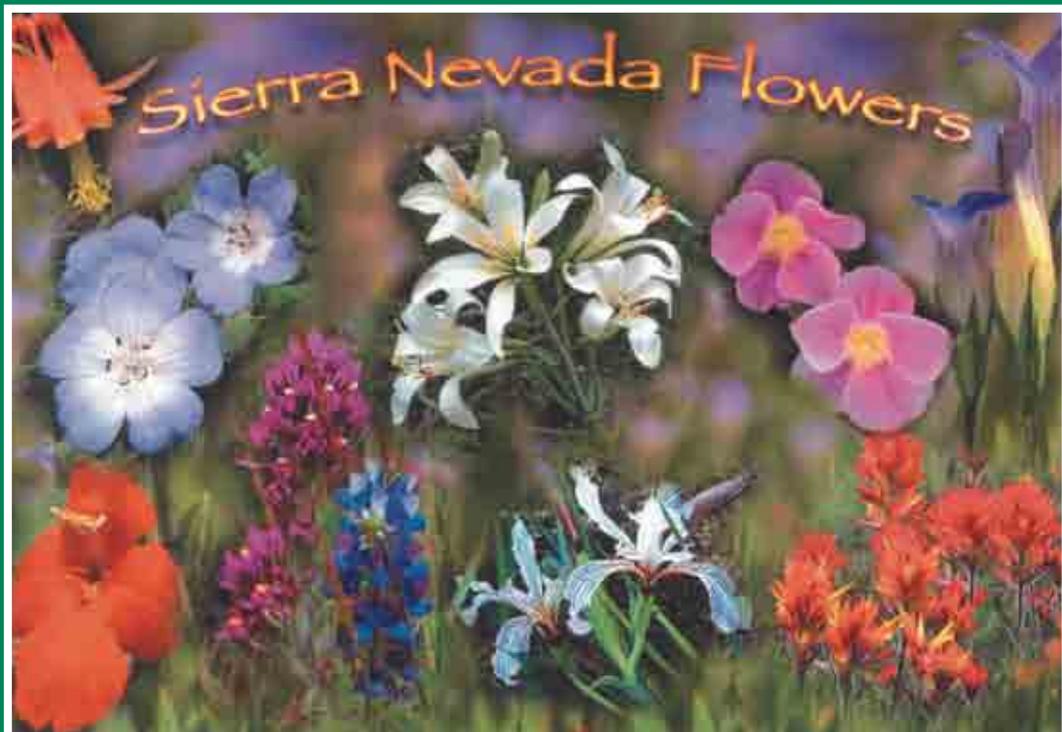


The Jewish Vegetarian

No. 149 June 2004 Sivan 5764 £1.50 Quarterly



Top from left: Crimson Columbine, Baby Blue Eyes, Washington Lily, Wood Rose, Hikers Gentian.

Bottom from left: Crimson Monkey-Flower, Owls Clover, Lupine, Wild Iris and Paintbrush.

© Photographs by Keith Walklet and Annette Bottary-Walklet.

לא ירעו ולא-ישחיתו בכל הר-קדשי...

"...They shall not hurt nor destroy in all my holy mountain" (Isaiah)

The Official Journal of the Jewish Vegetarian and Ecological Society Founded by Philip L. Pick Registered Charity No. 258581 (Affiliated to the International Vegetarian Union)

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JVS MAGAZINE

Editor: Shirley Labelda

ADVERTISING RATES

Full Page	£150	Half Page	£75	One-third Page	£65
Quarter Page	£45 1”(full width)		£25		
	\$225	\$113		\$98	\$68
					\$38

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WHY A JEWISH VEGETARIAN SOCIETY?

Because of the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of flesh foods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era. "When they shall no longer hurt nor destroy".

Support the International Jewish Vegetarian Movement - a worldwide fellowship

The JVS is an International Movement and Membership is open to everyone

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

- A. Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- B. Non-Vegetarians who are in sympathy with the Movement.

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England. Please state whether 'A' or 'B' (above)

Name (in full - clearly)
Address (clearly)

Tel. No.

Occupation

Fee enclosed £

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of £
2. I would like to 'Covenant' my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).
Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

The Jewish Vegetarian is published quarterly by The Jewish Vegetarian Society, 853/855 Finchley Road, London NW11 8LX, England. Subscription price is USA \$20. Canada £20.

Please note: Periodicals Class postage paid at Rahway NJ.

Post master: Send address corrections to: The Jewish Vegetarian, c/o Mercury Airfreight International Ltd., 365 Blair Road, Avenel, NJ 07001. USPS 001-377.

TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.

DONATIONS RECEIVED

We wish to thank all those who send in donations towards the Society's funds. Although items £3 and under are not listed to save expenses, all are appreciated and put to good use.

£20 Mr R.H. Paignton, Devon. £12 Dr W.L. Salzburg, Austria.
 £10 Mr P.C.B. Coverack, Cornwall. £10 T.& J.J. London SE22.
 £10 Ms T.L. Cuffley, Herts. £8 Mr B.R.C. Birmingham.
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 £5 Mr B.N. Stanmore, Middlesex.
 \$50 Ms M.E.H. Fl. USA. \$2 Ms I.S. NC. USA.

BUILDING FUND DONATION – LONDON HQ.

£20 R.H. Paignton, Devon. £10 R. & P.G. Poole, Dorset.

FRIENDSHIP



HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at POB 1837, 20 Hatzav Street, Mevasseret-Zion 90805, Israel. Tel: 972 2 5337059 (**Please note new address**) Visitors are always welcome.

A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you.

DONATIONS RECEIVED:

£50 Ms. M.A.K. Huthwaite, Notts. £250 Mr H.L. Huthwaite, Notts.
 £136 Ms. M.A.K. Huthwaite, Notts. £25 Mr R.H. Paignton, Devon.
 £10 R. & P.G. Poole, Dorset. £10 Ms T.L. Cuffley, Herts.
 £10 Mrs J.L. London NW2. £10 Mr A.R. Hadley Wood, Herts.
 \$50 Ms J.E.R. Or. USA. \$10 Dr S.E.N. NY USA. \$10 Ms H.Z. Fl. USA.

SOCIETY NEWS

FORWARD NOTICE

PLEASE MAKE A NOTE IN YOUR DIARY THAT THE 5TH ANNUAL PHILIP L. PICK MEMORIAL LECTURE WILL TAKE PLACE ON SATURDAY EVENING 13TH NOVEMBER 2004.

GUEST SPEAKER: RABBI DAVID ROSEN

TIME AND FULL DETAILS IN THE SEPTEMBER ISSUE OF THE JEWISH VEGETARIAN

IJVS – JERUSALEM

On Sunday, May 2nd 2004 at the Offices of The Society at 8 Balfour Street, Jerusalem, a joint lecture was held between Professor Richard H. Schwartz and Rabbi Adam Frank.

Professor Schwartz's topic was entitled "Toward a Vegetarian-Conscious Israel by 2020". The lecture included a dialogue on how to more effectively promote vegetarianism and related issues in Israel and beyond.

Rabbi Frank's topic was a presentation of Jewish text sources for study on what tradition has to say about the issues of Jewish responsibility vis-a-vis animals.

Richard H. Schwartz, Ph.D, is a Patron of the JVS here in London, and is the author of *Judaism and Vegetarianism*, *Judaism and Global Survival*, and *Mathematics and Global Survival*. He has over 100 articles on the Internet at jewishveg.com/schwartz, and frequently speaks and contributes articles on the environment, health and other current issues.

Rabbi Adam Frank attended The University of Judaism's Ziegler School of Rabbinic Studies in Los Angeles where he earned his master's degree in Jewish Studies. He is founder of Atlanta's young adult grassroots advocacy movement "Impact Israel". The emphasis of Adam's professional rabbinic work has been to engage and challenge the young adult Jewish population to critically search Jewish tradition for existential and transcendental meaning

The lecture was in English.

SOCIETY NEWS

NEW LIFE MEMBERS

We are very pleased to welcome Mrs Rae Michaelis of Kent, Mrs Helen de Yong of Malta and John Amsden of the Isle of Wight as Life Members of our Society.

We will always be happy to hear from any other members of the Society who wish to take this step and become a "Pillar of the Society ". This not only encourages others but it also secures the future of the JVS.



New IJVS E-mail Address
jewishvegetarian@onetel.net.uk

ADVERTISING RATES

Please note that as and from 1st December 2003 and due to the high cost of printing etc., our Advertising Rates were increased as follows:

Full Page £150 (\$225); Half Page £75 (\$113); One Third Page £65 (\$98); Quarter Page £45 (\$68); 1" Full Width £25 (\$38).

Our rates were last increased in 1988 and although the cost of printing etc., has gone up on many occasions, we continued to offer the same low rate. We hope we can still count on the support of our current advertisers as well as our new ones.

EMERGENCY BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations. **Please Help. Any donations, large or small will be much appreciated.**

DEAR SIR

Dear Editor,

What has changed in the life of man since the beginning of time? I can see early man in his cave, gnawing at the bones of the mammoth creatures slaughtered for food, tearing off succulent portions for the hunters who did the killing, women and children eagerly awaiting their share and the hungry animals waiting and ready to seize whatever titbits are thrown to them.

Are we all that much more civilized in our eating habits? I am much happier that I need not kill for my supper. I can celebrate in comfort a conscience-free meal, after nearly 20 years of abstention from the need to eat animal flesh. Believe me, it feels good!

There were times in the interim when I regretted my decision. Refusing invitations to dinner with friends, not wishing to burden my would-be hosts to alter their menus to suit my requirements, nor to draw unnecessary attention to myself. At times it can even be worse than sticking to strictly kosher demands with religious and non-religious acquaintances.

On the plus side however, I am not compelled to look down on plates of food, littered with animal bones to remind oneself of former meat-eating habits. What a wealth of fruit, vegetables and cereals are available here in Israel, and how much more the vegetarian is presented with ready made tofu and pulse-related dishes.

