

A black plate filled with zucchini noodles (zoodles) coated in a vibrant green pesto sauce. The dish is garnished with sliced almonds and halved cherry tomatoes. A silver fork is visible on the left side of the plate.

Jewish Vegetarian

QUARTERLY

PISTACHIO KALE PESTO
& COURGETTE NOODLES
TURN TO P22

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

WELCOME TO THE SPRING 2015
ISSUE OF THE JEWISH VEGETARIAN

This year has got off to an absolutely fantastic start for the vegetarian movement...

A recent report from the UN noted 'that the Western preference for meat and dairy-heavy diets is "unsustainable," especially as the population is expected to grow to 9.1 billion by 2050. The report garnered wide press attention.

On a lighter note, Ikea also made the headlines with news that it will be adding meat-free meatballs to its cafés' menus. Stars at the BAFTAs had the choice of opting for a special vegan menu. Elsewhere, Ella Woodward, the woman behind plant-based food blog Deliciously Ella, made history with the fastest-selling debut cookbook since records began.

Here at JVS, we are delighted to welcome a new member of staff, Maayan Geva, who has been appointed as our Projects Officer. Read more about Maayan's passion for our work on page 12.

In this issue, Yossi Wolfson explains the power of the vegetarian/vegan vote in Israel; Talia Chain reveals the secrets behind fermenting and pickling; and Maya Segal shares her knowledge of vitamin D and calcium in her new health column. Read about our first visit to JCoss school in Cockfosters, our community celebration of the Jewish New Year of the Trees, and our 'Welcome to the world of raw desserts' class at Yom Masorti.

Looking ahead, we are gearing up for our 50th AGM with a very special guest speaker (revealed on page 17), our debut at Harrow Day Limmud, and our joint veggie second night seder at JW3.

You'll find some perfect Passover recipes on page 20 and on our website. Wishing all of our readers a happy and kosher Pesach,

L Smallman

Lara Smallman
Director
Jewish Vegetarian Society

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News from London

MYSTERY COOKING WORKSHOP

We went for a Chanukah theme at our last class of 2014. 20 participants got to try their hands at making latkes (potato, potato and fennel, beetroot, and sweet potato), as well as spiced apple juice.

Thank you to Sarah Nerva for volunteering to teach the class, and to Roxy and the rest of the team at Moishe House in Willesden Green for hosting us. Moishe House is a pluralistic international organization, which provides meaningful Jewish experiences to young adults in their 20s. Visit moishehouse.org/houses/london to find out more. Our next Mystery Cooking class will be held on 29th April at 6.30pm [see pages 16 - 19 for events].



SOUPOLOGIE WORKSHOP

Our first event of 2015 was a fantastic soup-making class run by Soupologie. Guests watched a live demonstration of Celeriac Soup with Walnut Oil and Broccoli Soup with a Broccoli Pesto being made, with the chance to ask questions and taste both soups. Thank you to Stephen, Anastasia and Amanda for a lovely evening. [soupologie.com]

POP-UP CAFE

A very big thank you to JVS member Sophie Silver who hosted our third pop-up café at her lovely home in West Hampstead.

Guest chef Zoe Marks cooked a Persian perennial feast none of us will forget in a hurry! The evening started with a fruity welcome drink, followed by a starter of Sabzi Khordan (this is traditionally a plate of fresh herbs and vegetables), lemon hummous and Persian flatbread.

Taking inspiration from the shmitta year, Zoe used an array of perennial plants to create a spectacular vegan feast.

The tables were laden with fragrant and stunningly beautiful main course dishes: Fesenjan with roasted sweet potatoes (*bottom left*) - a rich stew made of ground walnuts and pomegranate molasses, Khorescht-e-bademjan (aubergine stew), Salad Shirazi: Maast o Khiar (Persian yogurt, cucumber and mint) and Shirin Polo (Persian sweet rice) made with barberries, dill, tarragon, pistachios, almonds, barberries, saffron, basmati.

We ended the meal with a scrumptious ginger and date sticky toffee pudding, the recipe for which is on our website.





TU B'SHVAT SEDER

In early February we hosted a community celebration of the Jewish New Year for the Trees. A lesser known festival, Tu B'Shvat prompts us to reflect on our relationship with nature. We mark this festival by eating the *shivat haminim*, the seven types of fruits and grains named in the Torah as the main produce of the land of Israel. Find out more about what Tu B'Shvat can teach us from Richard Schwartz's fascinating piece online: <http://bit.ly/1LLtVUm>

The evening was led by JVS member Margot Shatz who created a fantastically insightful and engaging Seder (ritual service and ceremonial dinner).

Our 25 guests enjoyed a meal of: slow roasted sweet potatoes tossed in cinnamon and paprika, spicy baked cauliflower with tahina, fresh coriander and lemon, wholewheat pasta with beans and freshly made pesto, pearl barley and butternut squash salad with tenderstem broccoli, red onion and balsamic vinegar. The trio of desserts consisted of raw truffles, chai cake and chocolate cake, served with fresh fruit.

Thank you to Margot and volunteer Etan for their help preparing and clearing up. If you'd like to volunteer at a future JVS event, please get in touch.



'PROJECT NIM'

Our Film Club returned with an eagerly awaited screening of 'Project Nim', a documentary directed by James Marsh [The Theory of Everything], which charts the story of Nim, a baby chimp raised as a human child, as part of an experiment intended to break the language barrier between animals and people. We'd like to thank Robert Ingersoll for Skyping in from America for a very thought-provoking Q&A session after the film. Thank you to JVS member Luke Berman for introducing us to Robert and for running the event.



Guests enjoyed a homemade buffet supper of baked persian rice, cinnamon sweet potatoes with sesame seeds and coriander, za'atar aubergines, salad and apple tarte tatin for dessert. Thank you to Ten Acre for supplying us with an enormous hamper of crisps and popcorn which we loved. See page 37 for more information about Ten Acre's products.

