

Jewish Vegetarian

QUARTERLY

AUBERGINE WITH CASHEW
PESTO & TOMATO TABOULEH

By Natasha Corrett P19

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JVS

WELCOME TO THE AUTUMN 2014
ISSUE OF THE JEWISH VEGETARIAN

The past few months at JVS have been eventful. We welcomed a new patron, launched our pop-up café and film club, and renovated our office.

In this issue's 'JVS Meets...' column, we talk to the founder of Hen Nation, which supplies us with cruelty-free eggs, to find out what makes their product so unique. We also meet Natasha Corrett, the woman behind 'Honestly Healthy' in 'My Life as a Vegetarian.'

Despite the government's 2010 commitment to reduce the number of animals used in scientific research, the past four years have seen an increase, prompting Vanessa Hudson, Leader of the Animal Welfare Party and Dr. Andre Menache, veterinary surgeon and scientific advisor to ask if we are accepting the unacceptable when it comes to animal experiments.

You'll notice a brand new feature called 'Members' Montage' on page 12. We invite you to send us news and photos of activities and projects you are involved in, wherever you are in the world, for the future issues.

As always there are lots of fantastic events coming up, see page 36 for full details.

We are also in the early stages of planning our first retreat for late 2015. This will be a three-day adventure of cooking together, learning, foraging and lots more. Each participant will contribute to the retreat. Please get in get touch if you'd like to get involved.

Wishing you a
Shana Tovah U'metukah,

L Smallman

Lara Smallman
Director
Jewish Vegetarian Society

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News from London

WELCOMING A NEW PATRON

We are delighted to welcome Rabbi Jonathan Wittenberg as a new patron.

Rabbi Jonathan Wittenberg is the Senior Rabbi of Masorti Judaism UK. He is a leading writer and thinker on Judaism. He is Rabbi of the New North London Synagogue, with approximately 2400 members.



(photo: Marion Davies)

“I have come to care more and more deeply both about not hurting animal life and about economic justice. I have not knowingly eaten meat for over 25 years, and 20 months ago also stopped eating fish. This is not because I disliked those foods, but because they seemed to me often wasteful and cruel to produce.

My ideal is expressed in Isaiah’s words: ‘They shall not hurt nor destroy in all my holy mountain.’ I understand that mountain to be this entire world, so rich in life and beauty.

I am keen to be involved with the Jewish Vegetarian Society because of the values it embraces. This is an exciting and opportune time when many Jewish people, and people of all faiths, are interested in living a spiritually and ethically engaged life rooted on respect for the earth and all living things.”

FAREWELL STEVEN ALTMAN

We recently said goodbye to our Charity Officer Steven who has been with us for almost two years, having started out as a volunteer. We wish Steve the best of luck in his next venture, teaching English abroad.

GEFILTEFEST

It was great to be back at the London Jewish Food Festival handing out our magazines and tasty samples of plant-based food, as well as offering people the chance to win a pair of Wills Vegan Shoes.



JVS Trustee Dan Jacobs delivered a talk entitled, ‘Eggsactly what’s all the fuss about? - A quick guide to the ethics of egg production and the purchasing choices available in the UK’. Our ethical eggs are proving very popular. You can find out more online at jvs.org.uk.

FILM CLUB

In July, we hosted our first film club at the JHub Studio. Guests enjoyed a delicious meal together before watching “The End of the Line” and “Losing Nemo”. Proceeds from the event were donated to The Black Fish.



Regional Volunteer Coordinator Charlee Bennett gave a brief presentation and answered questions on illegal overfishing.



POP - UP CAFE

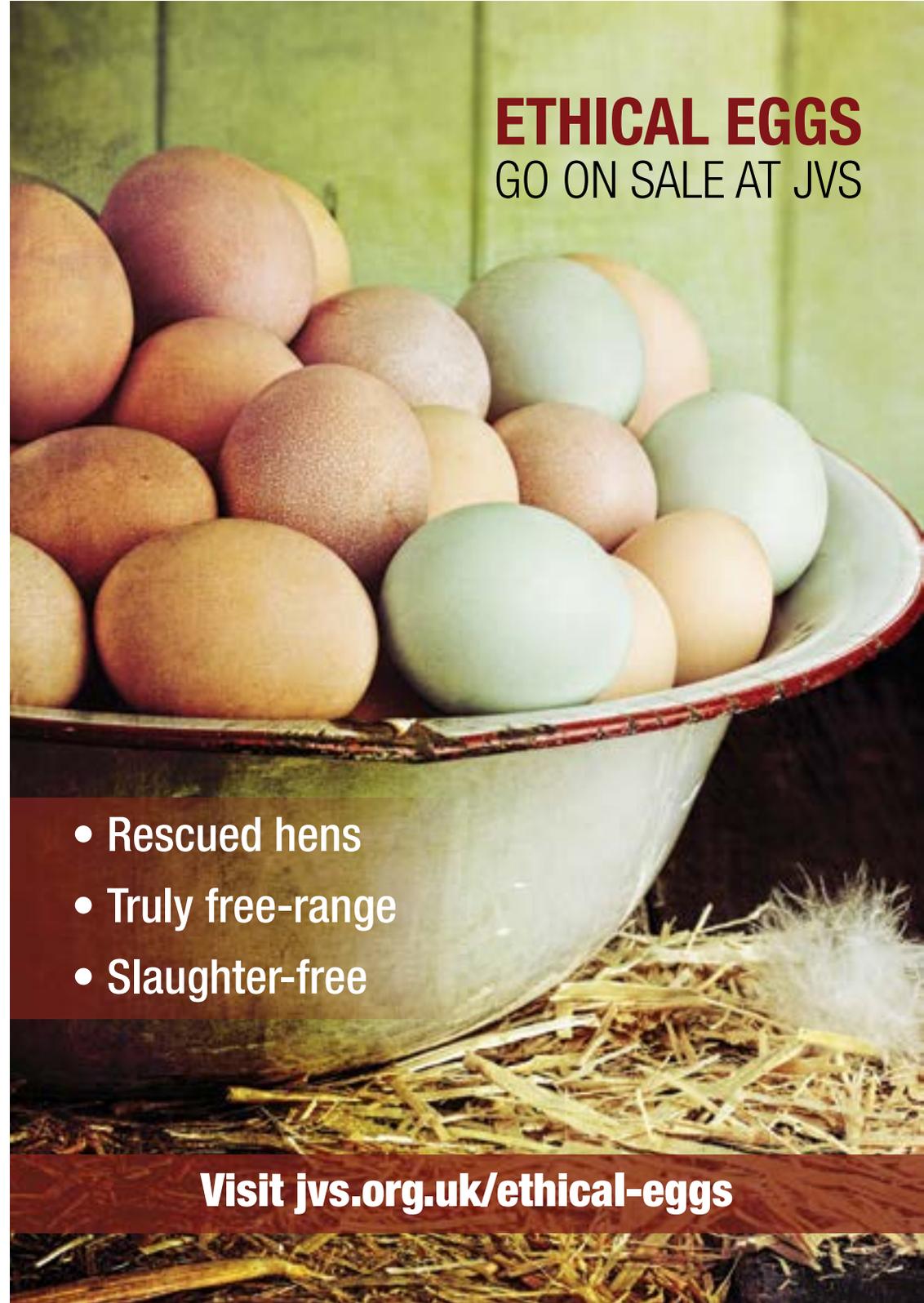
Our first pop-up café was held at the home of JVS trustee Dan and his wife Jemma in Hendon. They hosted 25 people in their beautiful garden and served wonderful pizza made in their outdoor pizza oven. A big thank you to both of them for being so hospitable and to volunteers Emma, Ben, Simon and Etan for all their help.