Do you recall seeing the forced march of the animals being led to slaughter during the "Haj" in Mecca recently? Roughly two million of them sacrificed for the "sins" of their owners? And what of the millions worldwide that were butchered for the Christmas table? What makes people believe that an animal slaughtered for this purpose could absolve a man from his sinful past?

In one of your periodicals you once mentioned the name of a delightful vegetarian restaurant my husband and I would visit frequently in days gone by – 'Shearns' in Tottenham Court Road, London. What a pleasure it used to be to enter that lovely environment, with the aroma of garlic, onions and fresh herbs emanating from the kitchen area. Now and then we would find a family of six enjoying their meal. Their four little children, cheeks aglow, were bursting with health and happiness, tucking into nutmeats and cheese pies, vegetable soups and exciting desserts. My husband said, "Look over there, that's the reason to live a vegetarian existence."

DEAR SIR

How many living creatures are being slaughtered today for food and found to be disease-ridden? Could not this be a sign from above to change our ways and adopt a more humane and compassionate way of life?

Nothing is sacred from human butchers today. People are turning to every living creature, wherever they may be, in order to sample something new. Have you heard of those who include in their diets early in our present century, monkeys, crocodiles, camels and snakes?

It is said that our spiritual advancement depends on kindness to our fellow creatures, and respect for life. Whilst we are sinking into the depths of a violent atomic age, many are looking for alternative faiths that offer to lift us out of our subservience to material things. It is up to us to do our utmost to control our lives and appetites to help improve the lives of our fellow men, to bring about a better world.

Mrs M. Grant, Netanya, Israel

VEGAN FESTIVAL

The Vegan Festival is being held on Sunday 4th July 2004, 10am–7pm at the Kensington Town Hall, Hornton Street, London W8 (nearest Underground: High Street Kensington) Entrance Fee £1.00.

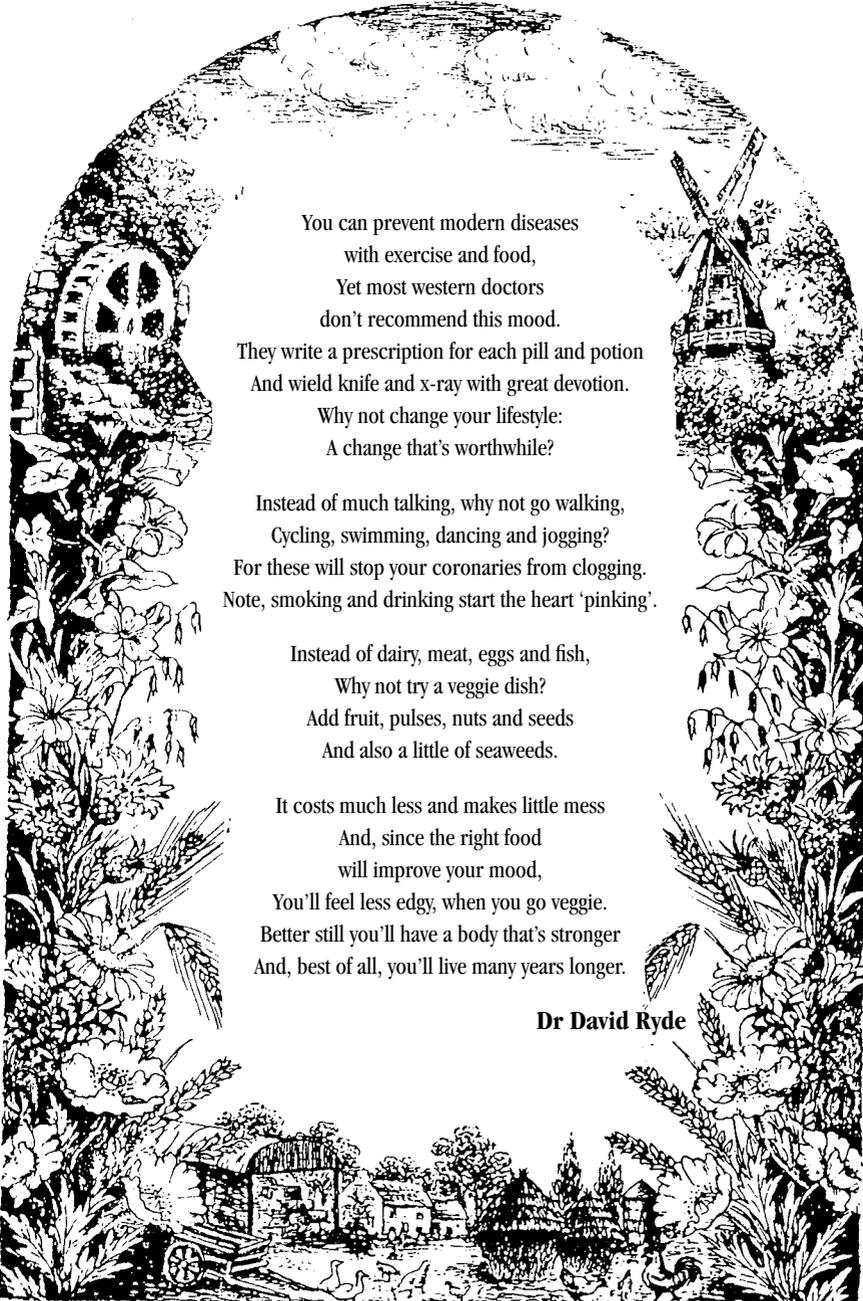
So why not go along where you can buy a wide range of cruelty-free products, sample tasty food, drink at the bar, listen to speakers. There will be music, a children's art workshop and much more. Why not have a great day out with the family?

The Vegan Festival is sponsored by: The Vegan Society, Plamil Foods, Veggies, VeganStore.co.uk, Redwood Foods, London Animal Action Total Liberation (non-leather footwear) Yaoh (organic Hemp products).

For further information contact www.londonveganfestival.org.uk

Organised by CALF

POEM



You can prevent modern diseases
with exercise and food,
Yet most western doctors
don't recommend this mood.
They write a prescription for each pill and potion
And wield knife and x-ray with great devotion.
Why not change your lifestyle:
A change that's worthwhile?

Instead of much talking, why not go walking,
Cycling, swimming, dancing and jogging?
For these will stop your coronaries from clogging.
Note, smoking and drinking start the heart 'pinking'.

Instead of dairy, meat, eggs and fish,
Why not try a veggie dish?
Add fruit, pulses, nuts and seeds
And also a little of seaweeds.

It costs much less and makes little mess
And, since the right food
will improve your mood,
You'll feel less edgy, when you go veggie.
Better still you'll have a body that's stronger
And, best of all, you'll live many years longer.

Dr David Ryde

LIFE MEMBERS

MRS RAE MICHAELIS – LIFE MEMBER

Thank you for your letter re my recent Life Membership and for The Tree of Life, which is very pleasurable to read. Here is my response to your request for a few words and a photo.



I first joined International Jewish Vegetarian Society in "desperation" a few weeks before Pesach several years ago

I had managed well enough until then to accommodate my vegetarian daughter. Now she had a family I felt the time had come to offer more varied culinary menu. Pesach was approaching even faster than usual. HELP! I joined for your Pesach recipes.

My husband and I eat fish and meat occasionally but we are now eating more vegetarian food and enjoying it.

So I decided to support your organisation by becoming a life member because I now believe in "The Jewish Vegetarian". Chicken soup is enjoyable but it is not compulsory! I support your ideals and the ethics of many of your articles. Many of the health related articles present me with a new perspective. It is most encouraging.

I have enclosed a photo myself with my 3-year-old grandson, the first of the next generation of the nearly vegetarian family. As you see, he thrives on nearly vegetarian food.

	<p>"Our vegan alternatives to milk, both soya and pea (WHITE-SUN) are fortified with essential B2, B12 and D2 as formulated by vegan doctors.</p> <p>Our range includes egg-free mayonnaises and confections available from health/wholefood stores – see us at Vegan Festival on Sunday 14 September.</p> <p>For literature on our range and nutritional data, s.a.e. Please, to Plamil Foods (JV), Folkestone, Kent CT19 6PQ."</p>
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LIFE MEMBERS

JOHN SELWYN AMSDEN – LIFE MEMBER

DUKE JOHN THURLOE OF JARDIN SOUTH-SAXIA

I have now been a vegan since 1976 after quite a few years of being a vegetarian and associated with vegetarianism.

I first became a vegetarian simply by chance (I thought at the time it was impossible) and it was in a very superficial frame of mind, I “understood it” as I had thought.

Now after some years of thought on the important concepts, I would add I have never been sorry for taking this step (although I was told I would be!) Judaism (together with India) has led the world in recognition of wisdom, humanity and ecological survival, which few should bypass.

There is so much more I could write about, I had thought of mentioning IWAPAG and “Preserve” for instance, maybe this could be done in a future issue of ‘The Jewish Vegetarian’.



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“Do not be misled by claims that high earnings are easily achieved”

HEALTH QUESTIONS

HEALTH QUESTIONS

BY DR GINA SHAW

Dr Gina Shaw is a Doctor of Science, health consultant and author and will be pleased to answer brief health questions you may have on this page. You can email her directly at DrGinaShaw@aol.com.

Question:

Dr Salzburg, Austria: Thank you very much for your health articles which I enjoy reading very much. I would be interested to know your opinion about drinking water please.

Dr Gina's Reply:

Hi, Thanks for your letter. The purest and best form of water is distilled water. When a person eats healthily, their diet will naturally provide much of their needed water. Humans are not naturally water-drinking creatures. Therefore, the proper diet for humans is necessarily water-sufficient. Fruits contain the purest water of all and are also the finest foods of all. The water in fruits is normally very pure (especially when grown under organic farming conditions); that is, it is without any trace of inorganic minerals, or other matters that are likely to combine with body fluids and clog up blood vessels, cells or interstitial spaces. Because we were almost exclusively fruit-eaters in a pristine state of nature, and because a fruit diet is water-sufficient, humans never developed water drinking mechanisms.

