

The Jewish Vegetarian



MOUNTAIN LIONS
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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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JVS MAGAZINE

Editor: Shirley Labelda

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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
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Please state whether 'A' or 'B' (above)

Name (in full – clearly)

Tel. No.

Address (clearly)

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.

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TURNING WORDS INTO DEEDS

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

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Visitors are always welcome.

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that a member of the friendly staff will be there to
welcome you.**

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London SW10. \$120 Ms M.K. NY. USA. \$20 L. & K.S. ME. USA.

SOCIETY NEWS

We omitted to mention in the September Issue that the article headed 'EDWARD JENNER' was sent in to us by Laurie Binstock who, in the past, has sent us many interesting articles for which we thank her.

WESSEX JEWISH VEGETARIAN GROUP

(Affiliated to The Jewish Vegetarian Society, Golders Green, NW11)

The Wessex Jewish Vegetarian Group are proud to announce their 3rd Annual Chanukah Social on Monday – 10th December 2007. 7 – 10 pm.

Bring a 'veggie' dish. Drinks will be provided. Donation only £2.00. Book early as numbers are limited. All ages welcome.

For details phone Ros Berzon (01202) 295895. The Venue will be on the 'East Cliff' area in Bournemouth, Dorset



DEAR EDITOR

The following letter was received from Dr. Alan Long (VEGA-Vegetarian Economy & Green Agriculture) together with our reply.

Dear Editor,

Re: Requirements for Household and Domestic Purchases for Jewish Customers

We receive many enquiries about current practices involved in domestic and household custom. Would you please answer our specific questions as they affect the Jewish community. We look forward to your authoritative reply.

- Q.1.** Do any Jewish practices, e.g. for preparation for food, foodstuffs, clothing or religious observances or regalia, require the killing or sacrifice of non-human animals?
- Q.2.** Can a strict human vegetarian be also a strict observer of Jewish laws?
- Q.3.** Are GM micro-organisms, plants, and animals acceptable for the production of the commodities in **Q.1**?
- Q.4.** Do observant Jews accept meat and other foods described as halal as suitable for their use?
- Q.5.** Do the proscriptions apply to products used for medicinal purposes?
- Q.6.** If animal-derived products are used by Jews (e.g. for leather, wool, clothing, footwear etc.), must the animals be slaughtered in the Jewish manner (i.e. shechita)? If Jewish practice expresses the supposed superiority over other methods on grounds of welfare surely the stipulations of killing for kosher food should extend to other uses of carcasses, offals, and the "5th quarter", as well as for animals slaughtered for other purposes?
- Q.7.** Similarly, could we expect Jewish writ to extend to animals killed for pastimes, recreation or culling of farm animals (which might have been intended for shechita) in the event of an epidemic (e.g. avian flu, for which suffocation, gassing, maceration or asphyxiation and poisoning in specially-constructed gas chambers are currently entertained for normal practice).
- Q.8.** Do the observances in the UK embrace imported commodities. If so,

DEAR EDITOR

what means would be taken to ensure that the authorizing stipulations in other countries comply with those in the UK? (Animal-derived products and derivatives originating in New Zealand, for instance, are likely to have been slaughtered – or intended for slaughter – by halal procedures; and co-products such as lanolin – and thus vitamin D used to fortify foods and to be consumed as supplements and medicaments – may be brokered through markets in which traceability “from farm to fork”, via the slaughterhouse, is difficult to establish).

Q.9. Do you agree that all meat and derived products should be labelled with information giving details on the place and method of slaughter, also hygiene assessment scores (as determined by the MHS, which is responsible also for welfare) and any scoring developed to offer likewise a measure of welfare? (For products sold loose the information should be displayed as point-of-sale or on websites).

Q.10. Are any changes in Jewish custom and stipulations in prospect?

Good Wishes.

Dr Alan Long (Hon. Research Adviser. VEGA Research)

COPY OF OUR REPLY

Dear Dr Alan Long

Thank you for sending us a copy of your letter addressed to The Chief Rabbi and the Board of Deputies of British Jews. We obviously do not represent either of those offices but as the International Jewish Vegetarian Society we naturally have views about many of the questions which you ask.