We are very excited about our next pop-up with guest chef Sara Mittersteiner. See the events section for more details.

LIMMUD IN THE WOODS

Following our debut at Limmud Conference in December, it was great for JVS to have a presence at Limmud's annual summer gathering in Oxfordshire.

'What should kashrut look like in the 21st century?' was the question up for discussion at a fascinating panel debate, which featured our director Lara who argued that compassion for animals, the planet and the people who make our food is essential. Lara also taught one of our popular 'Mystery Cooking' classes.



ETHICAL EGGS GO ON SALE AT JVS

- Rescued hens
- Truly free-range
- Slaughter-free

Visit jvs.org.uk/ethical-eggs

News From the Jerusalem Centre / Ginger

BY YOSSI WOLFSON

The Vegetarian Community Center in Jerusalem was so packed at Prof. Richard Schwartz's 80th birthday celebration that some people had to stand in the balcony, listening to the speakers through the open door and windows.

The crowd was diverse: vegetarians and vegans, Richard's family and friends, Ginger's regulars and many new faces – and many activists promoting the cause of vegetarianism within religious Jewish communities around the country.

The line-up of speakers was impressive. It included Rabbi David Rosen, former Chief Rabbi of Ireland and a leader of the

Jewish vegetarian movement and Dr. Yael Shemesh, who teaches Bible at the Bar Ilan University, and who has been propagating veganism for many years, recently as a long-distance runner. Rabbi Jonatan Neril of the Interfaith Center for Sustainable

Development was

a genuine representative of the environmental movement. Rabbi Shmuly Yanklowitz and Rabbi Adam Frank

gave their greetings to Richard in videos recorded in advance.

Avroham Shleme Adler gave a spontaneous dvar torah. Susan Kleid, Richard's daughter who lives in Israel spoke for the family. It was a special honour, maybe signifying the progress the movement is experiencing, to have a speech



by Member of the Knesset MK Rabbi Dov Lipman. Rabbi Lipman is chairperson of the lobbies for Meatless Mondays and for animal rights in the Knesset.

After all these speakers, echoing the lessons we all learned from him, Prof. Richard Schwartz did not need to say very much, just some warm words of thanks.

As you may imagine, a veg event is not complete without a lot of vegan food – some made in Ginger, some brought by the family, and all very delicious. Food is always the ultimate tool to convert people to veganism. After the speeches we also had some music from a singer chosen by the family. While some people sat and enjoyed the music, others had conversations, shared their experiences and envisioned further activities.

I would like to take the insights and visions from this evening and

from Richard Schwartz's extensive work, and reflect on how they can be implemented in the Jewish New Year, which is approaching us.

This year is a *shmita* year. While in many places in Israel scholars discuss technical rules surrounding the prohibition of working the land of Israel during this year (or, to be exact: the ways of evading this prohibition), others try to examine the spiritual and ideological dimensions of it.



In the *shmita* year we are not only ordered not to work the land but to share its yield – with slaves and with landless workers, with the non-Jews living among us, with the domesticated animals and with the wild ones. And G-d promises that there will be enough for all. May we use the *Shmita* year to spread this message of respect to all beings, and of sharing with them peacefully the abundance this Earth is blessed with.

[Photos: David Kleid]

Obituary: Minna Pick

Minna Pick passed away at the age of 96 after a brief illness on the 27th July. She was a lifelong, deeply convinced vegetarian, fully supporting her husband, Philip Pick, in his work of founding, and extending the Jewish Vegetarian Society. Her decease marks the end of an era. She was the last of her generation.

Born in the East End, to parents who had immigrated from the Odessa area, the middle of three sisters, she never wanted to eat meat or fish, and in this, was without any support from her family.

Her mother, Fanny Cohen, would keep a chicken under the table, ready for a special occasion, and Minna would play with the bird when she was little. The chicken became her friend. Then one day, it was chicken soup.

Minna never recovered from the shock and never touched meat again.

When she met Philip, who was a second-generation vegetarian and from a vegetarian family, she was delighted to discover an alternative diet, lifestyle and philosophy. In their marriage of over fifty years, she never felt the slightest inclination to go back to “traditional” food.

Minna was a true “Pasionaria”. She was passionate about animals and human rights, and had a very strong sense of justice. She inherited a questioning mind from her mother and a political conscience from her father.