The human body is actually a mass of water, surrounded by our skin. We depend on water for nearly all bodily functions including breathing, digestion, circulation and excretion. In fact, the human heart is 75% water, the brain 75%, the lungs 86%, the muscles are 75% water, the blood is over 80%, even our bones are 22% water. The quality of your tissues, their performance and their resistance to disease is dependent in part due to the quality of the water you drink. Dehydrate a muscle by as little as 3% and you get a 10% loss of contractile strength and an 8% loss of speed. Indeed, a lot of the feeling of fatigue during exercise and during daily work results from muscle loss of water.

The primary role of water in the body is as a transport medium. It is also the medium for storage of needed organic compounds and electrolytes within the cells. This is accomplished by the water-holding molecules and nutrient reserves in suspension. Impure water harms the human organism because the impurities are invariably poisons. While our foods contain water, water from

HEALTH QUESTIONS

non-food sources is not our medium for food or nutrients. Indeed, minerals found in bottled water are dissolved from soil and rock and have no more virtue in the human body than if the soil or rock itself was eaten. The body simply cannot handle inorganic minerals, they circulate in the body as poisons.

Chemicals used in water 'purification' are toxic as they contain inorganic minerals, fluoride, chlorine and other chemicals. A recent U.S. survey of drinking water identified that in 298 cases the water was contaminated with chemical pesticides at a concentration exceeding the Maximal Admissible Concentration (MAC) by a quarter. Altogether, sixteen different active pesticide ingredients were found plus other industrial pollutants. It was concluded that the increasing amounts of nitrogen-based fertilisers being added to the soil was to blame. Only about half of fertilisers are taken up by the crop, the remainder is washed into our waterways.

Many water contaminants are formed from the breakdown of chlorine in water systems, or its chemical combinations. Chlorine itself is a carcinogen and chemicals from agricultural fertilisers, chemical industries, pesticides and homes pollute our waters. Fluoride is added to water as a mass medication in some areas of the U.S. and the U.K. Make no mistake, fluoride is highly toxic to humans and has not been validly proven to minimise or halt tooth decay. It is carcinogenic and does not result in health by any means. Poisons cannot form the basis of health.

Why Distilled Water is the Best Drinking Water

There are more than 60,000 different chemicals on the market today with approximately 1,000 more being added each year. In one way or another, many of these chemicals find their way into our water. Today we may be drinking the residues from fertilisers, pesticides, herbicides and industrial wastes, etc. Many of these chemicals interact to form potentially dangerous combinations, some that can have accumulative effects. For example, chlorine, commonly used in water treatment, can react with humic acid to form chloroform a substance now linked to cancer. Distilling the water eliminates these hazardous combinations.

With a water distiller you don't have that problem. Distilled water is virtually pure water, free from all unwanted contaminants, as 99% of impurities are removed, a far greater percentage than filtered or bottled water. Distillation removes most impurities including chlorine, pesticides, fertilisers and other harmful chemicals. Distilled water is a standard of purity in many health related areas including hospitals, doctor's offices, nursing homes and even

HEALTH QUESTIONS

government offices. It has applications for intravenous feeding, inhalation therapy, prescriptions and baby formulas.

Distillation is nature's process of water purification. It is the single most effective method of water purification known today. The water is boiled creating steam and any impurities are left behind in the boiling chamber. The steam then rises to the condensing coils where it is cooled and converted to pure distilled water. It is simple, inexpensive and a common sense way to insure that you and your family will not be exposed to the unwanted chemicals, pollutants, and other impurities in the water you drink. There are many types of water distillers on the market today. These range from large units which produce large quantities of water at high-speed and counter-top models which are slower but more reasonably-priced. As a health professional, I have good contacts with a range of suppliers and have contacts who offer good quality distillation units and other healthful living equipment at reasonable prices. There are often special deals available. You may contact me on (01626) 352765 or email me at DrGinaShaw@aol.com for more details. In my opinion, a good quality distillation unit is one of the best health investments you can award yourself.

References

Pure Water Inc Website, Lincoln, U.S.

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<p>Accounts and Audit Tax Planning</p> <p>Michael H. Scott, B.Eng., FCA, FCCA <i>Tel: 020 8907 9200</i> <i>Fax: 020 8909 1503</i></p>	<p style="text-align: right;"><i>For individuals, sole Traders, partnerships and family companies.</i></p> <p style="text-align: right;">107 Kenton Road Kenton, Harrow Middlesex HA3 0AN</p>
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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

CHILDREN'S CORNER

ALL ABOUT ME!

BY EMMA FREEDMAN

My name is Emma. I am seven years old.

My favourite programme is Worst witch.

I have five chickens. My hen is called Elizabeth.

I have a sister called Rebecca & another sister called Joanna and a Mum named Nicola and a dad named Jonathan.

My school is called St Albans High school for girls.

I have a cat called Sox.

My best friends are called Emily and Justine and Heather.

Strawberries are my favourite food and my dad grows them in his garden.

I am Jewish and a vegetarian.

I hope you have enjoyed reading about me!

Here is a photo of me and my chickens:



COOKERY CORNER

We have decided to include in this issue of the magazine some of the recipes that appeared in the book "The Single Vegan" by the late Leah Leneman. They are delightful and easy to follow.

ITALIAN PASTA SALAD

Ingredients:

3oz (85g) wholemeal macaroni or other pasta shape, 1 spring onion, 4 olives, ½ small red pepper, 1 slice wholemeal bread, 2oz (55g) smoked tofu, 1½ tablespoons olive oil, 1 teaspoon cider vinegar, pinch garlic salt, pinch oregano, freshly ground black pepper.

Method

- 1) Cook the pasta until just tender. Drain, cool then chill.
- 2) Mince the spring onion (scallion) and olives. Chop the red pepper. Toast the bread, and then dice it. Dice the tofu. Place all these ingredients in a bowl with the cooked pasta.
- 3) In a cup mix the oil, vinegar, garlic salt, oregano and pepper to taste. Pour the dressing over the salad and mix it all thoroughly.

SPAGHETTI WITH BEAN AND CAPER SAUCE

Ingredients:

3oz (85g) wholemeal spaghetti, 1 small onion, ½ small green pepper, 1 small clove garlic 1 tablespoon olive oil, 6 capers, 1 tablespoon tomato puree, 3-4 fl oz (85-115ml) water, ½ teaspoon oregano, ½ x 15½oz (440g) tin borlotti beans, freshly ground black pepper.

Method

- 1) Cook the spaghetti in boiling salted water until just tender.
- 2) Chop the onion, green pepper and garlic finely. Heat the oil in a pan and sauté the vegetables for 3-4 minutes.
- 3) Mince the capers. Add them to the saucepan, along with the tomato puree (paste), water and oregano. Bring to the boil, then lower heat and simmer, uncovered, for about 5 minutes.
- 4) Drain and rinse the beans and add them to the pan with a little black pepper. Cook until the beans are thoroughly heated. Serve over the cooked drained spaghetti.

COOKERY CORNER

MACARONI STEW

Ingredients:

3oz (85g) wholemeal macaroni (or other pasta shape), 1 small onion, 1 tablespoon vegetable oil 1 small courgette, 1 small potato, 4oz (115g) fresh peas (2oz/55g shelled) ¼ pint (140ml) water, 1 teaspoon yeast extract, 1 bay leaf.

Method

- 1) Cook the pasta until tender.
- 2) Chop the onion. Sauté it in the oil in a saucepan for 2-3 minutes.
- 3) Chop the courgette (zucchini) into thick slices. Dice the potato finely. Add these ingredients to the onion. Sauté for another minute or two, stirring.
- 4) Add the peas, water, yeast extract and bay leaf. Bring to the boil, then lower heat, cover pan and simmer for 7-10 minutes.
- 5) Add the cooked drained pasta to the vegetables and cook for a minute or two longer. Remove the bay leaf before serving (NB. This dish is easier to eat with a spoon than a fork.)

STRAWBERRY 'CHEESE'

Ingredients:

1 x 5oz (150g) carton natural soya yogurt, a few fresh strawberries, raw cane sugar to taste.

Method

- 1) Spoon the yogurt carefully into a square of muslin or cheesecloth. Gather it up and tie it round the taps of the sink (or somewhere else convenient over a bowl) and leave it to drip for several hours or overnight. Spoon the result – which will be about 1½oz (45g) in weight and resemble fromage frais in texture – into a small bowl and refrigerate until ready to use.
- 2) Mash the strawberries coarsely in a small bowl. Stir in the yogurt 'cheese' and sugar to taste.

NUTTY PLUM CRUMBLE

Ingredients:

1oz (30g) wholemeal flour, ¼oz (20g) rolled oats, raw cane sugar to taste, ½oz (15g) vegan margarine, ½oz (15g) peanut butter, 6oz (170g) plums, and 1 tablespoon water.

COOKERY CORNER

Method

- 1) Put the flour, oats and sugar in a bowl. Rub in the margarine and peanut butter finely.
- 2) Slice the plums. Put them in a baking dish with the water. Cover with the crumble mixture. Bake at 375°F (180°C) Gas Mark 5 for about half an hour until lightly browned on top.

BAKED BANANA HALVES

Ingredients:

1 teaspoon vegan margarine, 1 small banana, 1 teaspoon lemon juice, 1 tablespoon raw sugar, pinch ground cinnamon, handful cashew pieces, soya yogurt (optional).

Method

- 1) Heat the margarine in a baking dish in a 400°F (200°C) Gas Mark 6 oven for about 5 minutes.
- 2) Slice the banana in half lengthwise and turn the halves in the margarine so they are well coated.
- 3) Sprinkle the banana halves with lemon juice, sugar, cinnamon and cashew pieces. Bake in the oven for about 15 minutes.
- 4) Serve immediately, topped with soya (soy) yogurt if desired.

YEAR ROUND CHAROSAS

BY **BROOK KATZ**

As most of the people who just celebrated the Passover holiday already know, this is a wonderful blend of nuts, apples and, traditionally, honey. This dish is made to signify the sweetness that there is in life. (I personally don't use or recommend honey as it is not digested well and is also a stolen substance which the bees produce and utilize for a variety of purposes and needs). I grew up being taught that this was a holiday dish and waited anxiously all year long just to have it again because it was so good. It wasn't until I grew up that I realized I didn't have to wait and could make it any time I wanted. What we do to kids sometimes! It was originally designed to be eaten on top of a matzo. The matzo (also spelled matzah) is a baked, flat, unleavened bread consisting primarily of flour and water. Nowadays salt is usually added as well, and there are many flavoured choices too. It's much like a big saltine cracker. I have found that I can use my imagination and really make some

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delicious snacks with this as a topping or a filling.