The views which we express are strictly those of the Editor and do not carry the authority of the Chief Rabbi, the Board of Deputies or any other Official Body but here goes.

Q.1. We do not believe that Jewish practices require the killing or sacrifice of non-human animals, as you put it. Whilst consumption of certain animals is permitted under Jewish Law it is not instructed that we kill an animal for our practices but being permitted there are ways in which slaughter has to be carried out in order to be as humane as possible and to recognise that every animals is part of God's creation.

DEAR EDITOR

- Q.2.** Of course a human vegetarian can also be a strict observer of Jewish Laws, we see no conflict here.
- Q.3.** Regarding GM micro-organisms, plants etc., we feel that this is a matter for personal choice when considering the various facts available about this relatively new technology.
- Q.4.** We do not believe that observant Jews accept foods described as halal as being suitable for their use.
- Q.5.** Where medical prescriptions are required, we believe that a strict vegetarian would also try to select a product which is not derived from an animal that has been slaughtered. We believe that observant Jews would also prefer this so wherever there was a choice, they would opt for the non-animal derived product. We believe that today most medicines can be synthesised and do not require the slaughter of animals. We hope this choice will continue to widen.
- Q.6.** We believe there is no requirement for leather to come from an animal which is slaughtered via shechita. With regard to clothing, the use of wool can be thought to have been derived from shearing live animals rather than slaughtering them to obtain this and it may well be beneficial to the animals to have a 'haircut' once a year. But again, it is down to each individual to decide whether they wish to wear leather or wool or use other animal products which do not directly result in the death of that animal.
- Q.7.** We do not believe that there is any part of Jewish Law or scripture that permits animals to be killed for pastime or recreation and the IJVS abhors such practices. When it comes to the control of serious animals diseases, this is a matter which the Agricultural and Government Authorities are involved and the killing of animals under these circumstances, we believe, is a regrettable result of the general need to farm animals in order to provide the greater population with meat and animals products.
- A utopian world would be one where humans and animals lived side by side without the need for one to destroy the other.
- Q.8.** We believe that all contents or ingredients of food and medicines should be identified so that each individual can, in conscience, accept or decline their use

DEAR EDITOR

Q.9. As our Society does not recommend the use of meat and derived products, we are unable to deal with the question that you have raised.

Q.10. We know of no changes that are in prospect.

We hope our answers help in your thinking and do not pose too many additional questions.

Yours sincerely,

The Editor

We received the following copy of a letter sent by DEFRA (Department for Environment Food and Rural Affairs), regarding climate change and vegetarianism to Mike Gapes MPp, House of Commons, London. This was in response to a letter originally sent by our good friend Mr Ian Rodin to his local MP.

Dear Mike,

Thank you for your letter of 1st June to David Miliband enclosing a copy of one from your constituent Mr I Rodin of Ilford about climate change and vegetarianism.

The Government fully appreciates Mr Rodin's concerns about global warming and the impacts of eating meat. However it remains the UK Government's position that such decisions are personal choices. Mr Rodin can find the Government's advice to consumers on food choices on the Directgov greener food and drink webpage at:

www.direct.gov.uk/EnvironmentAndGreenerLiving/GreenerFoodAndDrink/GreenerFoodAndDrinkArticles/fs/en?CONTENT_ID=10040873&chk=o2nSSi

The Government is aware of the problems of greenhouse gas (GHG) emissions from the livestock sector and a recent report by the United Nations Food and Agriculture Organisation stated "that the livestock sector generates more GHG emissions than transport".

We are fully committed to exploring measures to reduce/mitigate GHG emissions from this sector and agriculture as a whole. Research and Development forms a major part of Defra's commitment to addressing this issue. All options and solutions will be looked at. For example, research shows that a number of feed additives can reduce methane emissions from cattle and sheep.