Although she never sang professionally, Minna had an extraordinarily beautiful soprano voice, which she kept into her nineties. She leaves a daughter, Vivien.

Above: Philip and Minna Pick, and Minna celebrating her birthday in 2013.



Blast from the past

From the Editor's Chair, Autumn 1974



TEN years - less than a split second in the aeons of time, a brief episode in the history of an organization, and quite a long phase in the lifetime of an individual.

Ten years ago about sixty people met in North London to discuss, and perhaps approve, the establishment of The Jewish Vegetarian Society. All were curious, all (bar one) were vegetarians, and all (bar one) were enthusiastic. Some had met previously but none had known that any of their friends were also ‘meshugganas’. Only three were members of existing vegetarian organizations, and all (bar one) unanimously approved the principles and purposes of the new society.

The meeting terminated, but the uninhibited chatter among newly made friends continued until midnight.

The following year application for affiliation to the International Vegetarian Union was made at the World Congress meeting at Swanwick in Derbyshire, England. In a short speech the Society's ideals and plans for the future were presented and the acclamation lasted for many minutes. Even the translators came out from their enclosures to shake hands and to declare that they had never, at any previous Congress, experienced such uninhibited enthusiasm.

Ten years of impact, of expansion, of voluntary effort; ten years of balancing a budget with ever-rising expenditure, without a single bequest and with but minimal donations; relying always on the dictum that ‘the Lord will provide’. Ten years during which the ripples from the pebble then thrown in the lake, spread to many lands and to people in remote places far from centres of civilization. Time however is but relative dimension - achievement alone is the yardstick by which time itself can be measured.

Written by JVS Founder Philip Pick

Members' montage

Our members are scattered across all four corners of the globe from as far as Australia, USA, and the West Indies to Poland and Ireland. This brand new feature is a way of celebrating the wonderful projects and activities JVS members are involved in. Thank you to Shana Boltin, Jess Gold, Luke Berman and Maya Dodwell for sending in these fantastic photos. Please get in touch if you'd like to be featured in the forthcoming issue.

SHANA BOLTIN

Shana is one half of veggie pop-up Med Veg. In July they ran a taco stall at the West Hampstead Food & Flea Market, with all proceeds going to charity. Shana and her Med Veg partner Aron made homemade vegan sausages, black beans and guacamole, which they served with a variety of toppings including cactus, chilli and salsa.



JESS GOLD

A recycling song by Jess Gold was the most played track at Glastonbury this year. Jess, an eco singer active in Limmud and Friends of the Earth, was a festival recycling volunteer when through a random conversation with the Head of Green Initiatives suddenly found her educational music videos being repeatedly viewed by thousands of festival goers on the Pyramid and other main stages.



LUKE BERMAN

Luke is a primatologist who has just returned from spending six months in Kenya researching Colobus monkeys. These shots are from his recent visit to see the mountain gorillas in Uganda. "After an hour of trekking we reached the group of gorillas and this beautiful 13 month old baby climbed a small tree, as if to greet us. This experience will live me forever." Luke will be running The Great Gorilla Run later this month to raise money for the Gorilla Organization. You can find out more and sponsor Luke via this link: <http://bit.ly/1AqPWRL>



MAYA DODWELL

Maya is one of the volunteers who created our edible garden. Her main project at the moment is starting an organisation called 'Patchwork', which is dedicated to creating gardens that heal the body, mind, soul and spirit. For the past few years she has been working with diet and nutrition. Recently, Maya has also been very interested in the use of flowers as food and discovering other plants that have been forgotten as food and medicine.

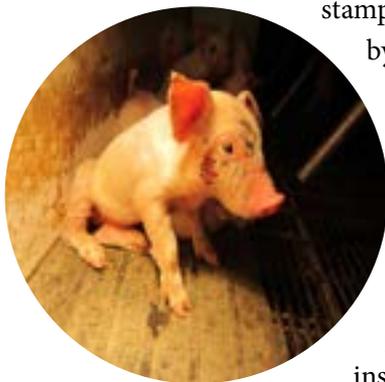
Campaign Update

SAY 'YES' TO SLAUGHTERHOUSE CCTV

“The campaign to reveal what takes place behind closed doors in British abattoirs began in January 2009 when we planted fly-on-the-wall cameras in JV Richards, a Cornish slaughterhouse. This was quickly followed by investigations at AC Hopkins in Somerset and Pickstock in Derbyshire.

During a two-year investigation, we secretly filmed inside nine randomly-chosen slaughterhouses and found welfare breaches in eight of them.

As a result of our work, many slaughterers had their licenses permanently revoked, two men were jailed for cruelty to animals at Cheale Meats after they beat and burned animals, and one slaughterhouse – A&G Barber – was forced to close down.



Between 2009 and 2011, Animal Aid filmed secretly inside nine randomly chosen UK slaughterhouses. We found evidence of cruelty and lawbreaking in eight of them. The problems are serious and widespread. Our films revealed animals being kicked, slapped, stamped on, and picked up by fleeces and ears and thrown into stunning pens. We recorded animals being improperly stunned and coming round again, or suffering painful electrocution instead of being stunned.

We filmed animals deliberately and illegally beaten and punched, and pigs burned with cigarettes. None of the illegal acts we filmed were detected by the on-site vets or the slaughterhouse operators who have ultimate responsibility for animal welfare. That's why we need CCTV.”

Courtesy of slaughterhousecctv.org.uk

THE BLACK FISH LAUNCH MARINE ACTIVISM TRAINING PROGRAMME

An exciting international training programme has been launched by the Black Fish with the aim of providing existing activists and ordinary citizens alike with the necessary tools and resources to effectively take part in marine conservation work. This unprecedented initiative aims to lower existing barriers for people interested in getting involved.