One of the most original and, by the way, amazingly delicious treats I've ever made was using taro leaves as a wrapper for the charosas filling. Taro leaves taste much like non-bitter spinach. They are also large and strong and good for wrapping things with. Other good wrappers are whole wheat tortillas or grape leaves. Or you can try using it as a filling for a pie crust or rolling it inside a nice whole wheat pastry dough. Those of you who have worked with filo dough can appreciate the ease of this filling. Try layering the charosas in between several layers of whole wheat filo dough, brushing all the dough lightly with canola oil as you layer it. Then bake it till it's crisp on top, mmm! Anyway you like it, it turns out to be a sweet treat that everyone can always enjoy. Oh, and I forgot one more thing that you can eat it with – a spoon! Enjoy – bon appétit!

Ingredients:

2 crisp apples – peeled, cored, and diced; ½ cup walnuts – chopped; 1 tbsp rice syrup (maple syrup can be used, but is much more liquid); 1 tbsp organic grape juice (organic wine is also optional); ½ tsp ground cinnamon

Preparation:

In a large bowl add all the ingredients together and mix well. Allow a little time for the flavours to marry and then use as a spread, filling, or topping. For a different taste try roasting some macadamia nuts and replacing the walnuts with them. Makes 8-10 portions.



HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

£2.50 including P&P

IMPORTANT - AMERICAN & CANADIAN MEMBERS

Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.

FOOD & MOOD – THE LINK

FOOD & MOOD – THE LINK

Michelle Berriedale-Johnson runs a magazine, *Foods Matter*, which supports anyone on a restricted diet. She charts recent thinking, which links what we eat with how we behave.

Because food allergy – and especially food intolerance – are so little understood, we at *Foods Matter* spend a good deal of time investigating what might be seen as some less conventional approaches. As a result, over the last two years we have attended conferences examining the relationship between food and mood, food and behavioural problems such as ADHD, autism, dyslexia or depression; and the connection between micro-nutrition (vitamins, minerals, amino acids, enzymes etc) derived from food and mental health. Below is a very brief overview of some of the theories being discussed.

The Food and Mood project, led by nutritionist Amanda Geary, worked with over 200 participants who suffered from depression, mood swings, food cravings and concentration difficulties over a number of months. The project used dietary changes backed up by a more regular lifestyle (including eating regular meals – such as breakfast) and nutritional supplements. 88% of the participants surveyed had felt better over the period of the project with 36% being positive that their improvements could only be attributable to their changed diet. The foods most often found to cause mood problems were sugar, caffeine and alcohol; the changes which were most helpful were drinking more water, eating more vegetables, fruits, nuts and seeds – all high in essential fatty acids. 26% of the participants reported a massive improvement in their mood/panic attacks, 24% in their food cravings and depression.

Kate Neil, Director of the Centre for Nutrition Education, suggests that the change in the balance of our diet from the Stone Age 40% protein, 30% starch, and 30% fats to the 21st century diet of 40% carbohydrate, 35% fat and 25% protein may be undermining our mental health. Not only do we eat substantially less high quality protein food than our stone age ancestors but modern food processing removes many of the nutrients such as chromium and zinc which are essential to processing that protein and establishing good blood sugar control – well accepted as another essential for good mood control.

Zinc features prominently in the thinking of many experts in this area. Dr Neil Ward of the Department of Chemistry at Surrey University has worked for many years with the Hyperactive Children’s Support Group on nutritional

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approaches to hyperactivity and its many related conditions. His researches suggest that hyperactive children have very low levels of many micro-nutrients but especially of zinc. Zinc is not only vital for a properly functioning immune system (so they are very prone to infections) but for the synthesis of melatonin, one of the brain chemicals which has the most effect on mood swings and aggressive behaviour.

Work at the Hyperactive Children's Support Group, and at the Feingold Institute in the USA, would certainly suggest that for many of these children dietary manipulation can have a dramatic effect on both their mental and physical wellbeing. The removal of chemical additives (colourings, flavourings, flavour enhancers such as MSG, and artificial sweeteners) and of dairy products, citrus and wheat can improve behaviour, mood, sleep patterns, rhinitis, eczema, glue ear and digestive complaints to the point of 'cure' – as long as the children remain on the diet.

For more information on the HACSG's approach, check out **www.hacsg.org.uk**

Dr Natasha Campbell McBride from the Cambridge Nutrition Clinic sees the alarming rise in childhood disorders – both behavioural and physical – as starting before birth. The typical mother of today's under 10s was not breast-fed and will probably have had many courses of antibiotics, even when she was pregnant. She will have been on the contraceptive pill and eaten a substantial amount of junk food – all of which will have damaged her gut flora (the bacterial population in her digestive system) and may have left her with a compromised immune system, digestive problems, migraine and fatigue.

Her baby will inherit damaged gut flora and a compromised immune system and will probably not be breast-fed. The vaccinations which it will have were designed for children with healthy immune systems, so further damage may be done – after which it will be prone to infections for which it will be given antibiotics.

Patrick Holford, founder of both the Institute for Optimum Nutrition and the Brain Bio Centre in London has no doubt that poor micro-nutrient nutrition holds the key not only to depression and moods swings but to degenerative diseases such as Alzheimer's.

He sees B Vitamins and folate (both often lacking in modern diets) as essential 'co-factors' in the production of the neurotransmitters that control mood. Depressed patients are nearly always significantly deficient in both Vitamin

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B and folate.

For more information about Michelle’s magazine, **Foods Matter**, call 020 7722 2866 or check out www.foodsmatter.com



NOTHING FISHY ABOUT IT!

We received the following from the Vegetarian Society and thought our members should be aware, if not already, of same).

VEGETARIANISM

THERE’S NOTHING FISHY ABOUT IT!

A recent survey carried out by The Vegetarian Society revealed that a staggering 85% of vegetarians have visited eating establishments that think vegetarians eat fish!

Clearly this is a fish conception that needs to be addressed. Everyone wants to trust food prepared by someone else – and vegetarians are no exception. Finding out that the person preparing your meal thinks a vegetarian eats fish undermines confidence and can spoil social events. It is also losing ill-informed eateries on estimated £1 billion worth of business every year. To help solve this problem and to help caterers, friends and families understand what vegetarians do and do not eat. The Vegetarian Society has extended its successful ‘Fish conception’ calling card scheme.

The free (and funny) calling cards can be given to anyone who would find the definition of a vegetarian useful – most people these days will probably find themselves feeding a few veggies from time to time. The cards are being distributed to vegetarians free, through specialist publications and are also available direct from The Vegetarian Society.

Tel: 0161 925 2000 or email fishes@vegsoc.org

SELL-BY DATE “ARBITRARY”

SELL-BY DATE “ARBITRARY” ON SOME FOOD PACKAGING

New research on untreated green olives has found that products with a stated shelf life of 2–3 years can be ‘unacceptable’ long before their sell-by date. The study, published in the *Journal of the Science of Food and Agriculture*, looked at the growing trend towards using polyethylene pouches, which are vacuum-packed, filled with brine or packed in ‘modified atmospheres’. Only the vacuum pouches gave promising results, producing a shelf life of nearly two years, while those packed in ordinary air had a true shelf life of only 9 months.

How ‘shelf-life’ can be worked out: The author of the study, Dr Efstathios Panagou, points out that the stated shelf-life on new packaging: “is not clearly defined... quite arbitrary and is not supported by relevant studies”. About a million tonnes of olives are eaten each year worldwide, and most are produced in the EU. Untreated green olives are valued for their superior flavour, but very little research has been done on the way and their quality declines after packing. Dr Panagou’s research looked at different packing methods over a six-month period, testing the olives for micro-organisms, acidity, colour and firmness. A ten-member expert panel then rated the product on smell, taste, and general acceptability.

Best results

The study looked at olives in different kinds of brine, in air, in a vacuum and in a modified atmosphere of 40% carbon dioxide, 30% nitrogen and 30% oxygen. No harmful bacteria were found in any of the olives after six months storage at room temperature, but the overall quality of taste, smell, colour and firmness was found to be “unacceptable” in the air-packed olives and those packed in a modified atmosphere, and only “medium acceptability” in brine.

- * Air: suggested shelf-life 9 months
- * Modified atmosphere: suggested shelf life 15 months
- * Vacuum: suggested shelf life 23 months.



BRAZIL'S BEAUTIFUL PEOPLE

REVEALED AT LAST... THE SECRET OF BRAZIL'S BEAUTIFUL PEOPLE

Ever wondered why Brazilians sport that healthy glow? It could be because the **healthiest fruit on the planet – the papaya** – is part of their regular diet. In fact, Brazil is the world's leading producer of the papaya.

The colourful, fragrant fruit contains the unique **papain** enzyme, which brings numerous health benefits. It actively burns fat, it leads to improved digestion and it reconditions skin and hair. No wonder native Indians call the papaya the **magical health plant**.

The soft, sweet flesh of the papaya can be eaten as part of savoury or sweet dishes or on its own. And because the papaya is grown in the fertile, sunny climates of Brazil, this crop is available year round.

Who will benefit from eating papayas?

- **STRESSED EXECUTIVES** suffering from indigestion, who can now de-stress at their desks by adding papaya to their lunch boxes. The papain enzyme neutralises gastric acids and improves digestion.
- **SLIMMERS** will benefit, as papayas are nearly fat free – in fact they actually help to break down proteins and to burn fat by stimulating the body's metabolism. They also contain seven times less calories than bananas. Papayas are effective aids to **detoxification** as they help to cleanse the system.
- **THOSE PRONE TO COLDS.** Papayas are veritable vitamin bombs. They contain twice as much vitamin C as oranges and lemons plus high levels of vitamins A and B.
- **OLDER FAMILY MEMBERS** who may be at risk of osteoporosis. The extremely rich mineral content of the papaya includes potassium, calcium, iron and magnesium.
- **ANYONE WANTING FLOWING LOCKS AND GLOWING SKIN.** Papain reconditions the natural proteins in hair and skin and acts like a conditioner from the inside out.