DEAR EDITOR

We are also developing a strategy on anaerobic digestion (AD), a system that can be used to capture and utilise methane emissions from livestock waste for renewable energy, thereby helping to reduce greenhouse gas emissions.

I would also like to draw your attention to the fact that much of the remainder of the methane emissions in the UK i.e. those which are not from ruminants and livestock manures, are from the degradation of vegetable matter from household waste in landfill sites. This is one of the reasons we advocate aerobic composting by consumers. The Directgov greener food and drink webpage cited above gives advice on this. Minimising wastage and composting unavoidable wastes will also help in reducing methane emissions.

Ian Pearson MP

Secretary of State for Climate Change & Environment.

Note from Ian Rodin – The details in the last paragraph are incorrect for very recently District and Borough Councils in their refuse collection departments state that over twenty percent of their refuse discarded, is rotten flesh. The main culprits are restaurants, where huge amounts are placed in their bins and where rats and other vermin have a ‘nice party’. A vegetarian garbage bin does not have this problem.

Mr Rodin’s article on CLIMATE CHANGE appeared in the June 2007 issue of The Jewish Vegetarian.

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

WHAT IS A JEW?

WHAT IS A JEW?

By DR. DAVID RYDE

"A Liberal is a person whose interests aren't at stake at the moment"

WILLIS PLAYER

This Rosh Hashana – we greeted 5768, another year in Jewish history, a time for reflection and a time for planning. A time for discussing the crucial matters that concern us all – family, health, Israel, football... there is so much to talk about..

The very word 'Jew' creates different impressions to different people. To some it is the symbol of constancy and conformity yet to others it has ugly connotations. The word "Jew" is mentioned in dozens of different implications in our normal dictionaries – mostly derogatory with one or two such as Jews Harp and Jews Ear being neutral but none of them give me any cause for concern. Who even remembers Marcus Shloimovitz who in the 1970s, created heavy ripples when he sought to remove offensive Jew words from our dictionaries. Bernard Levin – in response wrote: Anti-Semitism is not caused by words. May I add, that 'to Welsh' on somebody, that is not pay a debt, does not make you anti-Celtic.

My own mother, as with everyone else, referred to a particular colour as 'Nigger Brown' – did that make her (and the others) racist? Of course not.

Over the past centuries Jews have certainly made an impression. Apart from the Lincoln connection (mentioned elsewhere in this Journal) in London alone there are a number of streets bearing the word "Jew". There are Jews Walk, Jews Row, Old Jewry and Jewry Street. So?

Subject to the social dictates of the day, the image of the Jews was ambivalent, ambiguous, villainous or heroic – but almost always in the extreme. So we come to the question I asked at the beginning – **WHAT IS A JEW?**

In my book we are all things to all people. Be sure we are black and we are white, we are mentor and we are tormentor, we are robust and we are weak, we are pious and we are ungodly, we are clever and we are stupid. But above all, as the upcoming year of 5768 proves beyond any doubt – we are survivors!

Rosh Hashanah is the bridge of history on which we stand surveying the old and the new. Whether we are devout Jews or scornful Jews, all without exception will utter the words that I now most sincerely do.

THREE JEWISH CABALLEROS

“THE THREE JEWISH CABALLEROS”

BY DERRICK COHEN

Moshe, Chaim and Yankel were students at the same art college and being the only Jewish students quite naturally teamed up together and became pals. They were known affectionately throughout the college as The Three Yiddishe Amigos. They came from completely different backgrounds and also had diverse ambitions towards their careers.

Moshe’s grandparents were Russian immigrants who had escaped the pogroms in the early 1900s struggling to make a living in London’s East End. His parents became prosperous in the garment industry owning many factories and showrooms and lived in the most prestigious area of North West London. Moshe was going to become a fashion designer and then enter the family business and help to create their own “Designer Brand” labels.