COOKERY CLASS AT JCROSS SCHOOL

We were delighted to pay our first visit to JCoss school in Cockfosters and teach a sixth form class some cookery skills for when they start university in September. Students learned how to prepare Mexican burritos within 30 minutes - tortillas, salsa, rice and guacamole.

RAW DESSERT DEMONSTRATION

Thank you to New North London Synagogue for hosting our cookery class 'Welcome to the world of raw desserts' at Yom Masorti in February. 45 attendees learned how to make chocolate mousse, raspberry chia pudding, jewel fruit tart with caramel and 3 minute brownies - all of which were gluten free, vegan, and free from processed sugars. We also talked about the fantastic health benefits of some of the ingredients we used, including coconut oil, raw cacao powder and goji berries. Email lara@jvs.org.uk if you'd like the recipe sheets.

News from the Jerusalem Centre / Ginger

BY YOSSI WOLFSON

It is certainly risky to write about an election campaign before it happens, especially when your words will be printed and read after the elections have taken place...

It is already clear though, that in the current Israeli election campaign, animal rights issues are playing a greater role than ever before.

One party - Meretz - has two vegan candidates amongst its top six candidates and another, in 8th place. One of them, MK (Member of the Knesset) Tamar Zandberg - pictured - has been active in the Knesset (Israeli Parliament), speaking up for animal protection and has been involved in making vegan food more accessible. She has recently become vegan after taking "Challenge 22", a project run by Anonymous for Animal Rights which gives people a supportive framework in which to try out a vegan diet for 22 days.

In addition to the vegan candidates in Meretz, a number of vegetarians can be found on the Zionist Camp's list, including one of its heads, MK Tzipi Livni. In the last Knesset the Likud party had a vegetarian MK, as well: Reuven Rivlin. He is now the State President. But let's not just talk about vegetarians and vegans, most parties (though not all, and not to the same degree) have candidates with a record of animal protection.

Even more encouraging is the fact that some parties have recognised and identified vegans and vegetarians as having electoral power, and therefore try to address us specifically. Visits to animal shelters, online chats in vegan groups on Facebook, adverts highlighting vegan candidates and candidates frequently mentioning their veganism and how important it is to them during interviews – all of these have become part of political campaigning in Israel. Educational TV chose to include two animal characters from a popular children's programme in their comedy list of

candidates, with the reasoning that that they should be part of the list, because they represent the "electoral power of vegans".

Whether the new Knesset will be more pro-animal than the previous one remains to be seen. However, the role of veganism in campaigning acts as an important reminder: in the struggle for animal liberation, we are not only consumers but citizens too. The exploitation and torture of animals are not only issues of personal conscience, but are also social issues that should feature in political debate.



We tend to promote veganism as "fun-fun-fun"; to be enthusiastic about each new vegan-yogurt and with each new pizzeria featuring vegan cheese. But it is important that we don't reduce veganism to merely a consumerist lifestyle. It is an ideology and a social justice movement, and as such, it needs to be pursued by politicians in parliament.

While a lot of the efforts of animal

protection organisations have been going into banning some of the cruellest practices of animal exploitation, vegan politics should also include discussion of national food policy and economy. In the previous Knesset the Israeli animal rights movement lost a number of bitter battles against state subsidies awarded to the milk and meat industries. It did however make strides in the egg industry, successfully stopping plans to

build new battery cages for hens, which would have used hundreds of millions of tax payers' money.

Such battles are expected to continue in the next Knesset and may well become more central in some organisations' agendas. Israel's second National Vegan Congress is scheduled to take place on the weekend just before the elections. It is intended to be a focal point for vegan activism from education, to lifestyle promotion, grassroots activism, advocacy, and political work – all these (and others) are compatible, and needed if we want a vegan world.

VEGGIE SEDER NIGHT IN
COLLABORATION WITH
JW3
SATURDAY 4TH APRIL
SEE P18 FOR MORE
DETAILS



Campaign Update

KIN - A BRAND NEW CONCEPT FROM THE
VEGETARIAN SOCIETY

WHAT IS KIN?

'Kin is a brand new event curated by The Vegetarian Society, scheduled for 11 July 2015. A gathering of some of the best, most influential thinkers in the world.

KIN is an opportunity to inspire positive change - to share what it means to adopt a whole or even partial vegetarian lifestyle in 2015 - that it's nothing lost and everything gained - an enlightened, sophisticated, more connected worldview. A game changer.

WHY KIN?

Because in the 167 years that we've been fighting the vegetarian cause we've seen enormous change. Powerful social, political and economic change. A world of change. And if there's one thing we've noticed, especially over recent years, it's that many,

many more people, the world over seem to share our ideals. Not necessarily as card-holding vegetarians, but certainly as concerned brothers and sisters hugely uncomfortable watching the animal rights outrages, the environmental destruction, the exploitation, the scandals and the abuses played out day after day in the media.



Now it's time we took our heritage, our authority, our hard-won experience - it's time we speak out.

Confirmed speakers include: Tony Juniper, sustainability and environment advisor. Dr. Dan Lyons, Director of the think tank the Centre for Animals and Social Justice. Philip Lymbery, CEO of Compassion in World Farming.'

For more information, visit:
<http://kin.vegsoc.org/2015/>

Why I am a Vegan ...

MAAYAN GEVA

Maayan recently joined the JVS staff as our Projects Officer.

It first occurred to me when I was 12 that there was a connection between animals and the food that I was being served for dinner. I suppose my personal revelation was at the same time late and early. Late because it had taken me 12 years to understand what goes on my plate and in my mouth, and early because I think that even after having this piece of information, there's an extra step that one has to take in



Maayan with Leroy at F.R.I.E.N.D. animal sanctuary in Kent

order to fully grasp the meaning of this knowledge. Somehow, at this exact moment some people choose to look away.

