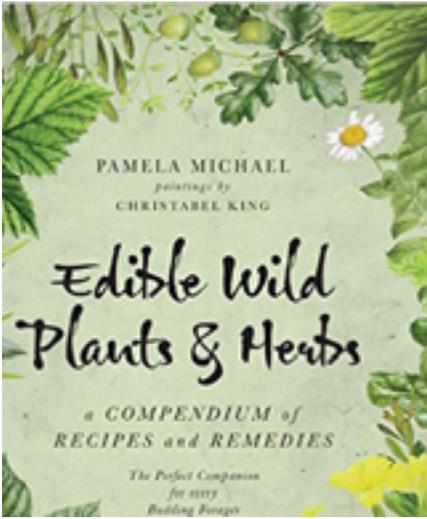
## BUT I COULD NEVER GO VEGAN!

*By Kristy Turner*

*Paperback: £16.92*

*Published by The Experiment*

If you're a waffling vegan newbie, on-the-fence vegetarian, or veg-curious omnivore, this book will banish your doubts. You'll find you can get enough protein, fit in at a potluck, learn to love cauliflower, and enjoy pizza, nachos, brownies, and more - without any animal products at all. Even vegan pros will discover some new tricks! Colourful photographs throughout will have you salivating over Kristy's inventive, easy-to-follow recipes. So what are you waiting for?



## EDIBLE WILD PLANTS & HERBS

By Pamela Michael  
Paperback: £15.00

Published by Grub Street

In the past the home kitchen provided a family with all its medicines and cosmetics as well as its food, wine, pickles and preserves. Our ancestors were resourceful and imaginative and very much in tune with nature; this book recaptures their harmonious, sustainable way of life by setting down for the modern reader all that knowledge and lore. There are recipes for soups, sauces, main dishes, salads, pickles, jams, sorbets, as well as teas, syrups and lotions. *Edible Wild Plants and Herbs* is both a cookbook and field guide to the identification and use of foodstuffs from the wild. The book is exquisitely and

lavishly illustrated with detailed full-colour paintings by Christabel King, chief botanical artist at Kew Gardens. They show in detail every plant and herb listed, and range from dandelion and sorrel to sea beet and samphire.

There are almost 400 recipes covering nearly 100 different plant varieties and the illustrations, drawn from life by one of the country's leading botanical artists, show the edible parts of the plants at their peak time for picking. In addition there is a calendar indicating what plants to look for at each season of the year, information on where the plants are found and how to identify them.

## THE REALLY HUNGRY VEGETARIAN STUDENT COOKBOOK

Paperback £7.99

Published by Octopus Books

A student cookbook with a difference, *The Hungry Student Vegetarian* not only gives more than 200 quick and cheap meat-free recipes that are so tasty, even hardened carnivores will keep turning up for dinner. There are also indispensable tips on budgeting, lunchbox ideas, healthy eating and how to get creative with leftovers.

All the recipes in this book are balanced for a healthy vegetarian diet, and they each have an affordability stamp to help with budgeting as well as detailed instructions to make them accessible to even the most novice cook.



Are delighted to support  
The Jewish Vegetarian Society

Chartered Accountants  
& Registered Auditors

Lynwood House  
373-375 Station Road  
Harrow, Middlesex HA1 2AW

Tel: 020 8357 2727

Fax: 020 357 2027

Email: [mike@rdpnewmans.com](mailto:mike@rdpnewmans.com)  
[www.rdpnewmans.com](http://www.rdpnewmans.com)

***VEGFAM feeds the hungry without exploiting animals***

Vegan famine relief. Providing funds for: Vegetable growing projects, fruit/nut tree planting, water supplies and emergency food. Donations greatly appreciated. SAE for details to: Vegfam, c/o Owm Cottage, Owmynys, Cilycwm, Llandoverly, Carmarthenshire SA20 0EU, Wales, UK. Established 1963 – Registered Charity No. 232208.