Chaim’s stock-roots were a lot deeper for his family were completely rank English, tracing their lineage back to the times of Oliver Cromwell, when Jews were first allowed back into this country. They had become big landowners and lived in magnificent splendour at their country seat just outside the capital. His ambitions were not so enterprising, he just wanted to become an artist, then bum around the world living in places such as St. Ives and Montmartre, having a good time, not worrying about anything adopting the Hippie life style leaving Mater and Pater to pick up the tabs. He was the black sheep of the family.

Yankel on the other hand still lived in the East End where his parents had a fried fish and chip shop. They hadn’t managed to escape the asphalt jungle of their neighbourhood and still lived above the shop. Yankel’s dreams and aspirations were much more grandeur for after he would qualify he was going to leave his humble origins and make his way to Bollywood with hopes of find fame and fortune, designing film sets in Calcutta.

Every day The Three Amigos used to have lunch at a nearby giant super size help yourself restaurant where they would discuss their ambitions and progress. Yankel’s mother would be getting up early each morning frying gigantic pieces of cod on the bone for them to take with, which they would discreetly conceal under their clothing. Then they would join the cafeteria queue and order a plate of soup, a portion of baked beans, chips or jacket potato, bread and butter and a dessert with perhaps tea or coffee. Never would they touch bacon, ham or treifer meat, for although each were not considered frum and at home anything went, in public they still used their

THREE JEWISH CABALLEROS

Jewish names, wore distinctive clothing and obeyed some dietary laws. They kept up appearances. They would then find a quiet corner table where they would shield each other and "Hey Presto" gigantic pieces of cod on the bone would suddenly appear on the plates with pieces of pickled cucumber.

Every day they enjoyed lunch in similar fashion and what was most amusing was the looks on the faces of the staff as they cleared the tables, for they were perplexed and bewildered on seeing all those fish bones, as the restaurant was only serving filleted fish. The Amigos would be sitting with looks of complete innocence on their faces which proclaimed "Nistch Mien Bones – Nistch Mien Bones" trying hard to suppress a grin.

Now one day large notices appeared in the restaurant saying "Would anyone finding bones on their fish please notify the management. Our fish is expertly filleted so any fish found containing bones will be sent back to headquarters for investigation!" Staff had obviously reported the findings! Still the bones kept turning up, so the restaurant offered a reward of two pieces of filleted fish for every one found containing bones, hoping to catch the infiltrated unfileted fish. Fish sales increased, everybody was ordering fish for two, for one was too good to be missed. Again there was still no sign of where those bones were coming from. Staff were positioned at strategic points watching the tables and The Amigos, aiming to avoid detection, would be shifting from table to table during courses, imagining all eyes on them. The atmosphere became tense and strained. Customers were constantly looking over their shoulders and those eating fish fervently searching for bones, hoping to claim the reward. There could be one solution to overcome the problem.

YANKEL'S MOTHER WOULD HAVE TO FILLET THE COD!

Comment: What boys only get up to, especially Jewish ones!



HALF PRICE BOOK SALE
Jewish Vegetarian Cooking by Rose Friedman
- First Edition -
£2.50 including P&P

JUDAISM AND ANIMAL RIGHTS

JUDAISM AND ANIMAL RIGHTS

BY: RICHARD H. SCHWARTZ

Although it is not well known, Judaism has very powerful teachings about the proper treatment of animals. If Jews took these teachings seriously, they would be among the strongest protesters of many current practices related to animals.

According to Judaism, animals are part of G-d's creation and people have special responsibilities to them. The Jewish tradition clearly indicates that Jews are forbidden to be cruel to animals and are to treat them with compassion. These concepts are summarized in the Hebrew phrase tsa'ar ba'alei chayim, the Torah mandate not to cause "pain to any living creature."