BRAZIL'S BEAUTIFUL PEOPLE

- **THOSE WITH MINOR GASTRO-INTESTINAL AILMENTS.** If half a papaya is eaten regularly at breakfast, the gastro-intestinal system will be cleaner and constipation and flatulence will be avoided.

You can now buy papayas at all major supermarket chains including Tesco, Sainsbury's and Waitrose.

RECIPES WITH PAPAYAS

Easy Serving Suggestions

Papaya Breakfast – combine half a papaya with yoghurt and muesli for a nutritious start to the day

"Ape Shake" – Blend the flesh of a whole papaya with a banana and orange juice. This provides 230 calories and all the vitamins you need to kick start the day.

Papaya Juice – Put into your juicer half a papaya, half a pineapple, two apples and a grapefruit to make a delicious and refreshing juice.

Papaya Dessert – Fill half a papaya with yoghurt and honey or, if you're feeling decadent, ice cream and serve as a speedy dessert.

MORE RECIPE IDEAS

VITAMIN BOMB SPORTS DRINK

Ingredients:

½ papaya, ½ banana, juice of one fresh grapefruit (or 200ml from a carton)
2 teaspoons of honey, 1 slice of lime.

Preparation:

Scrape out the papaya seeds with a spoon and discard. Mix the banana, papaya and grapefruit in a blender until smooth. Decorate with a slice of lime.

HEALTH KICK SALAD

Ingredients:

Green salad leaves, 2 papayas, 50g spring onions, 200g hard cheese such as Lancashire, 1/8 litre fresh orange juice, 5 tablespoons lemon juice, 10g fresh ginger, Walnuts – chopped, 2 tablespoons cream sherry, 2 tablespoons olive oil, salt and pepper, ½ teaspoon sugar

BRAZIL'S BEAUTIFUL PEOPLE

Preparation:

Wash and shred the salad leaves. Cut the papaya into two halves, scrape out the seeds with a spoon and discard. Scrape balls out of one half of the flesh. Scrape out the rest of the flesh with a spoon, mash with a fork and set aside. Finely slice the spring onions and cut the cheese into cubes. Arrange papaya balls, spring onions and cheese on top of the salad leaves. For the dressing, whisk together the mashed papaya, orange and lemon juice, grated ginger and walnuts, sherry and oil. Season the dressing with salt, pepper and sugar.

PAPAYA SUNDAE

Ingredients:

Papayas, vanilla ice cream, Crème de Cassis

Preparation:

Chop the flesh of one papaya and add it to two or three scoops of vanilla ice cream. Put into a sundae glass and drench with Crème de Cassis. Photography available showing an alternative speedy dessert – papaya with yoghurt and mint.

A CLEAN BILL OF HEALTH

A CLEAN BILL OF HEALTH

Official recognition of the nutritional adequacy and potential health benefits of vegetarian diets was provided in a paper published in the June 2003 issue of the prestigious Journal of the American Dietetic Association. The paper includes the following position statement:

“It is the position of the American Dietetic Association and Dietitians of Canada that appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases.”

“Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood and adolescence. Vegetarian diets offer a number of nutritional benefits, including lower levels of saturated fat, cholesterol and animal protein

A CLEAN BILL OF HEALTH

as well as higher levels of carbohydrates, fibre, magnesium, potassium, folate and antioxidants such as vitamins C and E and phytochemicals.

The term “well-planned” is especially significant. Vegetarian diets are not a panacea, and there have been some well-documented examples of vegetarians and vegans suffering serious illness as a consequence of inadequate intakes of key vitamins and minerals. The position paper recognises this, and lists food sources of iron, zinc, calcium, vitamin D, riboflavin, vitamin B-12 and linolenic acid (an omega-3 fatty acid) that are suitable for vegetarians and vegans. Vitamin B-12 can be especially problematic as the only reliable sources for vegans are either fortified foods or dietary supplements. Indeed, because 10% to 30% of persons over the age of 50 lose the ability to digest the form of this vitamin found in animal products, it is recommended that all persons aged 50 or over use B-12 supplements or fortified foods (including some soya ‘milks’, yeast extracts and breakfast cereals). Low vitamin B-12 intake raises plasma homocysteine concentration that is associated with increased heart disease risk, and prolonged deficiency may lead to impaired neurological function and megaloblastic anaemia, so it is essential to ensure adequate intake of this vitamin. The UK Vegan Society recommends consuming at least three micrograms of vitamin B-12 per day, and they have a useful information sheet on the subject on their web site at www.vegansociety.com/html/info/b12sheet.htm.

Authors Ann Reed Mangels, Virginia Messina and Vesanto Melina set out their recommendations for a healthy vegetarian/vegan diet in an accompanying paper (A new food guide for North American vegetarians, *J Am Diet Assoc.* 2003;103:771-775). The paper presents a vegetarian food guide pyramid with foods forming the foundation of a healthy diet at the base of the pyramid and foods required in smaller quantities at the top of the pyramid. Reading upwards from the base of the pyramid, a healthy vegetarian or vegan diet should include a minimum of 6 servings (portions) of grains (preferably whole grains), 5 servings of legumes, nuts and other protein-rich foods, 4 servings of vegetables, 2 servings of fruit and 2 servings of fats rich in omega-3 fatty acids per day, with extra servings from any group added as required to meet energy needs. The authors also recommend consuming 8 or more servings of calcium-rich foods per day as part of the diet, listing suitable choices and provides a list of helpful tips for meal planning.

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CONSUMER CORNER

SETTLE PSORIASIS NATURALLY

TIMELY ADVICE FROM BAREFOOT BOTANICALS



Pure plant power can help settle psoriasis. In place of the usual drugs, steroid and coal tar creams, natural skincare company Barefoot Botanicals harnesses nature's healer to tackle this inflammatory skin disease.

This is welcome news for the 2 in 100 people affected by psoriasis in the UK and Ireland.

The SOS Rescue Cream, Bath Oil, Shampoo and Conditioner are 100% natural with no trace of synthetic preservatives, emulsifiers, colours or perfumes. They are packed with active, botanical ingredients and contain natural essential fatty acids and the herb Mahonia, known to soften scaly, flaky skin. The SOS products penetrate into the skin. Here the essential oils and herbs get to work, settling the inflamed skin before it surfaces into the characteristic red, raised patches.



Calendula and Aloe Vera calm the itchiness that afflicts sufferers while Jojoba and Shea Butter moisturise the skin. Evening Primrose and Borage condition the skin deep down while Lavender, Camomile and Neroli soothe inflamed skin and give an uplifting, luxurious scent.



SOS Intensive Skin Rescue Cream (£8.95, 50g/£14.95, 100g) comprises herbal extracts, vitamins and soothing nutrients blended in a smooth Shea butter cream base. It feels luxurious and has a sensual aroma of lavender, neroli and chamomile plant oils. It is suitable for everyday use and is suitable for sensitive skins and children.

SOS Intensive Skin Rescue Bath Oil (£14.95, 200ml) soothes and hydrates the skin. It creates a luxurious bath and its rich blend of the finest plant oils and essential vitamins soothes sore skin. Meanwhile, the calming aroma of lavender, neroli and chamomile oils fills the air. It comes in a

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concentrated form so just two thirds of a capful is needed for a bath: each bottle provides 20 baths. Even better, it has coconut extracts to disperse the oil in the bath and make cleaning it easier.

SOS Hair & Scalp Rescue Shampoo & SOS Hair & Scalp Rescue Conditioner (Each £9.95; 200ml). A rich combination of 24 organic plant extracts, essential oils, vitamins and nutrients give hair strength and lustre while soothing and nourishing the scalp. Used regularly, both products may help prevent dry, itchy and scaly scalps.

"Many creams used to combat psoriasis are oily, difficult to apply, slow to absorb and not pleasant to use," says practising homoeopath Jonathan Stallick, co-founder of Barefoot Botanicals. "In addition, some steroid creams are addictive and not particularly helpful to many people whose skin simply doesn't respond to such treatment," he continues. "It really is time people realised there is a natural way to fight this disease. They don't have to use synthetic drugs on their skin."

Finding SOS

SOS can be found at good health food shops, Harrods, Fresh & Wild or bought online at www.barefoot-botanicals.com or by mail order on 0870 220 2273.

Vegetarian Non-Dairy Parmesan-style Seasoning

Avoiding cheese? A sprinkling of Parmazano could be the answer to passing the taste test challenge!

The best-selling ready-grated parmesan-style seasoning made with soya milk makes a delicious alternative for those who want all the authentic taste of a parmesan cheese, whilst avoiding dairy products.

Parmazano is a versatile addition to the kitchen store cupboard for vegetarians, vegans and healthy eaters and very popular with those who have a lactose intolerance. Unlike regular parmesan



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cheese, which contains animal rennet, Parmazano is based on cultured non-genetically modified soya milk.

Approved by The Vegetarian Society, Parmazano comes in 60g shaker packs, available in the main supermarkets as well as health food stores.

Pasta, spaghetti, pizza or a baked potato is not the same without a sprinkling of cheese on the top, so why not try some today.

MAKE ROOM FOR MUSHROOMS

For the third consecutive year, the Mushroom Bureau supported National Vegetarian Week. The timing of Vegetarian Week was perfect for the mushroom industry. Consumers need to be encouraged to eat mushrooms in salads, on barbecues and in lighter, healthier meals during the summer months. Shoppers purchase about 100,000lbs mushrooms from each average-sized supermarket each week. Many more mushrooms are bought from greengrocers, farm shops and farmers' markets.

There are about three million vegetarians and vegans in Britain, most of whom buy mushrooms regularly. They know that mushrooms are good for them... strong in B vitamins (reduce stress levels) and the minerals potassium (lowers blood pressure), selenium, phosphorus, magnesium, copper and zinc. Shiitake and oyster mushrooms help the immune system to fight off viruses and lower cholesterol levels.