Online giving [www.charitychoice.co.uk/vegfam](http://www.charitychoice.co.uk/vegfam)  
Please visit our website: [www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk)

**BATES** method for  
natural vision improvement  
and relaxation.

**ALEXANDER TECHNIQUE**

Details of lessons and courses  
Golders Green & Old Street

**David Glassman**  
**020 8455 1317**

**AMIRIM VEGETARIAN  
VILLAGE IN THE GALILEE  
ISRAEL.**

Self-catering guest-rooms, vegetarian restaurants etc. Open-air swimming-pool in the summer months. For further information please contact Phillip Campbell Tel: 00 972 4 698 9045

**Email:**  
**[alitamirim@hotmail.com](mailto:alitamirim@hotmail.com)**

THE JEWISH VEGETARIAN IS THE OFFICIAL JOURNAL  
OF THE JEWISH VEGETARIAN AND ECOLOGICAL SOCIETY  
FOUNDED BY PHILIP L. PICK.

Published by: The Jewish Vegetarian Society, 855 Finchley Road, London NW11 8LX, UK  
Tel: 020 8455 0692 E-mail: [info@jvs.org.uk](mailto:info@jvs.org.uk) Website: [JVS.org.uk](http://JVS.org.uk)  
Like us on Facebook: The Jewish Vegetarian Society  
Follow us on Twitter: @JewishVegSoc

JVS STAFF & TRUSTEES

Director and Editor of the Jewish Vegetarian: Lara Smallman  
Honorary Treasurer: Michael Freedman  
Trustees: Michael Freedman, Adam Jackson, Stanley Rubens, Dan Jacobs, Ben Rose

Honorary Auditors: RDP Newmans.

ISRAEL

Honorary President: Rabbi David Rosen  
The Jerusalem Centre: Ginger, 8 Balfour Street, Jerusalem 92102, Israel  
Tel: 00 972 2 566 5737 Website: [ginger.org.il](http://ginger.org.il)

AUSTRALASIA

Honorary President and Secretary: Stanley Rubens, L.L.B.  
Convener: Dr Myer Samra

THE AMERICAS

Honorary President: Prof. Richard Schwartz Ph.D.

PATRONS

Rabbi David Rosen [Israel], Rabbi Raymond Apple [Israel], Justice Zvi Berenson [Israel],  
Professor Louis Berman [USA], Rabbi Shear Yashuv Cohen [Israel], Prof. Alex Hershaft [USA],  
Dr Michael Klaper [USA], Mordechai Ben Porat [Israel], Prof. Richard Schwartz [USA],  
Roberta Kalechofsky [USA], Rabbi Jonathan Wittenberg (UK).

ADVERTISING RATES

Full Page £60 Half Page £35 Third Page £25 Quarter Page £20  
(Back/Front Inside Covers and Back Cover):  
Full Page £120 Half Page £70 Third Page £50 Quarter Page £40

REGISTERED CHARITY NO. 258581

Our magazine is published quarterly by The Jewish Vegetarian Society in March, June, September and December. It is distributed in the USA by SPDSW, 95 Aberdeen Road, York, PA 17406. Periodicals postage paid at York, PA. US POSTMASTER: Send address changes to The Jewish Vegetarian, c/o PO BOX 437, Emigsville, PA 17318- 0437

---

Help us grow our community...



WE ARE DELIGHTED TO ANNOUNCE THAT LATER THIS YEAR, THE GROUND FLOOR OF THE JVS BUILDING WILL BE UNDERGOING REFURBISHMENT TO CREATE AN EXCITING NEW COMMUNITY SPACE.

WE ARE AT AN EARLY STAGE OF PLANNING THIS DEVELOPMENT AND WE ARE KEEN TO HEAR YOUR THOUGHTS AND FIND OUT WHAT YOU WOULD LIKE TO SEE AND HOW YOU WOULD LIKE TO USE THE SPACE.

EMAIL US:  
[INFO@JVS.ORG.UK](mailto:INFO@JVS.ORG.UK)