Vegetarianism for me is first and foremost about compassion. By eating plants rather than

animals I make a small contribution towards lessening harm and suffering. I believe that our decisions about food make up both an easy and vital way to change the world. On a daily basis, we are faced with numerous choices that impact on other humans, animals and our planet. I think that we should be aware of the implications of these choices, appreciate the

human labour, harm to animals and environmental costs of our decisions and try to make thoughtful and kind decisions.

I adopted a vegan diet more than two years ago and I've never looked back. Some people think that this is an 'extreme' choice and ask if I prefer animals to people or if I think that animals and people are equal. To my mind, these assumptions and questions miss the point. Who gets to set the boundaries of this discussion and decide what is 'moderate' and what is 'extreme'? How do we evaluate and measure equality? Must equality be a pre-condition for us to refrain from causing pain? And why should we prioritise what is in our hearts? I care about human rights, women's rights, the environment, animals, and the list goes on and on.

My enthusiasm and devotion towards these issues does not suffer because the list is long. Actually, I wouldn't know how to separate these struggles for change from one another.

People often assume that a vegan diet is very limiting,

but I find it inspiring. Since becoming vegan I am even more enthusiastic about food. I experiment with new ingredients, try different recipes and love coming across fellow veggies and vegans (not to mention the joy of unexpectedly finding a vegan dessert!).

For me, making the connection between compassion towards animals and Judaism is straightforward. We are members of a community that has the capacity and potential to unite around causes that we believe to be just. Our traditions and past compel us to consider those weaker and unable to fend for themselves and to seriously engage with *tikkun olam* (repairing / healing the world). I am deeply committed to working towards ending factory farming, managing the current crisis of global warming and climate change, and promoting sustainable diets that could feed us all.

I am very excited to partake in the JVS' efforts to promote vegetarianism as a more just way of life. I look forward to meeting some of you at one of our upcoming events.

Pickling and fermenting

By Talia Chain, a young Jewish farmer, gardener, grower and lover of preserving the harvest.

When I refer to pickling food, what I am talking about is the lacto-fermenting type of pickling, the grandma in Russia type of pickling, as apposed to the American vinegar pickles. This is not to say vinegar pickles aren't delicious but they just don't have the same sour deliciousness or pro-biotic goodness that fermented foods have.

QUICK SCIENCE OF FERMENTING:

1. Lactobacillus are bacteria on surface of plants.
2. When fermented, they turn the sugars of the plant into lactic acid.
3. Lactic acid inhibits the growth of harmful, or putrefying, bacteria thereby preserving the veg.
4. Lactic acid also promotes the growth of healthy bacteria in the

intestinal tract. The equation is this: lactobacillus + sugar + salt - minus oxygen + time = lactic acid fermentation and a delicious pickle.

Why you should ferment your food:

1. PRESERVATION

If you can't think of what to do with your cabbage, you only have a couple of weeks before it will have to be thrown into the compost, or your cucumbers did really well this year and there are only so many cucumber and cream-cheese sandwiches you can eat, fermenting your vegetables will mean they can last for months and even years in some cases. This is why fermentation is a practice as old as time, it is a way to preserve the harvest without freezers.

2. HEALTH

Pickled vegetables are superfoods. The advertisements for Activia yoghurts always boast the health benefits of probiotics, but fermented vegetables are another way to get your probiotics in abundance without any of the unnecessary sugar and

preservatives processed yoghurts have. It is said that eating a fermented cabbage is healthier than eating a raw cabbage because we can't get at the particularity healthy bacteria, the lactobacillus, living on the plant until it is fermented. Probiotics are responsible for promoting regular bowel movements, improving digestion, enhancing immune function, producing antioxidants, normalising skin conditions, reducing cholesterol, maintaining bone health, and managing blood sugar levels.

3. DELICIOUSNESS

There is nothing quite like biting into a crunchy, sour and dill-flavoured cucumber.

My fermenting tips...

MASON JARS:

Though lots of the pickle-aholics will be fermenting in large buckets, you can absolutely pickle in Mason jars. It's best to sterilize your jars - just put them in the dishwasher on a hot temperature and put the veggies in when the jars are still hot after coming out of the dishwasher. If your jar has a rubber seal, boil that beforehand. Sterilising your jars means the only bacteria you should get growing on your pickles is the good kind.

ANAEROBIC PROCESS - DON'T LET THE OXYGEN IN!

You don't want oxygen to get to your

pickles or mould will form and the whole process will not work. Cover the top of pickles with cabbage leaves, or use a little jar with rocks to push down your vegetables under the brine, but make sure the brine covers any vegetables that you want to pickle.

EVERYONE HAS A DIFFERENT WAY OF PICKLING:

And people get very heated about their way being the best way so brace yourself for some pickling arguments. However there are lots of ways to ferment vegetables and other things, grapes for wine, grain for beer etc, and the best thing to do is to get involved and try all of them until you find your favourite recipe for onion, apple and cabbage sauerkraut or super sour Kimchi. Do not lose heart if things go wrong, it will probably take a few goes but it will be worth it in the end.

FERMENT EVERYTHING:

Harvest some wild yeast and get a sourdough starter going. Soya beans make miso, milk makes yoghurt, all vegetables make kimchi. You can ferment chocolate, make cider, brew your own beer, make Ethiopian injera bread.... Once you start pickling, you realise how many things you can actually ferment and it is delicious.

If you're interested in hosting a pickle workshop for a Bar/Bat-mitzvah, shul event or just general fun, email me at talia@jewishsustainabilitymovement.org



EVENTS :

JVS . ORG . UK / CALENDAR

JVS FILM CLUB: "DISRUPTION" SCREENING & DINNER, FOLLOWED BY DISCUSSION

Please check jvs.org.uk for details of the date and venue

Includes homemade 2-course plant-based dinner.

6.30 - 8.30 pm: £10 in advance / £12 on the door / £2 discount for JVS members.