- Courses offered at a discounted rate to engage a wide range of demographics
- Unique platform fosters networking and collaboration between participants

In collaboration with various European partner organisations, The Black Fish offers a variety of relevant courses at a significantly lower rate which makes personal development accessible to a wide range of people that may be interested in marine conservation work, including parents, passionate beach goers, students, travellers, photographers, those with demanding careers and even the unemployed. In short anyone can take part! Find out more at theblackfish.org/training



Crew members of the Black Fish patrol areas around the Aeolian Islands in a bid to locale illegal driftnet fishing. Photo by Chris Grodotzki / The Black Fish.

My Life as a Vegetarian

NATASHA CORRETT

Natasha is the founder and creator of Honestly Healthy. Daughter of designer and Dragons' Den star Kelly Hoppen, she is the author of two books and contributes to the Huffington Post, Positive Luxury, Woman's Health & Harpers Bazaar online.

AT WHAT AGE DID YOU BECOME VEGETARIAN?

I have never really eaten that much meat, but after some travelling and discovering the alkaline way around 5 years ago I have gradually completely cut it out. I could not imagine eating meat again.

WHAT MADE YOU BECOME VEGETARIAN?

It was all part of my discovery of the alkaline way. I was very stressed at the time and part of my recovery included a very holistic approach. With this comes a request to really think about the way that you live and the things that you eat. When my ayurvedic doctor told me that my body was very acidic and I

discovered the alkaline way, one of the first things I had to do was to cut out meat completely. Along with gluten, refined sugar and dairy products, meat is one of the most acid forming things that you can eat.



WHAT IS YOUR FAVOURITE VEGETARIAN MEAL?

I absolutely love tahini and lemony flavours so I think it would have to be a Lebanese feast of sorts. Roast sweet potatoes, tabbouleh, gluten free flat breads and a lovely green salad.

WHICH IS THE BEST VEGETARIAN RESTAURANT YOU HAVE BEEN TO?

There is a great new raw and vegetarian place that has opened up by my office called Nama Foods. It is really good, I also love The Wild Food Café in Covent Garden.

WHERE IS THE MOST VEGETARIAN-FRIENDLY PLACE?

I did a lot of travelling in India a few years ago. A huge percentage of the population is obviously vegetarian so it is such an easy place for a veggie – plus I completely love all of their food and the diversity. London is becoming more and more veggie-friendly I think. There are new restaurants and cafés popping up all over the shop and the trend for big salad bowls and platters in the likes of Ottolenghi means that people are so much more inspired to eat veggie food.

WHAT HAS BEEN YOUR WORST EXPERIENCE AS A VEGETARIAN?

I think it is when people know you are a vegetarian so when you go for dinner they either don't make any effort to cater for you so you just end up eating bread and salad – or they go

the other way and try to make you something which is usually quite unappetising. To be honest though I hate it when people make a fuss. I am much happier just making the most of what is there rather than feeling embarrassed to be a vegetarian.

CAN YOU RECOMMEND ANY GOOD VEGETARIAN RESOURCES?

There is so much inspiration out there now. I love a blog called My New Roots and also a new cookbook by a guy called Brendan Brazier – it is all about plant-based food for those who like to exercise and be active. It is called Thrive Energy Cookbook.

WHAT IS YOUR SIGNATURE DISH?

I am always making and experimenting with new dishes so it is hard to say. I suppose it would be a delicious salad based dish with loads of herbs and lemon zest through it and a delicious dressing to go with it – something a bit like my Pomegranate and Puy Lentil Salad recipe – you can find the recipe on my website while it is also in my second cookbook Honestly Healthy For Life.

Recipe courtesy of Miri Lewis, whose blog *The Great Cookery Adventure* [miri-thegreatcookeryadventure.blogspot.co.uk] features a wide selection of vegetarian and vegan dishes.

SERVES 4

INGREDIENTS

500 g carrots, peel and slice them into skinny-ish sticks or wedges
 1 orange
 1 lemon
 1 tbsp agave syrup
 6 thyme sprigs
 olive oil
 180g cooked lentils – puy or beluga
 1 medium sized banana shallot, finely diced
 1 tbsp cider or white wine vinegar
 150g greek yogurt / vegan yoghurt
 half clove of garlic, crushed
 handful hazelnuts, halved or roughly chopped and toasted in the oven or a frying pan until they are golden brown and their skins can be rubbed off
 fresh spinach, rocket, pea shoots / whatever green leafy thing you like
 salt and freshly ground black pepper

METHOD

Preheat the oven to 200 degrees (or 190 with fan).



Zest and juice the orange and the lemon. Arrange the carrots in a roasting dish with five of the thyme sprigs. Drizzle with the agave syrup, 1 tbsp of olive oil, half the citrus zests and 1 tbsp of the citrus juice. Add a generous pinch of salt and a few grinds of black pepper. Toss everything together and roast for 35-45 minutes, until the carrots are cooked through and caramelised, fragrant with thyme and citrus. Turn the oven off and keep the carrots in the oven to stay warm until you are ready to serve.

Mix the yogurt with the remaining citrus zests, garlic, a pinch of salt and drizzle of olive oil, and keep it in the fridge until ready to serve. Put the lentils in a bowl with the diced shallot and fresh thyme leaves from the remaining sprig. Season with salt and pepper and dress them with the vinegar, more olive oil, and another tbsp of citrus juice. To serve, scatter the lentils over your chosen form of green leaf in a nice bowl, and top with the toasted hazelnuts and warm carrots. Add some artful blobs of the yogurt sauce and enjoy!

AUBERGINE WITH CASHEW PESTO

Recipe from *Honestly Healthy: Eat With Your Body in Mind, The Alkaline Way* by Natasha Corrett and Vicki Edgson. Photography by Lisa Lindner. Published in hardback by Jacqui Small. Available now in full colour eBook format across the Kindle and Apple platforms.

This simple but tasty bake takes no effort whatsoever and is a complete meal, with the cashews adding great protein to this dish.