Mushroom vegetarian and vegan recipes can be found on the Bureau website www.mushroom-uk.com Consumers who prefer can send in for the Mushroom Bureau's FREE recipe booklet. Write with a 20p A5 stamped addressed envelope to: Mushrooms Vegetarian... and Vegan, Mushroom Bureau, Creephedge House, East Hanningfield, Chelmsford CM3 8BP.

NICE & NUTTY COOKIES

Speciality food producer, Doves Farm Foods, has extended its gluten-free offering with the launch of Nice & Nutty Cookies. This tasty hazelnut and orange cookie complements the company's popular Lemon Zest Cookie.

Nice & Nutty Cookies are made with rice flour, hazelnuts, orange paste and other organic raw materials. There are no wheat, dairy or soya ingredients

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in the biscuit, so therefore they are wheat, gluten and dairy free, thus making them suitable for those with any food intolerance.

The product has been approved by the Soil Association, Vegetarian and Vegan Societies and is available at independent health food stores, as well as the special diet sections at Boots, Sainsbury's and Morrisons. There are 9 biscuits in each metallic orange 150g pack which retails at £1.29p.

LIFE WORCESTER SAUCE AND LIFE SOYA SAUCE

Many a savoury dish would not be the same without a dash or two of Worcester Sauce or Soya Sauce to add piquancy and depth of flavour. Yet these often contain unwelcome additives that contribute to a dangerously high salt intake.

To help you to a healthier lifestyle, MH Foods has extended its 'Free From' range with two exciting new products, Life Worcester Sauce and Life Soya Sauce.

Life Worcester Sauce is a wheat and gluten free vegetarian alternative to traditional Worcester Sauce. Instead of being made from using anchovies, it is made from a careful blend of natural ingredients, including tamarind, fruit and spices. To significantly reduce the salt content, Life Worcester Sauce is made using Lo Salt.

Life Soya Sauce has less than half the sodium of regular soya sauce, is made from all natural ingredients and free from artificial colours, flavourings and preservatives. It is wheat and gluten free, and contains no GM ingredients or MSG. The perfect way to make tasty, aromatic stir fry dishes without fear of adding excessive salt to your diet.

Initially, Life Worcester Sauce and Life Soya Sauce are available from the Free From section in Tesco, but no doubt will soon be available in all good Supermarkets, as well as Health Food Stores.



EU NEW FOOD REGULATIONS

EUROPEAN PARLIAMENT VOTES NEW REGULATIONS ON FOOD AND ANIMAL FEED

MEPs voted this week by 287-194 (with 23 abstentions) to approve new EU rules on food inspections. The overall aim of the Regulation governing official controls on food and animal feed is to improve food safety; MEPs laid special emphasis on the need also to reduce risks to animal health and welfare.

The European Parliament adopted amendments to the original Commission proposal stating that official inspections can take place without warning, on an ad-hoc basis, unless they are connected to an audit.

A controversial issue was that of criminal sanctions: The final text adopted leaves it to Member State governments to decide the rules on sanctions, but stipulates that they must be 'effective, proportionate and dissuasive'.

Also at issue were questions of confidentiality and transparency: MEPs insisted that relevant information held by the food and feed authorities should be made public as soon as possible. Confidentiality is also permitted, however, as the authorities have to ensure that no information is disclosed which may be covered by professional secrecy.

Other amendments dealt with the issue of costs. MEPs opted for a system allowing Member States to collect fees to cover the costs of inspections, but no more.

Although this is only the first reading in the codecision procedure, the Parliament has reached an informal agreement with the Council of Ministers, which should ensure that the Regulation is adopted before the European elections in June. The new rules would apply from January 2006.

Contact: Simon Duffin, Press Officer, European Parliament UK Office, tel: 020 7227 4335, sduffin@europarl.eu.int

Below are excerpts from the recent debate in Strasbourg:

Commissioner Byrne: The Commission's proposal establishes rules on the organisation of official controls on feed, food and live animals to be respected by the Member States and it defines the tasks of the Commission's Food and Veterinary Office. Above all, the proposal aims to improve the efficiency

EU NEW FOOD REGULATIONS

of controls undertaken by both the Member States and the Commission. It defines tougher enforcement measures. It also creates a framework to support developing countries in meeting important requirements and provides for a financial framework to organise activities that enhance food and feed safety.

Neil Parish MEP (Conservative, South West): We welcome the feed and food controls in order to ensure healthy animals throughout Europe. Animal welfare is also extremely important. We have to ensure that consumers can tell from the labelling which products have met those high animal welfare standards in Europe. Consumers should also be able to see from the labelling which products have not met those high standards.

The cost of inspection within the EU and fees charged to each feed company have to be looked at, because if one country is charging significantly more for inspections than another, it causes distortions throughout the single market. In broad terms, we must welcome these controls, but we have to be careful that we do not over-regulate.

Robert Goodwill MEP (Conservative, Yorkshire & Humber): On the issue of 'naming and shaming', nobody could be against freedom of information – we are all in favour of transparency and openness – and not to be in favour of it would be to support secrecy. We need to be careful, for example, to look at the situation in the UK, where if you are prosecuted you appear in the paper, but if minor infringements are discovered, such as a cracked tile in a slaughterhouse or a piece of mouse dirt in a restaurant, this does not appear on the front page of the local newspaper.

Phillip Whitehead MEP (Labour, East Midlands): How far we can specifically assist developing countries in meeting EU standards. How are these standards going to be applied and what assistance are we able to offer? Most of all, how can we guarantee the system of prior notification for high-risk products at ports that have the necessary facilities to deal with them?

Finally, I am particularly glad that we have reached some agreement on the issue of sanctions. Sanctions as originally proposed were unwise and would not have worked. I am pleased to say that the route we are now taking, which has been agreed by most of the main players, is likely to lead to success.

COMPASSION TO ANIMALS

IN SUPPORT OF COMPASSION TO ANIMALS

BY DESMOND BELLAMY

The following is an article that appeared in a copy of The Australian Jewish News – March 2004. Although this sentiment has been written many times in our magazine, we thought it would still be of interest.

Rabbi Ritchie Moss (AJN 20/2) argues that the act of eating a cow (or even a tomato) can be holy, depending on the use to which the nourishment is put, and therefore vegetarians deprive the cow or chicken of its only opportunity for spiritual elevation.

Is kashrut therefore cruel for not letting us elevate non-kosher creatures?

Referring to Adam and Eve, Rabbi Moss speaks of the rest of the world being created to serve us. The lesson of Adam and Eve is precisely that of vegetarianism: they were given "all of the seed-bearing plants and fruits as food". Consumption of meat was only allowed after Noah, when men had proved their weakness and inability to live in peace with each other and the environment.

Rav Avraham Isaac Kook stated that because people had sunk to an extremely low level of spirituality, it was necessary that they be given an elevated image of themselves as compared to animals. He felt that, were people denied the right to eat the flesh of animals, they might eat the flesh of human beings, due to inability to control the lust for flesh. He regarded the permission to slaughter animals for food as a temporary dispensation until a "brighter era is reached when people would return to vegetarian diets."

Rabbi Elijah Judah Schochet, author of *Animal Life in Jewish Tradition* (1984), and an opponent of vegetarianism as a moral code, nevertheless conceded: "Scripture does not command the Israelite to eat meat, but rather permits this diet as a concession to lust." Perhaps this is why there is a brachah for almost every kind of food, but no specific one for meat?

In the wilderness, the Israelites were given manna (a vegan delicacy). When they demanded meat they were fed quails, followed by a terrible plague "while the flesh was still between their teeth". Avian flu, perhaps?

Fortunately, there are good halachic reasons to refrain from meat! Foremost

COMPASSION TO ANIMALS

is the issue of pikuach nefesh, the mitzvah to protect life and health.

Medical evidence is overwhelming that vegetarians are far healthier than carnivores, including much lower rates of cancer, cardiovascular disease, diabetes and sexual performance problems. While in Torah times, meat was taken from clean, unpolluted pastures, today the “commodity” animal is pumped full of hormones, antibiotics, steroids and fed a diet full of artificial fertilizers and pesticides.

Furthermore, how elevating is it to let children starve to death in Africa and elsewhere, while we feed copious amounts of grain to animals to satisfy our lust for flesh?

Secondly, there is the issue of the health of our planet. G-d placed man in the Garden of Eden “l’ovda uleshomra”, to work it and to serve it. The concept of bal tashchit (not wasting) does not simply mean recycling newspapers. It should be considered in the context of the salination of land by clearing for grazing and the unspeakable filth that pours out of factory farms into the rivers and streams. Humans can live very well without an animal-based diet that requires far more land, water, energy, pesticides, chemical fertilizer and other agricultural inputs than the vegetarian diet first given in Bereshit.

The midrash states that G-d showed Adam the trees in the Garden of Eden, and said “See my works, how fine they are, all that I have created, I created for your benefit. Think upon this and do not corrupt and destroy My world, for if you destroy it, there is no one to restore it after you” (Ecclesiastes Rabbah 7:28)

But as Rabbi Moss says, the most common argument against a carnivorous diet is that of preventing tzsa’ar ba’alei chayim, infliction of unnecessary pain and suffering on animals. The sages felt so strongly about this that they included it as one of the seven Noahide commandments that bind all humanity.

It is difficult to judge the relative pain caused by shechita compared to everyday slaughtering methods, but one can only speculate that sentient creatures would feel terror while witnessing the fate being inflicted on the creature before them. In discussing the prohibition against killing an animal and its offspring on the same day, the Rambam states in his Guide for the Perplexed that “there is no difference in this situation between the pain of humans and the pain of other living creatures”. He points out that imagination exists not only in humans but also in most other animals. Leaving this aside, animals raised today under the factory-farming system undoubtedly suffer

COMPASSION TO ANIMALS

greatly – from the battery hens to the packed feedlots.