Psalms 104 and 148 show G-d's close identification with the animals of the field, creatures of the sea, and birds of the air. Sea animals and birds received the same blessing as people: "Be fruitful and multiply" (Gen. 1:22). Animals were initially given a vegetarian diet, similar to that of people (Gen. 1:29-30). The important Hebrew term nefesh chaya (a "living soul") was applied in Genesis (1:21, 1:24) to animals as well as people. Although the Torah clearly indicates that people are to have "dominion over the fish of the sea and over the fowl of the air, and over every living thing that creeps upon the earth" (Gen. 1:26), there was to be a basic relatedness, and the rights and privileges of animals were not to be neglected or overlooked. Animals are also G-d's creatures, possessing sensitivity and the capacity for feeling pain; hence they must be protected and treated with compassion and justice.

G-d even made treaties and covenants with animals just as with humans:

As for me," says the Lord, "behold I establish My Covenant with you and with your seed after you, and with every living creature that is with you, the fowl, the cattle, and every beast of the earth with you; of all that go out of the ark, even every beast of the earth". (Gen. 9:0-10)

"And in that day will I make a covenant for them with the beasts of the field and with the fowls of heaven and with the creeping things of the ground. And I will break the bow and the sword and the battle out of the land and I will make them to lie down safely". (Hos. 2:20)

G-d considered animals, as well as people, when he admonished Jonah:

"And should I not have pity on Nineveh, that great city, wherein are more

JUDAISM AND ANIMAL RIGHTS

than six score thousand persons... and also many cattle." (Jonah 4:11) The Psalms indicate G-d's concern for animals, for "His tender mercies are over all His creatures" (Ps. 145:9). They pictured G-d as "satisfying the desire of every living creature" (Ps. 145:16), "providing food for the beasts and birds" (Ps. 147:9), and, in general, "preserving both man and beast" (Ps. 36:7).

G-d is depicted as providing each animal with the attributes necessary for survival in its environment. For example, the camel has a short tail so that its tail won't become ensnared when it feeds upon thorns; the ox has a long tail so that it can protect itself from gnats when it feeds on the plains; the feelers of locusts are flexible so that they won't be blinded by their feelers breaking against trees.

Perhaps the Jewish attitude toward animals is best summarized by the statement in Proverbs 12:10, "The righteous person regards the life of his beast." This is the human counterpoint of "The Lord is good to all, and His tender mercies are over all His creatures." (Ps. 145:9). In Judaism, one who is cruel to animals cannot be regarded as a righteous individual

There are many Torah laws involving compassion to animals. An ox is not to be muzzled when threshing in a field of corn (Deuteronomy 25:4). A farmer should not plough with an ox and an ass together (so that the weaker animal would not suffer pain in trying to keep up with the stronger one) (Deuteronomy 22:10). Animals, as well as people, are to be allowed to rest on the Sabbath day (Exodus 20:10). The importance of this verse is indicated by its inclusion in the Ten Commandments and its recitation as part of Kiddush on Shabbat mornings.

Based on the question of the angel of God to Balaam, "Wherefore hast thou smitten thine ass?" (Numbers 22:32), the Talmud states that animals are to be treated humanely. Based on Deuteronomy 11:15, "And I will give grass in the fields for thy cattle and thou shall eat and be satisfied," the Talmud teaches that a person should not eat or drink before first providing for his or her animals.

Many great Jewish heroes were chosen because they showed kindness to animals. Moses and King David were considered worthy to be leaders (Exodus Rabbah 2:2). Rebecca was judged suitable to be Isaac's wife because of her kindness in providing water to the camels of Eleazar, Abraham's servant.

Consistent with Jewish teachings, animals cannot be equated with human

JUDAISM AND ANIMAL RIGHTS

beings. But, one need not believe that human beings and animals have the same value to protest against the extremely brutal treatment that animals are subjected to today. The realities for animals raised on modern factory farms are from the beautiful and compassionate Jewish teachings mentioned above

Fortunately, we generally do not have an “either-or” situation here; when we mistreat animals, we generally also worsen conditions for people and violate basic Jewish teachings. For example:

- **While Judaism mandates** that Jews be very careful about preserving their health and their lives, animal-centred diets have been linked to heart disease, several forms of cancer, and other diseases.
- **While Judaism stresses that** Jews are to share their bread with hungry people, 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.
- **While Judaism teaches that “the earth is the Lord’s”** and that Jews are to be partners with G-d in preserving the world and seeing that the earth’s resources are properly used, animal-centred diets require the wasteful use of food, land, water, energy, and other resources, and results in much extensive soil depletion and erosion, air and water pollution related to the widespread production and use of pesticides, fertilizer, and other chemicals, and the destruction of tropical rain forests and other habitats.