SERVES 2

INGREDIENTS

1 aubergine, halved lengthways
 4 tbsp olive oil
 50 g raw cashews
 40 g coriander
 1 garlic clove
 50 g feta / vegan cheese

METHOD

Preheat the oven to 170C / 340F / gas mark 3.5
 Place the aubergine halves cut-side up on a baking tray, drizzle with 2 tablespoons of olive oil and bake for about 25 minutes, until

almost tender. Meanwhile, whizz the cashews, coriander, garlic and remaining olive oil in a blender to a rough paste. When the aubergine halves are almost tender, coat them with the pesto and return to the oven for a further 10 minutes, until the pesto starts to crisp and brown. Serve sprinkled with cheese and accompanied with

this Sweet Tomato Tabbouleh...

SERVES 2

INGREDIENTS

80 g baby vine tomatoes, deseeded, diced and drained
 100 g flat-leaf parsley, roughly chopped
 30 g raw sesame seeds
 2 tbsp olive oil
 juice of 2 lemons
 2 tsp agave syrup



METHOD

Place the diced tomatoes in a bowl and stir in the parsley and sesame seeds. Whisk together the remaining ingredients and drizzle onto the tomato mixture and toss together.

Recipe by Lara Smallman.
The flavours and textures in this dish come together to make one very special salad. It could be a meal in itself.

SERVES: 4

FOR THE SALAD

1 bag of giant couscous
½ red onion, finely diced
handful of cashew nuts, toasted
seeds from 1 large pomegranate
handful of freshly chopped herbs:
mint / parsley / mix of the two
lemon wedges
optional: 1 large sweet potato,
cubed and oven roasted

FOR THE DRESSING

½ cup tahini
5 tbsp olive oil



METHOD

Cook the couscous according to the packet instructions. Set to one side and allow to cool.

Using a whisk, slowly add the oil to the tahini and stir until combined.

Once the sweet potato is cooked and cooled you can start assembling the dish:

Pour the couscous in to a large bowl, add the sweet potato (if using) and red onion, next sprinkle the herbs and cashews on top, followed by the dressing.

Lastly, add the pomegranate seeds and lemon wedges.

EXOTIC SWEET POTATO & COCONUT SOUP



INGREDIENTS

1-2 tbsp rapeseed / vegetable oil - for frying
2 red onions – peeled and roughly chopped
4 cloves garlic – peeled and chopped
4 cm fresh ginger – peeled and finely chopped
1.5 kg sweet potatoes –peeled and cubed
400 ml coconut milk – reserve 4 tablespoons for garnish
1 litre vegetable stock
juice and zest of 2 limes
salt and freshly ground black pepper

Garnish: lime zest and coconut milk

METHOD

Heat the oil in a large deep saucepan and sauté the onions, garlic and ginger for 3 minutes to ignite their flavours.

Add the sweet potato, coconut milk and stock. Bring to the boil and simmer for 15 minutes.

Purée the soup in a liquidiser or hand blender until the soup is a smooth consistency.

Add the zest of 1 lime and the juice of both, season and taste.

To serve the stylish way: Garnish with the remaining lime zest and swirl a little coconut milk into each bowl.

This is a delicious family friendly recipe from Denise Phillips made with few ingredients; ideal for Rosh Hashanah and Yom Tov when less time and more extra guests are on the agenda! It has the most amazing exotic but subtle flavour.

Sweet potatoes offer a host of healthy benefits; they are high in vitamin C, calcium, and potassium and beta carotene. They also have a low glycaemic index which means they are good for diabetics. So start this Rosh Hashanah with a soup that is both tasty and good for you!

SERVES 8

Preparation time: 15 mins

Cooking Time: 35 mins



Learn new skills and cook new recipes in a friendly atmosphere – then enjoy what you have created with fine wines. Come to one or many.

Plus ask about
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- cookery classes for singles!

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for a full list of weekly classes and themes, or contact Denise on denise@jewishcookery.com or 01923 836 456

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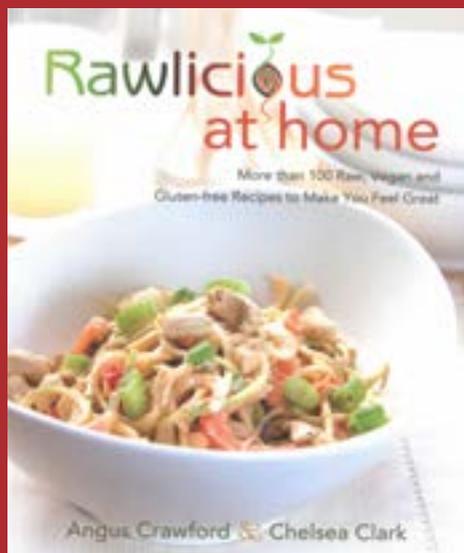


JVS BOOK GIVEAWAY

A beautifully photographed cookbook and an appealing introduction to raw food.

We've got two copies to this fantastic book to give away.

Simply email your name and 'Rawlicious' in the subject line to info@jvs.org.uk by 31st September.



Restaurant Review

GILGAMESH

The Stables Market, Chalk Farm Rd, London, NW1 8AH

www.gilgameshbar.com

Nestled in the heart of Camden Town, Gilgamesh is a bar and restaurant adorned with intricate carvings and an open roof, which allows natural light to flood in and illuminate the beautiful interior.

I was invited to Gilgamesh earlier in the year during National Vegetarian Week to sample a brand new range of dishes which centre around mock 'duck':

The 'Mock Duck' and Watermelon Salad: Crispy 'Mock Duck', watermelon, cashew nuts, mint and Thai basil [£12] was my favourite dish. It had a wonderful blend of flavours and textures.

I also really enjoyed the Spring Rolls: Mock Duck, marinated in hoisin, spring onions, slices of cucumber and a thin spring roll wrap [£6], these were crisp and bursting with fresh vegetables (*background image*). The Peking 'Mock Duck' and Homemade Pancakes: 'Mock Duck' marinated in hoisin, spring onions, bean sprouts, chilli and homemade pancakes [£20] was presented beautifully on a black slate and was the perfect size to share between two.