We are co-hosting this event with Oil Vey, the Jewish Climate Action Network. When it comes to climate change, why do we do so little when we know so much? Through a relentless investigation to find the answer, 'Disruption' takes an unflinching look at the devastating consequences of our inaction.

JVS AT LIMMUD HARROW

Sunday 15 March: JFS, The Mall, Kenton HA3 9TE

10am - 5pm. Pre-booking essential: limmud.org/day/harrow/

Adults: £40. Children/students: £5, incl. lunch and refreshments

We are very excited to make our debut at Limmud Harrow. We'll be participating in a panel discussion entitled 'A Question of Taste'. Limmud Harrow offers a diverse range of sessions in a relaxed atmosphere for all ages and abilities. Choose from over 100 presenters and 120 different sessions on the day.

JVS' 50TH ANNUAL GENERAL MEETING WITH GUEST SPEAKER MICHAEL DANIEL FROM THE GATE RESTAURANT

Sunday 22 March at the JVS, 853 Finchley Road, NW11 8LX

3.00 - 5.30pm. **Pre-booking essential, book online: jvs.org.uk**

This is a free event, open to all. Please help us to cater accordingly by booking your ticket before 17 March - either online or by emailing maayan@jvs.org.uk or calling 0208 455 0692. The afternoon will commence with the AGM, followed by a talk by our guest speaker. Refreshments will be served after the meeting.

How did two brothers who knew very little about cooking and even less about running a restaurant create what has become one of London's most successful vegetarian restaurants? The Gate's food reflects the diverse cultural background in which Michael and Adrian Daniel grew up: Indo-Iraqi Jewish, modulated by a French and Italian influence. Join us at our 50th AGM to hear Michael reveal what it was like to set up a vegetarian restaurant in 1989, what winning the Time Out Award for best vegetarian meal meant, and what the future holds for the Gate Restaurant. [thegaterestaurants.com]



VEGGIE SEDER NIGHT AT JW3 WITH 3 COURSE MEAL

Saturday 4 April, JW3, 341-351 Finchley Road, London, NW3 6ET.

Drinks and introductions at 7.15pm, the Seder will start at 8.36pm, and the event will end at 10.45pm. Pre-booking essential: <http://bit.ly/1w0WdyR>

Tickets: £37.50. 10% discount for JVS and JW3 members, please contact us for the discount code. Looking for an interactive, engaging, thought-provoking and delicious communal seder? Look no further! This is our first collaboration with JW3, Europe's largest Jewish cultural centre. The food will be kosher for pesach, free from kitniot, and will be prepared under the supervision of Rabbi Michael Pollak. The seder will be led by Rabbi Jason Demant. More details about the theme and content can be found online.

MYSTERY COOKING: YOUNG PROFESSIONALS

Wednesday 29 April, Moishe House, Willesden Green

6.30 - 9pm: £4.

Pre-booking essential, email maayan@jvs.org.uk to book.

Our much-loved mystery cooking workshop is back! - learn how to make a few dishes, which we'll enjoy together after the class!

SHAVUOT DINNER

Wednesday 13 May, JVS, 853 Finchley Road, London, NW11 8LX, 7.00 -

9.15pm: £10 / £8 JVS members

Pre-booking essential, book online: jvs.org.uk

What do the seasons mean to us today? Do they matter at all? Have we become more distant from nature? Join us for an evening in the spirit of Shavuot. We will have discussions about the festival while we enjoy a lovely seasonal plant-based dinner.

CATCH US AT:

GEFILTEFEST: Sunday 28 June, 12pm - 6pm at JW3

The annual London Jewish Food Festival makes its return, this time at its new home - JW3. The event is a full day festival with more than fifty different sessions to choose from - live cookery demos, hands-on cookery workshops, lectures and interviews.. We will be running a number of sessions, plus look out for our stall with tasters, freebies and prizes! Email maayan@jvs.org.uk if you'd like to volunteer on the day and help make it our best stall yet! See gefiltefest.org for tickets.



DON'T MISS:

VEGFEST BRIGHTON: Sunday 29 March, 11am - 6pm

VEGFEST BRISTOL: Sunday 24 May, 11am - 6pm

Advance adult tickets: £5, on the day: £8, under 16s go free, concessions: £4 - [vegfest.co.uk]

A celebration of all things vegan with lots of stalls selling food as well as body care, clothes, accessories, and gifts. Lots of campaigning groups and merchandise, plus stacks of information, talks, demonstrations and performances, as well as freebies and tasters. People of all ages welcome.

NATIONAL VEGETARIAN WEEK: 18 - 24 May

Find out what's happening in your area: nationalvegetarianweek.org

Recipe from Viva Strawberries - vivastrawberries.com

Strawberries may be the quintessential taste of summer, but now you can get some sunshine in your life earlier in the year with Viva strawberries. Grown in the Huelva region of southern Spain and northern Morocco, Viva are sweet, juicy and full of flavour – in fact very similar to a British strawberry.

SERVES: 1

INGREDIENTS:

- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 100 g chickpeas rinsed and drained
- handful of rocket
- 250 g Viva Strawberries, hulled and quartered
- 100 g feta cubed
- 1 tbsp shredded mint
- juice of half a lemon
- salt and freshly ground black pepper

You'll need a 500g kilner jar or similar.



METHOD

First pour the balsamic vinegar and olive oil into the jar, and season with a pinch of salt and a generous grind of black pepper. Shake the jar to mix ingredients.

Then, beginning with the chickpeas layer up the ingredients within the jar, finishing with the feta and mint. It is important not to have the salad leaves next to the dressing as the vinegar will cause the leaves to wilt. Squeeze the lemon over the top of the salad, and seal the jar.

When ready to eat, shake the jar to coat the salad in the dressing and then enjoy straight from the jar. Store upright.

ROAST CAULIFLOWER SOUP WITH POMEGRANATE & ZA'ATAR

Recipe from saltofthehearth.com

I have made this recipe with both fresh and frozen cauliflower, and both work a treat. If you're considering making this soup in a large batch then the latter is really worth considering; it's ready washed and far more economical. You can roast the cauliflower straight from frozen.