While Judaism stresses that Jews must seek and pursue peace and that violence results from unjust conditions, animal-centred diets, by wasting valuable resources, help to perpetuate the widespread hunger and poverty that eventually lead to instability and war.

In view of its strong message of concern for animals, one might wonder why Judaism doesn’t advocate vegetarianism. Actually the first dietary law in the Torah is vegetarian:

And G-d said: “Behold, I have given you every herb yielding seed which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed—to you it shall be for food.” (Gen. 1:29)

Later, permission to eat meat was given as a concession to people’s weakness, but with many restrictions (the laws of kashrut). Rabbi Abraham Isaac Hakohen

JUDAISM AND ANIMAL RIGHTS

Kook, one of the greatest Jewish philosophers of the 20th century, and the first Chief Rabbi of pre-state Israel, believed that these many dietary constraints imply a reprimand, and are designed to keep alive a sense of reverence for life, so that people will eventually return to vegetarian diets.

Rabbi Kook believed that the future Messianic period will be vegetarian. He based this on the words of Isaiah (11:69): "... the wolf will dwell with the lamb... the lion will eat straw like the ox... and no one shall hurt or destroy in all of G-d's holy mountain.

In view of the strong Jewish mandates to be compassionate to animals, preserve health, help feed the hungry, protect the environment, and seek and pursue peace, and the very negative effects flesh-centred diets have in each of these areas, many committed Jews have switched toward vegetarian diets.

In summary, there is much in Judaism that mandates that animals be treated kindly. It is essential that this message become widely known and practised in order to help end the horrendous conditions under which so many animals currently exist.

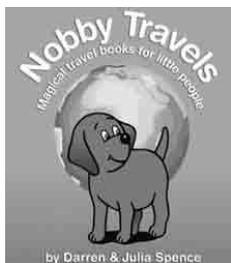
Further information on Jewish views on animals and vegetarianism may be obtained from:

1. JewishVeg.com, and especially at JewishVeg.com/Schwartz.
2. Richard Schwartz at president@JewishVeg.com
3. Schwartz, Richard. Judaism and Vegetarianism. New York: Lantern, 2001.
4. Kalechofsky, Roberta. Judaism and Animals Rights – Classical and Contemporary Responses. Marblehead, Massachusetts: Micah Publications, 1992.

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.

CHILDREN'S CORNER



TRAVEL THE WORLD WITH NOBBY - THE CHOCOLATE LAB!!!

If you are looking for a way to keep the holidays alive this winter, look no further than 'Nobby Travels', an enchanting new collection of exciting books that are guaranteed to keep kids entertained for hours.

Nobby Travels is aimed at children aged 4-8 years old. It tells the tale of a Chocolate Labrador puppy that has a magical dog flap, which allows him to travel to different countries. When he jumps through it he is greeted by a dog from the country then taken on an adventure involving fact and fantasy – teaching him and the readers about the country.

Each Nobby Travels book begins in exactly the same way “Night night, Nobby!” The Chocolate Labrador puppy settled down in his basket. His owner switched off the kitchen lights and shut the door. He heard the stairs creaking, and then it was quiet.

He should be going to bed now but something told Nobby it was not a night for sleep. He sniffed the air. Amongst the wafts of tonight’s dinner and damp boots drying by the fire, there was something else – a whiff of magic.

It was a clear night, and the moon shone brightly through the kitchen window. Nobby looked across at the back door and the moonbeam falling at the dog flap. He got out of his basket by the fire and crept across the shiny kitchen floor towards the door. He paused, wagged his tail with excitement then leapt through his dog flap

The ingenious mix of fact and fiction follows Nobby, a gorgeous chocolate lab, on a series of exciting adventures around the world, which he enters via his magic dog-flap, and on the other side he is met by a fellow canine and given a whirlwind tour.