Rabbi Moss states that “only a human can be generous, kind, selfless and act higher than our instincts”. Is it not therefore beholden upon us to rise above our instincts of lust for flesh and show some compassion to the creatures over which we have been granted domination?

Desmond Bellamy has a BA(Hons) in modern history and is business manager at the Emanuel School, Sydney. He and his family have been vegetarian for five years.



NOTICE

WE ARE DESPERATELY SEEKING CONTRIBUTIONS/ARTICLES ETC. FOR INCLUSION IN THE JEWISH VEGETARIAN. UNFORTUNATELY WE ARE UNABLE TO PAY FOR SUCH ARTICLES, BUT WILL, OF COURSE, GIVE CREDIT TO THE SOURCE. PLEASE CAN YOU HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

VEGAN TRAVELS

AN ITALIAN HONEYMOON

BY PAIGE NEWMAN

Why would I, a strict vegan, spend my honeymoon mainly on Sardinia, an island in Italy whose most popular dishes include porceddu (roast suckling pig) and pecorino (aged sheep cheese)? I must say I love a challenge, and from previous trips to Italy I knew I'd be able to find delizioso food and sunny, romantic scenery. Also, the island's history appealed to me – a mixture of Italian, Spanish, North African and Sardo, the island's own culture.

VEGAN TRAVELS

I knew eating a balanced vegan diet could be difficult though, so I packed protein powder and vitamins, instant hummus (for those long train rides), and “Luna Bars,” my favorite of the zillions of energy bars on the market. Though I found minimal information on the Internet in my search for vegetarian restaurants in Italy, the list of vegetarian phrases in Italian that I found on the International Vegetarian Union website was indispensable. And of course, I brought a few travel guide books that often mention tips and places to eat your veggies, along with an Italian dictionary/phrasebook.

THE BOUNTIFUL PRODUCE OF ALGHERO

That being vegan hadn't made it big in Italy yet became apparent on the airplane to Rome. A nun sitting next to us was curious when she saw our pre-ordered veggie meals. I explained to her my main reason for being vegan and she seemed to respect my values, paraphrasing “You protect the animals.” A few minutes later, she told my mostly-vegetarian husband he should sneak ham and sausage when I wasn't looking. She followed with, “The primary animal you should respect is humans.” Different strokes for different folks.

Our Sardinian adventure began in Alghero, on the lovely west coast of the island. The local specialty called “pane carasau,” a crispy flat cracker with olive oil and salt, was fun for the senses, as was walking through the open air market on V. Cagliari in town. We filled a bag with beautiful fresh apricots and pears for one U.S. dollar. For ambitious travelers, cooking up colorful peppers, potatoes, eggplants and other tasty veggies on a camping stove would be a simple task. Like the Italians in Alghero, we walked along the beach boardwalk at night, and I was happily surprised to find protein sources for sale, in the form of pumpkin seeds and dried garbanzos.

In restaurants I encountered lots of seafood, so I stuck with ensalada mista (mixed salad) and pizza or spaghetti with “solo verduras (vegetables)” or tomato sauce. I was impressed by gnocchi (potato and flour dumplings), which I ordered with tomato sauce but without the cheese — “senza formaggio.” Some restaurants use chicken or meat broth in their red sauce; saying I was vegetarian (vegan is not a well-known word in Sardinia!) and that I was allergic to cheese usually did the job. Asking in broken Italian for a meal without meat, fish, cheese and eggs was enough to try the patience of any waiter.

Surprisingly, I came across somewhere I could find more protein – a Chinese restaurant by the popular beach area called Lido di Alghero. Ristorante Cinese Pechino on V. le Europa 41 served up spicy tofu, rice noodles and

VEGAN TRAVELS

mixed veggies (I asked for no fish sauce nor eggs) with an Italian touch — breadsticks on the table.

Also on the west coast, in a small town called Milis, I was in heaven to find delectable veggie meals! Agriturismo, a farm stay, is a great way to get to know the locals and their culture. Simple lodging is in Liliana's 200-year-old Sardo home, and she also rents a few other buildings, like her brother's more modern and private apartment next door. From the Oristano ARST station, get off at the 3rd bus stop in Milis, by the public telephone, and walk straight up V. San Giorgio a few minutes. She is at V. San Giorgio 69 (tel. 0783/51622). Don't be afraid to ask locals for "La casa di Liliana;" she is famous in town for being probably the only vegetarian, with all the cats and dogs running around the house. A vegetarian for 20 years, Liliana, as she puts it, "likes animals alive."

Our meals there included rosemary seitan (wheat meat), pasta with eggplant and parsley fresh from the organic (also rare in Milis) garden, and hand-marinated olives and wild artichokes, of course complimented with salad, bread, and wine. We fell in love with friendly Liliana, graciously giving us tours of her medieval town. Since she doesn't speak English, my Spanish was invaluable, as was the Italian dictionary. It was well worth the trek out to Milis and the stares from locals unaccustomed to Americans.

Next we headed to the southern port city of Sardinia, Cagliari. Signs were posted for Chinese and Arabic restaurants but we stuck with Italian cuisine. At one pizzeria, I ordered potato pizza, expecting thinly-sliced potatoes like I'd had in Rome. Due to the language barrier, what came to the table was comical — a pizza with greasy French fries on top, the quintessential American meal!

Another memorable part of my Cagliari venture was that I finally found soy gelato (ice cream) I'd heard was in Italy! Tutto Gelato at C. Vittorio Emanuele 244 had chocolate and apple "gelato di soia" while L'Isola del Gelato at P.za Jenne N. 32. sold pistachio. At many gelaterias, I had ordered fruity gelato "senza latte" or without milk, but nothing had been as creamy and luscious as soy gelato.

Our last Sardinian stop was in Oliena, the central mountainous part of the island. Staying and eating at the same place was relaxing after so many trains and buses — Cooperativa Enis (tel. 0784/288363) was our retreat.

VEGAN TRAVELS

Again, we were the only Americans in sight and I'm sure I was the only vegetarian. Pasta with olive oil, garlic and chili pepper served me well as did pasta and zucchini, salads and fruit. But it was difficult to disregard the fact that people at the next tables were munching on lamb chops, rabbit, veal, prawns, horse and tuna.

Ending the trip with a few days in Rome made travel easier as a vegan because more people speak English and are accustomed to vegetarianism. What was more challenging was crossing the street safely! A splurge for budget travelers was the classy all-vegetarian restaurant Margutta, at V. Margutta 119. Yummy seitan/ grilled veggie skewers and tempura were among the entrees. According to the waiter, vegetarianism was popular in Italy, but not veganism because Italians love cheese so much.

I did fine without cheese, finding the best pizza of the whole trip at Zi Fenizia, V. Santa del Pianto 64 in the Jewish section of Rome. Sun-dried tomatoes, bell peppers and arugula topped this stand-up-and-eat kosher pizza. By the Pantheon, outdoor places served incredible foods like bruschetta, bread piled high with chopped tomatoes, olive oil, basil and salt. People-watching was wonderful from the patio tables — there is a constant stream of zipping mopeds and gorgeous Italians walking with cell phones and gelato.

We also found an early-day open air market at Campo dei Fiori, boasting tables covered with melon, avocados, peaches (I got one for 15 U.S. cents) and more. I excitedly discovered cappuccino, cream and vanilla, among other flavors of soy gelato, at Caffè Fontana di Trevi (in front of the Trevi fountain) and Gelateria Blu Ice nearby on V. del Muratte 18A/19. Buyer beware: too much childlike enthusiasm for large portions of soy gelato causes an upset stomach, at least in my case.

As much as I love Italian food, as well as the leisurely pace at which it is eaten, after 15 days of hedonism I was ready to go home. Living on the west coast of the U.S. we are lucky to have a superb variety of foods, including soy products and foods from all the over the world, including Italy! And I can rest assured when I order in my native tongue, I'll never get a French-fry pizza.

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GARDENER'S CORNER

GARDENER'S CORNER

The cherry blooms again and the countryside is dotted with a white mist of blossom making each tree identify itself in a clear statement that the sap has risen once again. At its foot the bluebells throng, reflecting the blue sky, which the canopy above will soon dapple with leafage. To accompany and form part of this kaleidoscope, the fields of oil seed rape change from cabbage green to vivid chrome yellow as if straight from the artist's pallet and Spring gives way to Summer.

In the vegetable garden our globe artichokes wintered well. In previous years they suffered from the hard frosts, so we kept them sheltered with large potting compost bags opened at both ends and with a goodly layer of garden compost from the bins. All our plants came through thriving.

The potatoes, which were planted at the end of March, can now be harvested. Growing potatoes on any rough or semi-fallow piece of ground is the best way to clean it and to prepare it for other crops such as brassicas. This is because the tops smother the weeds whilst the digging of the tubers gets rid of any weed roots and breaks up the soil. This year we obtained a big load of farmyard manure, which helped to enrich the trenches at planting time and so we hope for a bumper crop.



GARDENER'S CORNER

We rotate our potatoes over a three-year cycle to avoid build up of diseases, but some vegetables can be grown time and again in the same ground. One of these is the runner bean – the king of the bean family. Each year we dig a trench one spade's depth and into this we add several inches of compost and, if we have it, manure. We planted our beans in boxes in the greenhouse in May and they were ready to plant out on long canes in June and will grow apace and be ready for picking in July. Always follow the maxim – sow dry, plant wet – this means that it is best to sow seed into dry drills but plants to be transplanted need plenty of water either from rain or the watering can.



Onions are another vegetable that are quite happy in the same bed each year, but equally can be moved as each species take and give different nutrients from the soil.

We have a very healthy wood pigeon family resident in our garden which is always on the lookout for an opportunistic feed. Most young vegetables are just what they are seeking. So all our cabbages must be covered with netting to prevent them from being eaten to the stump. Also, if we want to enjoy any peas, these must be netted over, as they love the tender shoots and even more the pods, so investing in some protective netting saves a lot of aggravation and can be used year after year.

Earlier this year we visited Audley End in Saffron Walden, a wonderful

GARDENER'S CORNER

Jacobean house with extensive grounds, run by English Heritage.