Karim, our incredibly attentive and knowledgeable waiter informed me that the summer period would see Gilgamesh launch a new vegetarian à la carte menu - music to my ears as the menu was somewhat lacking in vegetarian and vegan options.

At £45 per person for a set menu, Gilgamesh falls on the pricey side – one for special occasions.

Reviewer: Lara Smallman



A YEAR IN OUR GREENHOUSE

The serious gardener who is fortunate enough to possess a greenhouse can experience a whole new dimension to growing and cultivating.

It enables us to grow plants which would otherwise not tolerate our climate. We have frosts, depending on location, from the end of October, until the end of May, so our warmer days and nights are from June until the early part of October, approximately 5 months out of the year.

The use of the greenhouse gives us the opportunity to grow most things throughout the twelve month period, subject only to light levels.

Sadly, I have seen many greenhouses mainly used for storage of equipment. Those with

a passion for growing flowers, fruit and vegetables can gain tremendous results by putting it to proper horticultural use.

Here is how we use ours: In the summer and early autumn we have in our garden many tender and half hardy subjects. These include fuschias, geraniums, begonias,

dahlias, lemons, oranges and dahlias, lemons, oranges and mimosas, all of which thrive in the summer, but would most likely perish in the

deep winter frosts. We frequently experience -5 to -10 degrees celsius.

All of these are taken into the shelter of the greenhouse at the end of October/November.

There are various ways to heat a greenhouse, as without some heat, the frosts

will penetrate during prolonged icy periods.



We use electric fan heaters in ours for convenience, but over the years, we have experimented and used Calor gas, paraffin and even solid fuel.

For economy, the heat can be confined or concentrated to certain areas, for example, a bench covered with black plastic and with a skirt of the same, and with a very small heater under this, will keep everything fine on that bench, even if other parts of the greenhouse are considerably cooler.

At the turn of the year as the days begin to lengthen, though the cold persists, we organise our indoor seed sowing. We scatter each type of seed onto the surface of compost in a six inch pot, following the instructions on the seed packet. Each pot is labelled and then, lightly watered and covered with black plastic, as the seeds germinate best in the dark, and the covering retains the moisture.

This process continues throughout the early months, with a wide selection of flowering plants, such as pansies, marigolds, petunias,



alyssum, lobelia, mesembryanthemum, nicotiana, and many more. For the

vegetable beds, we sow early onions, leeks, garlic bulbs, sweet corn, courgettes, brassicas and beans, all of which will eventually be transferred to the outside beds, when the frosts are over.

At about a week after sowing, some seedlings are growing well, while others such as bedding begonias and busy lizzies may take some weeks to germinate. We also make sowings of vegetables such as tomatoes, cucumbers, aubergines and melons which are destined to stay and crop in the inside, through the summer months.

The pleasure of singling, or pricking out the seedlings, follows as soon as the first two juvenile leaves appear. This is done into plastic trays filled with compost.

Soon the greenhouse is full of vigorously growing plantlets. As the spring equinox is past, we begin hardening off some of the less tender subjects, such as pansies in a sheltered area, which could be a cold frame or just somewhere we can cover with horticultural fleece when frosts are forecast.

From our early seedlings, we pot up into 6 inch pots our tomatoes and aubergines and sow cucumbers, melons and courgettes straight into their pots singly, to avoid disturbing the roots of little plants.

As the seedlings in their trays are transferred into the garden, from May onwards, we have the space to grow our summer crops of tomatoes, aubergines, cucumbers and melons, in 14 inch pots. They will soon reach the roof of the greenhouse and be heavy with fruit for the table.

Summer long, we tend and cultivate these plants and pick

delicious fruits, which definitely taste a lot better than shop varieties which have travelled and been stored for selling.

We also get a good surplus, inevitably, but have no problem giving these to friends and neighbours.

At the end of the autumn, the well-rehearsed cycle begins again and our freezer is full of ripe tomatoes for soups and sauces until the next year's crop.

We love this aspect of sowing, growing and planting, as it spreads joy and colour throughout the rest of our garden.



Are delighted to support
The Jewish Vegetarian Society

Chartered Accountants
& Registered Auditors

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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, Owrmyrns, Cilycwm, Llandoverly, Carmarthenshire SA20 0EU, Wales, UK. Established 1963 – Registered Charity No. 232208.

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Email:
alitamirim@hotmail.com

JVS Meets...

HEN NATION

An interview with Isobel Davies who created Hen Nation in 2012. Hen Nation has a model of production, which enables each hen to live out its full natural life.



They live happy, traditional, free-range lives - free to graze grass and forage in traditional hay meadows in their North Yorkshire home.

WHAT INSPIRED YOU TO CREATE HEN NATION?

I have been a vegetarian since the age of 16. I kept hearing the argument that animals are here to be eaten. Seeking to disprove that, I worked on creating a model where animals could exist without being eaten, free to live out their natural lives.

WHAT IS DIFFERENT ABOUT YOUR PRODUCT?

As far as I know our product is totally unique in the world. Apart from Ahimsa milk, I don't know of anyone else who has got slaughter-free animals. Our model is truly sustainable and what's great about it is that the animals pay for their own keep and are therefore not dependent on charity.



Vegetarians are racked with guilt because of what happens to male calves who are either shot at birth or taken for veal. Dairy cows are slaughtered at five years old when their life span is twenty years. If a ewe misses a pregnancy or aborts, they kill her. Farming never used to be like that, farmers used to name their animals and have a relationship with them.

They are no longer treated as individuals, not even as sentient beings - that's the problem with modern factory farming. Sheds are routinely emptied to make way for new livestock to be brought in. It's the animals who bear the brunt of supermarket pressure.

People are completely detached from all of this. Just last week five trucks of live exports left from Southern Ireland. Little lambs and calves as young as three weeks old are loaded on to lorries where they can be left for days in sweltering heat before starting their 1300 mile journey to Romania. It is sad to see just a few protestors speaking up. As long as people turn a blind eye to live exports, they will continue.

HOW CAN PEOPLE FIND OUT MORE?