Each story not only captivates the readers, but also cleverly teaches them about each of the countries Nobby visits, without them even realising it! A designated section at the back of each book shows the readers how far Nobby has travelled and provides them with basic facts about the country visited.

CHILDREN'S CORNER

Each book has approximately 40 pages and 25 colourful illustrations. The content is very light-hearted and makes for a perfect bedtime story. There is a small section at the back of each book where children can see exactly how far Nobby has travelled and learn a few basic facts about the country. There are 5 books in series 1 (below) plus the stand-alone title, Nobby Travels to Lapland, will be available during the festive period.

SCHOOLS CAMPAIGN:

Nobby Travels has been marketed, initially, via the Primary School Network. In September 2007 each of the UK's 24,500 primary schools were written to and asked, whether they would like to market the books to the families of their pupils, in return for a share of the profits.

Primary schools were given a unique pre-release opportunity in October to purchase these books in order to raise funds for their school. On-line orders at www.nobbytravels.com and www.weirdgrape.com

All ordered products will be distributed by 13th December 2007 –just in time for Christmas /Chanukah

In addition to this, a school colouring competition will be launched, and the school who sells the most books will be presented with a cheque for £500.

In addition to the Nobby Travels books and the launch of the web site there is "The Nobby Traveller Club", details of which can be found in the books and at www.nobbytravels.com which will give children the chance to record their travels.

Pack of 5 books entitled: Nobby Travels to – Scotland, Wales, France, Australia and Hollywood, in a plastic zipped carry case cost £14.99. There is also a further festive one entitled Nobby Travels of Lapland which is priced at £3.50.

The books are available now in all good bookstores and at www.amazon.com.

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.

NEWS FROM NEAR AND FAR

**JEWISH VEGETARIANS OF NORTH AMERICA
PRODUCES DOCUMENTARY TO PROMOTE
VEGETARIANISM**

BY: RICHARD H. SCHWARTZ

Because the world is heading rapidly toward an unprecedented catastrophe from global warming and other environmental threats, Jewish Vegetarians of North America (JVNA) has produced a documentary, **A SACRED DUTY: APPLYING JEWISH VALUES TO HELP HEAL THE WORLD,** to address these threats from a positive Jewish perspective. JVNA will send a free copy to anyone who will help arrange a screening or help promote the movie in some other way.

Almost daily there are reports of severe droughts, floods, storms or wildfires, of the melting of glaciers and polar icecaps and other indicators of global warming. It is frightening that, while these effects are due to an increase in temperature of less than 1.5 degrees Fahrenheit in the past 100 years, the Nobel Prize-winning Intergovernmental Panel on Climate Change, a group composed of hundreds of the world's climate scientists, is projecting an increase of 3 to 11 degrees Fahrenheit in the next 100 years. Even more ominous is that some climate scientists, including James Hansen of NASA, are warning that global warming may reach a tipping point and spiral out of control within a decade, with disastrous consequences, unless major changes are soon made. Israel is especially vulnerable to global climate change, in terms of reduced rainfall, severe storms and flooding from a rising Mediterranean Sea.

A SACRED DUTY is a Jewish response to these realities. It reminds us that it is our sacred duty to become aware of current threats and our responsibility to apply Jewish teachings to how we obtain our food, use natural resources, and live among other creatures that G-d created. It offers simple, practical measures for reducing our impact on the planet, including "an inconvenient truth" that even Al Gore has not yet acknowledged.

Produced by the highly acclaimed, multi-award-winning film maker, Lionel Friedberg, **A SACRED DUTY** reinforces the messages in Al Gore's **AN INCONVENIENT TRUTH** and Leonardo di Caprio's, **THE ELEVENTH HOUR** about the dangers of global warming. However, it goes beyond these films, by showing how religious responses can make a major difference and why a shift toward plant-based diets is an essential part of efforts to reduce

NEWS FROM NEAR AND FAR

global climate change and other environmental threats. It also challenges people to consider the many moral issues related to our diets, including Torah teachings on how animals are treated on factory farms and the effects on human health and the environment.