SERVES 4

INGREDIENTS

- 1 kg cauliflower; washed, dried and broken into florets
- 3 tbsp extra virgin olive oil
- 2 small red onions, diced
- 1 large garlic clove, crushed
- 1 tsp freshly ground nutmeg (ready-ground will be fine too)
- 1200 ml boiling water
- 4 tsp bouillon powder

topping:

- 1 tbsp extra virgin olive oil
- 1 large pita bread
- salt and pepper
- handful of pomegranate seeds
- za'atar

METHOD

Pre-heat your oven to 190° and line a large baking tray with parchment

paper. Douse your cauliflower florets in half of the olive oil and mix. Spread the florets out on your baking tray. They'll need around 20-25 minutes.

Use the remaining oil to fry off your onions and garlic, along with your freshly grated nutmeg in a large saucepan. They need around 10 minutes on a medium heat until they're soft and translucent. Dissolve the bouillon powder in the boiling water and pour into your saucepan. Bring back to the boil and add the roasted cauliflower. The soup can now be removed from the heat and puréed using a hand blender or liquidizer. Blend for quite a while to achieve a pleasingly silky consistency. Adorn your soup with a smattering of croutons, pomegranate seeds and a liberal sprinkling of za'atar.



A perfect-for-Passover recipe by Ashley McLaughlin, whose blog *Edible Perspective* is teeming with fresh, easy-to-follow and delicious vegetarian recipes

SERVES 4

INGREDIENTS

for the pesto:

- 3 medium-sized kale leaves, torn from the stem
- 1 small/medium garlic clove, peeled
- 1/2 cup packed basil leaves
- 1/2 cup roasted shelled pistachios
- 1/2 lemon, zested
- 2 teaspoons lemon juice
- 1/3+ cup extra virgin olive oil
- salt and pepper to taste

for the dish:

- 4-5 small/medium zucchini, 1 1/2-inch diameter max
- olive oil
- 1 cup pitted and chopped cherries
- lemon zest and pistachios, to top

METHOD

Place a few inches of water in a large pot and bring to a boil. Just before boiling, prepare an ice bath [water + ice] in a mixing bowl. Once boiling, place kale leaves in the water for 30 seconds – 1 minute. Remove and immediately place in the ice bath to halt



cooking. Remove kale and pat dry. Mince the garlic in a large food processor. Scrape the sides. Add the dried kale, basil, pistachios [cooled if you just roasted them], lemon zest, and lemon juice.

Pulse 20 times until well chopped. Turn the processor on and slowly add the olive oil. Scrape the sides as needed and stream in more oil to reach your desired consistency. Add salt and pepper to taste and pulse a few more times. Scrape into a bowl and set aside. Place courgettes over a large bowl and use a julienne peeler [regular peeler for wide noodles, spiralizer, mandolin, etc.] to create the noodles. Drizzle a little olive oil on top and toss to coat. Spoon pesto over the noodles and toss with your fingers or two forks to coat. Add more pesto as needed. Top with chopped pistachios, halved cherries, and a bit of lemon zest. Serve immediately.

RAW CHOCOLATE TRUFFLES

Recipe by Lara Smallman.

METHOD

You can whip these up in under ten minutes and make them your own by adding your favourite flavour - coffee / coconut / lime / chilli / whatever you fancy.

Mix all the ingredients in a food processor for about 1 minute or until a ball is formed. Place the mixture in the fridge for 15 minutes. Next, use your hands to form 15 – 20 small (bitesize) round truffles. Roll the truffles in anything you like: cocoa powder, finely chopped almonds, shredded coconut, cacao, chia seeds, goji berries. Place in the fridge for 20 minutes before serving.

MAKES 15

PREPARATION TIME: 5 MINS

INGREDIENTS

- 15 large medjool dates, pitted
- 110 g raw nuts - of your choice
- 2 tbsp extra virgin coconut oil, at room temperature
- 4 tbsp cacao (raw cocoa) powder
- 1 tbsp water
- 1 tsp ground cinnamon

You can make these without a food processor, simply use a fork to mash the dates on a plate until they are smooth. Incorporate the remaining ingredients and knead by hand until everything is well combined. Place in the fridge and follow the steps above.



Restaurant Review: 222 Veggie Vegan

222 North End Road
London W14 9NU

@222VeggieVegan / 222veggievegan.com



London is blessed with some hidden gems when it comes to plant-based restaurants, 222 Veggie Vegan is certainly one of them. Now in its 11th year, head chef Ben Asami and his team produce a feast for the eyes and the palate in this cosy eatery, nestled equi-distant between West Kensington and West Brompton tube stations.

Enamoured by our first visit, my friend and I ventured back on New Year's Eve to sample some more of 222 Veggie Vegan's offerings. We were lucky to get the last table, the place was heaving, meaning that service was slower than usual, but we were happy waiting, enjoying our freshly-made carrot and ginger juices [£2.95].

Finding it impossible to choose one

starter, we ordered both the Bean and Tofu Pancake: a delicious blend of black-eyed beans and tofu wrapped in a tender wholemeal pancake topped with tomato and vegan cream sauce [£5.50] and the Lentil Peak: A mediterranean-style dish with oven-baked ripe tomatoes stuffed and topped with seasoned green lentils. [£4.95]

The slower than usual service meant we had time to relax and digest each course, which we very much appreciated as the food is quite filling.

For main course I ordered the 222 Veg burger [£9.50], a house special. Made with organic tofu and veggie mince, the burger was served encased in a gorgeously fresh wholemeal bun, alongside baked fries, salad, and



homemade ketchup. This was the best veggie burger I have ever tried, and I have tried quite a few! 10 out of 10.

My friend was tempted by the sound of the Seitan Stroganoff [£10.95]. I tasted a little bit of it, and was amazed at how creamy and flavoursome.