You can find out more about our hens by visiting: goodfoodnation.co.uk/blog/our-hens.html. JVS has a weekly delivery of Hen Nation eggs on sale to the public at their office in Golders Green. The eggs can also be ordered online from Farmaround.



Judaism and Vegetarianism

Rosh Hashanah is the time when we take stock of our lives and consider new beginnings. Perhaps the most significant and meaningful change that Jews should consider this year is a shift away from diets that have been having devastating effects on their health and the health of our increasingly imperilled planet.

While many Jews seem to feel that the holiday celebration can be enhanced by the consumption of chopped liver, gefilte fish, chicken soup, and roast chicken, there are many inconsistencies between the values

of Rosh Hashanah and the realities of animal-centred diets. Please consider

1. While Jews ask G-d on Rosh Hashanah for a healthy year, animal-centred diets have been linked to an epidemic of heart disease, strokes, several forms of cancer, and other illnesses. Trying to cure these diseases has resulted in soaring medical costs that now total about one in every six dollars spent for ALL purposes in the U.S. Also, most antibiotics produced

in the U.S. are used in animals feed, resulting in bacteria building up immunities which make the antibiotics less effective in combating diseases.

2. While Jews pray on Rosh Hashanah for G-d's compassion during the coming year, many Jews, as well as most other people, partake in a diet that involves animals being raised

for food under cruel conditions, in crowded, confined cells, where they are denied fresh air, exercise, and any emotional stimulation. And raising many animals in filthy, crowded conditions makes the

spread of diseases like swine flu more likely.

3. While Jews pray for a peaceful New Year, animal-centred diets, by wasting land, grain, water, energy and other valuable resources, help to perpetuate the widespread hunger and poverty that often lead to instability and war.

4. While Jews pray on the Jewish New Year that G-d provide adequate sustenance, over 70% of the grain

grown in the United States is fed to animals destined for slaughter, as 20 million people die annually because of hunger and its effects. Earlier in 2009, a UN report indicated that the number of chronically hungry people in the world now exceeds one billion.

5. While Jews commemorate the creation of the world on Rosh Hashanah, animal-based agriculture is a major contributor to many global threats, such as climate change, soil erosion and depletion, air and water pollution related to pesticides and chemical fertilizer, and the destruction of tropical rain forests and other habitats. This is an especially timely issue now because of the many recent reports of severe, widespread droughts, storms, floods and wildfires, the rapid melting of polar ice caps and glaciers and the fact that some climate scientists are projecting that global warming may soon reach a tipping point and spiral out of control, with disastrous consequences, unless major changes soon occur.

6. While Rosh Hashanah is a time when we are to "awake from our slumber" and mend our ways, the consumption of meat on Rosh Hashanah means that

we are continuing the habits that are so detrimental to our health, to animals, to hungry people, and to ecosystems. While we symbolically cast away our sins at tashlich during Rosh Hashanah, the eating of meat means a continuation of the "sins" associated with our diets,

with regard to treatment of animals, protecting our health, polluting the environment, and wasting food and other resources. While Rosh Hashanah is meant to be a time of deep contemplation when we carefully examine our deeds, most meat eaters seem to be ignoring the many moral issues related to their diets.



In view of these and other apparent contradictions, I hope that Jews will enhance their celebrations of the beautiful and spiritually meaningful holiday of Rosh Hashanah by making it a time to begin striving even harder to live up to Judaism's highest moral values and teachings by moving toward a vegetarian diet.

Such a move would help revitalize Judaism by showing that we are applying our highest values, would improve the health of many Jews and would help shift our imperilled planet to a sustainable path.

Should Jews become vegetarian at Rosh Hashanah?
BY PROFESSOR RICHARD SCHWARTZ

ANIMAL EXPERIMENTS: ARE WE ACCEPTING THE UNACCEPTABLE?

By Vanessa Hudson, leader, Animal Welfare Party and Andre Menache, BSc (Hons), BVSc, MRCVS, veterinary surgeon and scientific adviser, Animal Welfare Party

The debate over the use of animals in research and testing can be expected to intensify following July's release of figures by the Home Office on the number of animals used in experimental procedures in 2013.

Despite the government's 2010 commitment to reducing the use of animals in scientific research, for a third consecutive year, the figures show a rise in the number of animals used.

The fact that over four million animals were last year subjected to procedures intended to legally cause them pain, suffering, distress or lasting harm, should concern every

one of us, whether or not we consider ourselves to be animal lovers.

The pain and suffering inflicted on sentient animals in the name of science is generally accepted by society on the understanding and belief that this is essential for human medical progress. The idea that animal experiments are a "necessary evil" is reinforced whenever



we read news headlines to the effect that a cancer cure is now closer than ever thanks to a scientific breakthrough using mice or rats.

The fact that the same headline may be repeated roughly once a month goes unnoticed by the vast majority of people because we simply don't remember it.

While it is true that scientists have been curing cancer in mice for decades, it is misleading and dishonest to raise public expectations based on the results of animal tests. The most obvious reason for this is the fact that people are not 70kg mice. Neither do our bodies respond to drugs and diseases in the same way as rabbits, dogs or chimpanzees.

For much of its history the animal protection movement has campaigned against animal experimentation on moral grounds.

However, over the last 10 years, that voice has been joined by more and more scientists who are opposed to animal experiments on the grounds that animal tests are unable to provide reliable answers to human health problems. According to the US Food and Drug Administration, for example, nine out of ten drugs that pass animal testing will fail during human clinical trials, for reasons related to safety or efficacy.

The poor predictivity of animal tests has obliged the pharmaceutical industry to develop non animal alternatives, which are based on human cells and human DNA studies, and which are, empirically, more relevant to people.

The development of these "alternative methods" is very good news both for animal welfare and human medical progress. "Why then", you ask, "are the numbers of animal experiments on the rise?"