Here they have very large walled gardens, which are completely organic. The glasshouses are out of a time warp of yesteryear. The newly restored fig house consists of troughs of soil on either side of a central path. The figs are grown in pots on top of these troughs but with the roots growing down into the soil below. The vinery was conceived on a grander scale with the ancient vines planted on the outside then at about two feet coming into the glasshouse and trained inside on the sloping glass roof. Another glasshouse is used for oranges and lemons. On the walls themselves outdoor top fruit is grown as cordon and fan trained trees of apples, pears, plums and cherries with many old varieties present. Audley End is well worth a visit.



DATELINES

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.



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BOOK REVIEWS

"HITLER: NEITHER VEGETARIAN NOR ANIMAL LOVER"

BY RYNN BERRY

REVIEWED BY RICHARD H. SCHWARTZ PH.D

The case for vegetarianism is, in my opinion, unassailable. How can anyone defend an animal-based diet that involves the gratuitous slaughter of billions of animals every year, most of them raised under extremely cruel conditions on "factory farms"? How can one defend a diet that has so many devastating effects on human health; that significantly accelerates global climate change, species extinction, soil erosion and depletion, the destruction of tropical rainforests and other valuable habitats; and that requires far more land, water, fuel, and other agricultural resources than plant-based diets? All this, at a time, when billions of people lack adequate food and clean water.

The answer is you can't, and that is why people who eat meat try to change the subject by asking such questions as, "Doesn't the Bible say eating meat is moral?" "Aren't you wearing leather shoes?" and, perhaps most often, "Wasn't Hitler a vegetarian?"

Of course, what Hitler ate or did not eat is really irrelevant. Would anyone cite Hitler's abstinence from smoking to discredit non-smokers?

However, Hitler's alleged vegetarianism is brought up so often that it invites a response. And we should be very thankful that Rynn Berry's thoughtful and carefully documented book convincingly proves that Hitler was neither a vegetarian nor an animal lover throughout most, if not all, of his life.

First a digression to indicate how I played a role in this book being written. In 1991, Berry wrote to The New York Times commenting on the vegetarianism of Isaac Bashevis Singer and how this important feature of Singer's life had been glossed over in his recent obituary. A positive response to Rynn's letter from Janet Malcolm drew a reply from another Times reader. Under the headline "What About Hitler?" the writer scolded Ms Malcolm for implying that the universal acceptance of vegetarianism will bring about world peace because, "Adolf Hitler was a vegetarian all his life and wrote extensively on the subject." Following that letter, in September 1991, The New York Times published my response under the headline, "Don't Put Hitler Among the Vegetarians." In it, I pointed out that Hitler would occasionally go on vegetarian binges to cure himself of excessive sweatiness and flatulence, but

BOOK REVIEWS

that his main diet included meat. I also cited Robert Payne, Albert Speer, and other well-known Hitler biographers, who mentioned Hitler's predilection for such non-vegetarian foods as Bavarian sausages, ham, liver and game.

The above correspondence is discussed in detail in Rynn Berry's introductory chapter "An Exchange of Letters".

Berry's slim book has a superb 26-page introduction by Martin Rowe, founder of Lantern Books publishers and publisher of my books "Judaism and Vegetarianism" and "Judaism and Global Survival". Rowe eloquently discusses how the question about Hitler's alleged vegetarianism is an attempt to change or drop the subject of vegetarianism. He points out that the argument, "Well, Hitler was a vegetarian" becomes shorthand for silencing the complicity we all have in the killing of others. Ironically, Rowe sees recent trends toward vegetarianism that "honours the earth, the animals, the welfare of the human body, and the health of the world as a whole" as part of "the ultimate reply to Hitler." There are many more vegetarian-related insights in Rowe's introduction that make it by itself worth the price of the book.

Berry has carefully researched everything available about Hitler's alleged vegetarianism, and he cites several biographies to buttress his case. For example, Robert Payne's "The Life and Death of Adolf Hitler", which has been called definitive, scotches the rumour that Hitler might have been a vegetarian. According to Payne, Hitler's vegetarianism was a fiction made up by his propaganda minister Joseph Goebbels to give him the aura of a revolutionary ascetic:

"Hitler's asceticism played an important part in the image he projected over Germany. According to the widely believed legend, he neither smoked nor drank, nor did he eat meat or have anything to do with women. Only the first was true. He drank beer and diluted wine frequently, had a special fondness for Bavarian sausages and kept a mistress, Eva Braun, who lived with him quietly in the Berghof. There had been other discreet affairs with women. His asceticism was fiction invented by Goebbels to emphasize his total dedication, his self-control and the distance that separated him from other men. By this outward show of asceticism, he could claim that he was dedicated to the service of his people.

"In fact, he was remarkably self-indulgent and possessed none of the instincts of the ascetic. His cook, an enormously fat man named Willy Kanneneberg, produced exquisite meals and acted as court jester. Although Hitler had no

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fondness for meat except in the form of sausages, and never ate fish, he enjoyed caviar. He was a connoisseur of sweets, crystallized fruit and cream cakes, which he consumed in astonishing quantities. He drank tea and coffee drowned in cream and sugar. No dictator ever had a sweeter tooth."



As Berry points out, not even the loosest definition of vegetarianism could be stretched to fit Hitler's gastronomic preferences. He also shows that biographical materials about Hitler's "vegetarianism" are contradictory. Writers who also mentioned his fondness for sausages, caviar and occasionally ham sometimes described him as a "vegetarian". For example, the April 14 1996 Sunday magazine edition of The New York Times, celebrating its 100th anniversary, included this early description of Hitler's diet in an article previously published on May 30, 1937 'At Home With The Fuhrer'. "It is well known that Hitler is a vegetarian and does not drink or smoke. His lunch and dinner consist, therefore, for the most part of soup, eggs, vegetables and mineral water, although he occasionally relishes a slice of ham and relieves the tediousness of his diet with such delicacies as caviar..."

Of course, as Berry points out, Hitler's philosophy and actions are poles apart from those generally associated with vegetarianism. Furthermore, he argues if Hitler had been a vegetarian, he would not have banned vegetarian organizations in Germany and the occupied countries (he devotes an entire chapter to this); nor would he have failed to urge a meatless diet on the German people as a way of coping with Germany's World War II food shortage.

Because animal-based diets and agriculture are so destructive, it is important that we dispel all false challenges to vegetarianism, including the recurring myth about Hitler. Hitler: Neither Vegetarian Nor Animal Lover does it definitively. I hope it gets the wide readership that it deserves. Then, perhaps people will focus on the important vegetarian-related issues and on history's vegetarian humanitarians, such as Tolstoy, George Bernard Shaw, Mahatma Gandhi, Isaac Bashevis Singer, Ray David Cohen (the "Nazir"), and Ray Chaim Maccoby (the "Kamenetzer Maggid").

Published by Pythagorean Publishers, 2004 Price: \$10.95 (Paperback)

BOOK REVIEWS

VEGETARIAN SOUPS AND SAVOURIES

COMPILED BY GERTRUD ROBERTS



This book is the brainchild of Gertrud Roberts. Gertrud has been a member of The Jewish Vegetarian Society since 1994 and whilst vegetarian cookery classes were being held at the Bromley and District Reform Synagogue it was suggested that she put all the recipes into a book, hence 'Vegetarian Soups and Savouries'.

Gertrud likes using whole food products, such as brown flour, rice and pasta, as they add flavour and fibre to our diet. Vegetables should be organic wherever possible, but that can be difficult sometimes unless you grow your own, and why not? There is nothing more delicious than a carrot or radish fresh from the garden. She also recommends using seasonal vegetables wherever possible.

There are 22 pages of a variety of delicious soups, and the rest of the book (98 pages in all) contains savouries and sauces. There are no desserts or sweets, as Gertrud considers that most people know how to make them.

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BOOK REVIEWS

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BOOK REVIEWS

A ZEST FOR HERBS

BY CAROLINE HOLMES.

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Caroline Holmes is a leading gardening consultant, designer, lecturer, author and broadcaster and a past Chairman of the Herb Society. For the past 10 years Caroline has been devising and hosting gardening tours in Britain, France and Spain, and lectures in Britain, Japan and the USA. She is currently preparing a new TV gardens series with Anglia and Meridian

This hard-back book is beautifully illustrated, and published by Mitchell Beazley Price £20 plus P&P £4.00. Available from JVS.

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BOOK REVIEWS

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Copies of the Vegetarian Guide to the Lake District are available from local tourist information centres in the region or directly from Viva! at a cost of just £1 inc p&p.

Copies of the guide for illustration are available on request. For further information contact Angie Greenaway on 0117 944 1000 or email angie@viva.org.uk.

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St CHRISTOPHER

**A SCHOOL WHICH ENCOURAGES INDIVIDUAL
FULFILMENT**

At St Christopher School we teach girls and boys to value their own efforts and achievements and those of others. Our approach encourages self-confidence and brings out the best in both the moderately able and intellectually outstanding. We develop individual talents in a wide range of courses leading to 21 AS and A Levels.

Our many day pupils benefit from being part of a full boarding community with an extensive activities programme. Local parents can join in many aspects of School life.

The School has been co-educational and vegetarian since 1915. Our campus has the informal atmosphere of a friendly village with many fine facilities including a purpose built theatre and a new 25m indoor swimming pool.

We are a family school – girls and boys can enter from age 2½ upwards and there is then no barrier to Senior School entry. If you think your child might benefit, please phone for a personal tour or for more details.

Main entry: 8, 9 and 11
Full and weekly boarding from age 6
Direct entry possible to our lively Sixth Form
(Bursaries available)

ST CHRISTOPHER SCHOOL

Letchworth, Herts SG6 3JZ

tel: 01462 679301 fax: 01462 481578

email: admissions@stchris.co.uk web: www.stchris.co.uk

The School is an Educational Charity which aims to treat all children as individuals and to develop their personal self confidence.

LIFE MEMBERS

Life Members are the pillars of the Society. Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

**UK Life Membership
£175**

**Israel Life Membership
\$275**

**American Life Membership
\$275**

**or 5 annual payments of
£60 (\$80)**