The sauce was made using cashew nuts. In fact, everything on the menu is vegan. Other main course options include: Pasta Basilico, Pumpkin and Pine Nut Risotto, Oyster Mushroom and Spinach Raclette, a Vegan Roast, and Daily Specials. Main courses range in price from £8.95 - £11.95. There is also a limited raw menu.

We opted for the Raw Chocolate Torte [£5.50] for dessert, which was the perfect way to end a fantastic meal.

At lunchtimes there is only a buffet option [eat in £7.50, takeaway box: £5.50] and at night, only an à la carte option.

With such an array of scrumptious veggie food, this is one restaurant well worth going across town for. I'd highly recommend booking in advance as there are just 38 seats. It is also worth noting there they have gluten free and wheat free options and lots of the produce they use is organic.

Reviewer: Lara Smallman

Gardener's Corner: Spring 2015

At the end of December we visited a garden which is resplendent in winter as well as in the warmer months.

Wareham in Dorset is an ancient Saxon town. The Priory was once home to a community of monks, but for many years now it has been a luxury, characterful hotel and restaurant.

Its period buildings are nestled in four acres of well managed English cottage garden, which are lovingly maintained. It faces on to the river Frome and water meadows which give it a dreamy backdrop (pictured above), with waterfowl leisurely cruising up and down the stream as well as graceful yachts and cruisers plying the river down to Poole Harbour.

If you are very fortunate, you may see the halcyon flash of the elusive kingfisher replenishing its larder.

The garden consists of well defined areas, with a fine lawn reaching from the hotel to the river bank and a landing stage.

Features at this time, 27th December, include, catkins of a fine oak species (top right). Moving through openings in well manicured hedges, we are taken into a large pond garden, once used by the monks as a source of fish, now happily just ornamental with carp serenely plying up and down.

Several narcissus were in full bloom, while the bare red shoots on the dogwood glistening in the winter sunshine, standing out against the waters of the pool. Reflected in this were the hues of the wintering shrubs and trees, making a fine tableau (pictured bottom right).

Coming away from the water garden is another secluded lawn with surrounding shrubs and herbaceous beds and a fine rose pergola which has been recently renovated. The last



roses were still in bloom and lingered on as a reminder of summer gone. Near the greenhouse is a herb garden in raised beds, for culinary use and a small kitchen garden with soft fruits. We spent a happy and soul enriching hour or so soaking up its beauty, before tucking into a delicious tea, the feature of which was their traditional Dorset apple cake, rounding off a splendid and rewarding day.

Moving forward to the time you will be reading this, we come to the really busy time of the year. At the end of March, as the days are lengthening, the vegetable bed should be set.

Your potatoes which have been chatted up for some weeks now (chitting is the process of exposing the seed potatoes to the light in a frost free, but cool place which enables the eyes to develop themselves and commence growing as soon as they are planted). However few or many tubers you plant, which may depend on the size of your plot, the

reward of freshly dug new potatoes in 12 weeks time, will far surpass the flavour of any shop bought ones.

As the soil warms, sow directly into prepared drills some favourite vegetables such as turnip, radish, spinach, beetroot and carrot. Broad beans can also be planted, as they are frost hardy. There is no limit to your homegrown produce, just how much you are prepared to undertake.

Spread any homemade compost on the flowerbeds and around fruit trees and shrubs to add fertility and serve as a summer mulch.

Prepare the lawn for its first cut, by sweeping away any debris and spiking it to let in air to the grass roots, which will invigorate the grass and diminish the inevitable moss which has flourished in the wet dark months. In the greenhouse, summer bedding can be sown, and we will now obtain our grafted aubergines, melons and tomatoes which gave us heavy and early crops last year.

We wish you a happy and productive garden year again.



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JUDAISM & VEGETARIANISM

What Is the Blessing over Meat?

By The Beet-Eating Heeb

I was asked recently if there is a Jewish blessing for kale. Yes, there is, and it's the same blessing we recite for all vegetables:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָאֲדָמָה.

That translates as:

Blessed are You, Lord our God,
Ruler of the universe, who creates
the fruit of the ground.

You might be wondering, then,
what is the Jewish blessing for meat?
There is no specific blessing for
meat in the Jewish religion. There is
a blessing for bread and grains. For
wine. For fruit. For vegetables. But
not specifically for meat. What does
that tell you?

If a Jew wishes to recite a blessing
before consuming the flesh or
secretions of an animal, he or she

is to recite a catch-all blessing
that doesn't refer to food or
sustenance at all. And that
generic blessing is only to be
recited after one has recited the
blessings for plant-based foods.

Why is this the case?

Because the Torah literally
describes meat-eating as an act
of human lust, not as something
that God wants us to do. In fact,
the Torah tells us that God on
multiple occasions sought to
create a vegetarian, or vegan,
world, only to be frustrated by
the depravity of humans. The
rabbis of yore who developed
our system of blessings
understood that it would be
inappropriate, if not an outright
apostasy, to bless an activity
that explicitly contradicts a
Torah ideal.

If meat-eating reflected God's
will, you can bet your tuchus
that there would be a specific
blessing for it.

*The Beet-Eating Heeb blogs at
the beeteatingheeb.com and
is committed to providing a
forum for a meaningful, and
occasionally light-hearted,
discussion of food issues.*

HEALTH

Introducing our newest regular feature, a foray into the world of vitamins and minerals, by diet and nutrition advisor, and JVS member, Maya Segal. In this issue, it is the turn of calcium, and sunshine vitamin and new optimum health superstar vitamin D.



Just like in story of 'The Ugly Duckling', when one day the swan soars up into the sky from its lowly origins, so has Vitamin D recently soared to a stellar position, and become the new superstar of the vitamin world. Where it was once seen as only necessary only for healthy bones, vitamin D has been discovered to be a key player in overall human health.