The answer is that there are no alternatives to the use of animals in "curiosity driven" research (also known as "basic research" or "fundamental research"). In fact, the majority of animal experiments in the UK today are not designed for life

saving medical research but simply the discovery of scientific data for its own sake - a crumb amongst the millions of other crumbs of basic research that are discoverable, but totally inapplicable to human or animal health. Most of this "research" takes place at our universities and is largely funded, directly or indirectly, by the taxpayer.

Several surveys of the scientific literature have conclusively shown that the chance of achieving any major medical breakthrough from basic research using animals is exceedingly rare. In scientific jargon, this "cost-benefit ratio" should be unacceptable to society in terms of the cost of suffering to the animals, compared to the lack of medical progress. Interestingly, the largest EU survey of its kind (42,655 respondents) funded by the European Commission in 2006 found that 70% of EU citizens are against the use of animals in basic research.

With the release of the 2013 figures, is it possible to conclude anything other than that we, the UK taxpayer, continue to fund pointless and cruel animal experiments against our will?

FOR MORE INFORMATION,
PLEASE VISIT:
STOPVIVISECTION.EU
VICTIMSOFCCHARITY.ORG

Consumer Corner

BARLEY COFFEE BY ORZO COFFEE

Orzo Coffee is the first to introduce in the UK the rich and smooth taste of organic Italian ground roasted barley (caffè d'orzo), Italy's favourite alternative to coffee.

Ground roasted barley is brewed like coffee but is naturally caffeine-free and full of goodness. It is enjoyed by adults and children at any time of the day. Cristina Comunian founder of Orzo Coffee explains "Orzo complements the growing interest of English consumers in alternative, healthy and natural drinks, and also their long lasting passion for Italian food". Since starting in 2012 Orzo Coffee has now reach over fifty independent stockists across UK and have also launched a new online shop in 2014 (orzoshop.co.uk). Prices range from £3.00 - £3.99. orzocoffee.co.uk



HANDMADE TEA SOAP BY CHAABOO



Ever wondered what it would be like to have the delicate hint of your favourite tea while you relax in the bath or scrub up in the shower?

In 2012 Siriluk Lloyd decided to have a go at making her own soap. Using the traditional cold process method and spurning the widely used, and environmentally damaging palm oil, Siriluk started producing soap in her kitchen. Each bar is a blend of olive oil, coconut oil, rice bran oil, shea butter, tea water, tea leaves, and fragrance oil.

The entire range is palm oil free, vegan friendly and handmade in Herefordshire. Full-size bars weigh approximately 85g and cost £4.50 each. Gift sets featuring four mini-bars cost £10.

chaaboo.co.uk

BIS BAS MIDDLE EASTERN COOKING SAUCES

BisBas are a family run food company who have recently launched a new range of Middle Eastern cooking sauces.

The products are nut free, wheat free, gluten free, suitable for vegans and coeliacs and their sauces have no artificial colours or flavourings.

The sauces come in three flavours: Fozia - a sweet tomato and coriander Arabian cooking sauce which contains black onion seeds and green chillies, the second sauce is Safia - an aromatic tomato based sauce with flavours of garlic and herbs and the third sauce is Saba which is a spinach and coriander sauce which has a very unique fragrant and fresh flavour. All three sauces come in 350g jars with a RRP of £3.50. Available in Harrods, a number of delis and selected independent retailers.



BFREE SEEDED BROWN BLOOMER

The BFree Brown Seeded loaf is sliced thinly lengthways to create an even bigger sandwich still with only 68 calories per slice. Gluten, wheat, dairy, soy and nut free, high in fibre and low in fat the Brown Seeded Bloomer has a remarkably 'real bread' taste thanks to its unique blend of starches, proteins and fibres. It's a delicious breakfast, lunch or snack option not just for coeliacs but anyone seeking a healthier diet. Available on the 'free from' aisle in Asda stores nationwide and online from Ocado, BFree's Seeded Loaf has an RRP of £2.59

BFree have had six products shortlisted in the upcoming Free From Food Awards. All BFree products are certified Kosher.

bfreefoods.com

FILM CLUB: "MORE THAN HONEY"

- Includes homemade plant-based dinner -
Albert Einstein famously wrote: 'If the bee disappeared off the surface of the globe then man would only have four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man.' We'll be exploring the impact bees have on our diet as one in three mouthfuls of the food we eat is dependent on pollination.

Tuesday 16 September: JVS, Golders Green

6 - 9 pm: £10 in advance / £12 on the door / £2 discount for members.

MYSTERY COOKING WORKSHOP - FOR YOUNG PROFESSIONALS

Monday 29 September: Willesden Green

6.30 - 9pm: £6.

Learn how to make two dishes, which you will be able to take home, or eat straight away – up to you!

THE SHMITA YEAR & FAITH APPROACHES TO ENVIRONMENTALISM

- Includes refreshments -

Tuesday 14 October: Dunstan Road Synagogue, Golders Green

6.45 - 8.15pm: Suggested donation: £5.

This panel event will discuss how faiths can unite through working together on environmental issues.

'POMODORO E BASILICO' - ITALIAN SUPPER CLUB

With guest chef Sara Mittersteiner, 3 course vegan meal + drinks

Sunday 19 October: Hendon

6.30 - 9pm. Pre-booking essential.

£22 JVS members / £25 non-members.

The JVS presents 'Pomodoro E Basilico' - the popular London vegan Italian supper club run by Sara Mittersteiner. Sara has been running 'Pomodoro E Basilico' for two years in the UK.



FILM CLUB: "CHASING ICE"

- Includes homemade plant-based dinner -

Tuesday 21 October, JVS, Golders Green

6 - 9 pm: £10 in advance / £12 on the door / £2 discount for members.



FILM CLUB: "FOOD INC."

- Includes homemade plant-based dinner -

Wednesday 19 November

6 - 9 pm: £10 in advance / £12 on the door / £2 discount for members.



See you soon!



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.

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:

- Discounts at JVS events
- JVS quarterly magazine
- Exclusive prize giveaways
- Free access to our community library.

The Jewish Vegetarian magazine is published quarterly by The Jewish Vegetarian Society in March, June, September and December. The magazine 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.

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