Adequate Vitamin D is essential for the prevention of a great many serious diseases and conditions. In fact, nowadays, there is rarely a disease or condition investigated where vitamin D is not found to be a factor. Possibly the most important condition is unhappiness. As when we are happy we don't get so ill, and we recover faster. This phenomenal importance of vitamin D has come to light because, just as the swan was never really a duck, vitamin D was never really a vitamin. Vitamin D is in fact a hormone produced in the fatty layer of our skin when triggered by certain 'UVB' frequencies of the sun's rays in the ultraviolet spectrum. However, it is still called a vitamin.

Vegetarians and vegans very much care about their intake of vitamin D, but it really is something we all need to think about. Traditional fish base sources of vitamin D such as cod liver oil are problematic due to rising mercury content in fish generally, not forgetting the issue of species endangerment. The only true natural source of the right amount of vitamin D is not dietary at all, but is in fact the sun. The sun's rays are a better source of vitamin D than even eggs, mushrooms, micro algae, fortified food and supplements, etc. Vitamin D truly is the sunshine vitamin! Interestingly, Vitamin D is the only vitamin not in breast milk. Perhaps this indicates human beings have

been designed in such way, that they are supposed to regularly bathe their limbs in the rays of the midday sun to achieve optimum health?

Around 20 - 30 minutes of regular exposure of the skin at midday triggers production of all the vitamin D a person needs. To get the full benefit of the sun's rays we must soak up the sun from outdoors not indoors. During the dark and cloudy winters, vitamin D input should be taken very seriously indeed.

If supplements are taken, they must be vitamin D3 not D2, and should be taken with Vitamin K2 (as a supplement or plant source such as organic netto), plus magnesium (again as a supplement or plant source such as organic spinach, almonds, or avocados).

If taking supplements, it's important to test your vitamin D levels with a physician as it is possible to take too much. (Self-test kits are available online). Other than a winter holiday to somewhere near the Equator, the best winter source of vitamin D is a UVB ray lamp such as the FDA approved 'Sperti vitamin D Lamp'. The classic function of vitamin D is to facilitate the intestinal absorption of calcium.

Calcium is a metal. It is the most abundant metal in the body. 99%

is stored in the bones and teeth. Calcium builds the bones and teeth as well as helping blood to clot; nerves to send messages between the brain and the body; and muscles to contract. Calcium also aids in the releasing of hormones and enzymes that interact with almost every function of the body. All in all an extremely important mineral to include in our diet.

The major food sources of Calcium are generally dairy based – milk, cheese, yoghurt etc. However if you are vegan or you are against the general cruelty involved in the dairy industry (such as the mother cow 'mourning' for up to nine months for their calf), or you are not keen on all those antibiotics pumped into the cows ending up in your body, there are plenty of great green leafy sources of calcium. turnip greens, kale, broccoli, pak choi, celery, fennel, swiss chard, spinach and many many more. See www.parrottalk.com/calcium-phosphorus-content.htm for more detail.

A rule of thumb is: if it is a green leafy vegetable it will most likely contain a good amount of calcium. Another exciting source of calcium is the new dairy-free alternative milks, such as coconut, almond, and soy. The soy must be non GM sourced. So, to be really healthy and really happy you need to get out into that sun, and eat those greens!

HEALTH

What's in your tap water?
By Maya Segal



You follow a healthy and organic veggie diet. You only drink organic herbal teas. Sounds like the recipe for a really healthy lifestyle. And it may well be except for something you've overlooked - the water in your mug. It could be full of poisons if you filled it from your kitchen tap. How come? Your local authority provides you with clear pure water. Right?

Wrong. Far from being pure, tap water can contain a vast array of poisonous chemicals and metals causing all sorts of unpleasant diseases and illnesses such as cancer – especially arsenic contaminated fluoride. In the USA, Europe and the UK tap water commonly contains chlorine as well as hormones, nitrates, pesticides, bacteria and salts of arsenic, radium, aluminium, copper, lead, mercury, cadmium, barium, and others. All of them are real nasties.

So after reading this you may feel your best course of action is to stop filling your mug from the kitchen tap and drop by your local store for a bottle of fresh spring water. This has to be pure. Right?

Wrong. A substance in the plastic bottle the spring water comes in is phthalates – which can seep into the water and cause breast, prostate, and testicular cancer along with infertility, and the disruption of brain and reproductive system development.

So to drink pure water you will have to book a trip to the Rockies, Alps or Pyrenees to find a spring with water from newly melted snow. Right?

Wrong. You can get yourself a water filter. They generally take out 99% of all metals and chemicals. There are many types and qualities of filter available. Check the reviews thoroughly and especially the type of fitting. But you need a load of cash and know-how about plumbing to set up a water filter system. Right?

Wrong. You can buy a cheap and cheerful counter-top clay filter system. It looks great and it's easy to fill. And as with any of the water filter systems you can be sure you will be drinking more H₂O and less poisonous chemicals.

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New books



GREEN KITCHEN TRAVELS

By David Frenkiel and Luise Vindahl
Hardback £25

Green Kitchen Travels is David and Luise's second book. This time it is filled with recipes and anecdotes inspired by their adventures around the world. As well a special travelling with kids-chapter where they share all their thoughts and tips that they have picked up on our trips with their daughter. There are almost 100 recipes in the book. 'They are based on the people we have met, the food we have tried and the ingredients we have

come across and then adapted to our preferences, healthy cooking habits and style to make our own. Almost all recipes are gluten free (except two) and many are vegan or have tips on how to make them vegan.'

GREENS 24/7: DELICIOUS RECIPES FOR GREEN VEG AT EVERY MEAL

By Jessica Nadel
Paperback £14.99

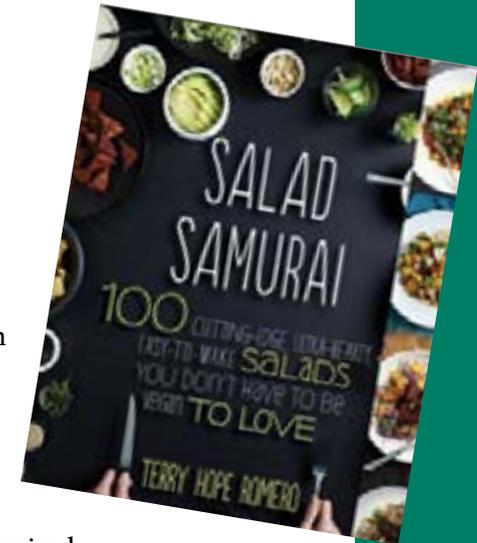


Greens 24/7 is here to bring delicious, healthy veggies to every meal of the day, from breakfast to dessert. The 100+ innovative recipes pack a seriously healthy punch with more than 40 green veggies. Recipes include: Chocolate Superfood Smoothie, Pesto Polenta Fries with Spicy Aioli, Zucchini Noodle Bolognese, Lemon and Parsley Olive Oil Cake, Chocolate Hazelnut Avocado Torte.

SALAD SAMURAI

By Terry Hope Romero
Paperback £13.99

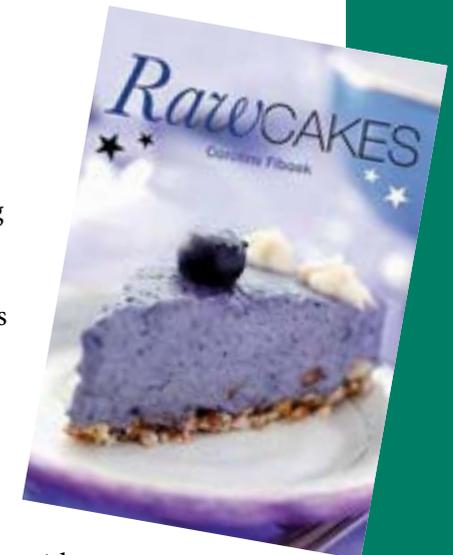
Award-winning chef and Veganomicon co-author Terry Hope Romero knows her veggies. In Salad Samurai, she's back to teach you the way of the veggie warrior, rescuing salads from their bland, boring reputation and "side" status with more than 100 vibrant, filling entrees. This is your guide to real salad bushidō: a hearty base, a zesty dressing, and loads of seriously tasty toppings. Based on whole food ingredients and seasonal produce, these versatile meatless, dairy-free dishes are organised by season for a full year of memorable meals (yes, salad can rock even the coldest days of winter). With designations for gluten-free and raw-ready options and recipes that are work-friendly, weeknight-ready and loaded with superfoods, Salad Samurai shows you the way of the salad: killer dishes that are satisfying, healthy, and scrumptious.



RAW CAKES

By Caroline Fibaek
Paperback £12.99

This book is for people who want to live healthily, but also love delicious and inviting cakes. For health is not only about diets and guilt. Health is also about having fun and a love of life and the body. All the cakes in this book are based on raw food principles and are completely free of sugar, milk, additives, gluten and animal fats. They are 100% vegan, unheated, natural and bursting with flavour. You'll get practical advice on how to fight the craving for sweets, and how you can easily replace the unhealthy and fatty with healthy, delicious and especially nutritious alternatives.



Consumer Corner

FRY'S FAMILY FOODS

Fry's Family Foods are excited to tell their Jewish customers that their range of Meat Free Pies are now certified Kosher. Customers can enjoy Curry, Pepper and Country Mushroom Pies. With a delicious vegan puff pastry and a hearty filling, these pies are a meal on their own with a serving of veggies or salad.

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fryfamilyfoods.co.uk



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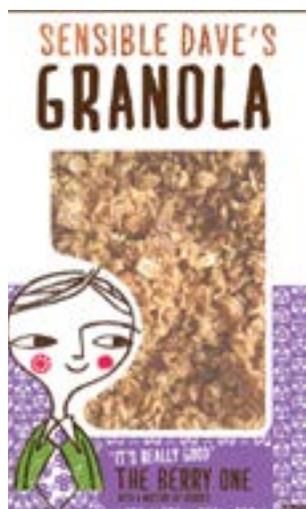
Ten Acre are the creators of premium hand cooked crisps and popcorn – all of which are gluten, dairy and MSG free, vegan, kosher and halal. Ten Acre takes its production very seriously - all potatoes, flavours and packaging are from the UK and the crisps are made in the UK too.

Discover The Secret of Mr Salt, relish The Story of When the Cheese Met the Onion - and find out When Bombay got Spicy. Savour the tale of How Chicken Soup Saved the Day. Learn more about When Hickory got BBQ'd. Follow The Amazing Adventures of Salt and Vinegar and When the Chilli got Sweet and finally put your feet up and enjoy The Day Sweet and Sour Became Friends. [Available in 40g bags, with an RRP of from 69p].



tenacrecrisps.co.uk

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Available in The Berry One, The Strawberry One or The Original One. New for 2015, Sensible Dave is launching The Wholesome One with no added sugar. Available from Harrods, farm shops & delis or online:

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urbangrains.net

What is the Jewish Vegetarian Society?

The Jewish Vegetarian Society is an international charity dedicated to promoting a kinder society, without killing animals for food. The Society spreads awareness of the benefits of rejecting cruelty to animals and the extension of this to an improved society where mankind is not cruel to fellow beings, both human and animals. These sentiments are expressed in the Torah, which teaches kindness to all sentient creatures and in the Talmud where it is stated that “the earth is the L-rd’s” and that we are to be partners with G-d in preserving the world. JVS has been a member of the Jewish Social Action Forum since 2013.

Become a member

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. The Jewish Vegetarian Society is an international movement and membership is open to everyone.

Membership benefits include:

- JVS quarterly magazine, including delivery
- Exclusive prize giveaways
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- Free access to our community library

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