The documentary features interviews with leading Israeli and American environmental, health, vegetarian and animal rights activists as well as Orthodox, Conservative, Reform, Reconstructionist and secular leaders.

Interviewees include: Rabbi Shear Yashuv Cohen, Ashkenazic Chief Rabbi of Haifa; Rabbi David Rosen, Former Chief Rabbi of Ireland and International Director of Interreligious Affairs of the American Jewish Committee; Dr. Yeshayahu Bar-Or, Chief Scientist: Israel Environmental Ministry and many other rabbis and Jewish leaders and activists.

Biblical passages are read by the acclaimed Jewish star of Broadway and screen Theodore Bikel.

Although it is primarily intended for a Jewish audience, **A SACRED DUTY** speaks to people everywhere about the ethics of our relationship to the natural world in which we live. The movie's universal message will appeal to anyone interested in such topics as biblical teachings, Israel, the environment, health, nutrition, vegetarianism, hunger and resource usage. The movie may be said to be like Levy's Jewish Rye bread – you do not have to be Jewish to appreciate it.

A SACRED DUTY and the many activities being planned around it have the potential to help move our imperilled world toward a sustainable path. But only if the movie is widely viewed and discussed

So, please order your **FREE** copy and please consider taking one or more of the following actions after viewing the movie: have viewings for family, neighbours and friends; try to schedule showings at a local school, a synagogue and/or other houses of worship, a community centre or other communal site, etc.; share the DVD with local rabbis and other religious leaders, teachers, politicians and other local influential people.

You can request a free **DVD** by sending your name and mailing address to JVNA's secretary/treasurer John Diamond (jdiamond4@cox.net). If you feel that you can profitably use more than one DVD, just let John know, with a brief description of how you plan to use them.

NEWS FROM NEAR AND FAR

JVNA plans to build a major campaign around the movie to get tikkun olam (the repair and healing of the world) to become a central focus in Jewish life today, with a shift toward plant-based diets as an essential part of the changes that can help move our imperilled planet to a sustainable path. If you would like to be involved in the campaign or have suggestions, please contact Richard Schwartz at President@JewishVeg.com.



PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) have produced a leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet.

Please go to www.JewishVeg.com/jewishvegleaflet3.pdf and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.



This is the Universal Symbol for Vegetarianism.

It carries the message of peace and compassion wherever it is seen. Use it on your stationery, car, window or manufactured goods. Stickers and rubber stamps available – Stamp everything!

Send for circular (s.a.e. please) to Universal Symbol Committee
855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

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, OR 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.

THE JEWISH WOMAN TODAY

THE CHANGING ROLE OF THE JEWISH WOMAN TODAY

BY LAURIE BINSTOCK

I will let you into a little secret, the role has not changed, women have been taking decisions and using their initiative since the beginning of time and we can go right through the ages up to Golda Meir and Madeline Allbright and the women of today. In every generation women have taken decisions that have been of crucial significance for the future of our people. Let me share with you a number of examples taken from our scriptures as explained by our Rabbis.

It was Eve, who insisted that Adam take a bite of the Fruit of the tree, which he did, and the whole Machlokias was not about the Apple on the tree, but the Pair on the Ground.

Sarah was one of the most beautiful women that ever lived. When she was 20, she looked like a girl of 7, and when she was 100, she looked like a girl of 20. Two Kings fell madly in love with her. She was very unhappy because she could not bear any children, so at the age of 77 it was her decision to tell Abraham to take Hagar, who incidentally was an Egyptian Princess, as Wife No. 2 and as a result, Ishmael was born. We now know that when Sarah was 90 she gave birth to Isaac.

It was Rebecca's decision to get Jacob to impersonate Esau in order to receive the blessing from Isaac, and Isaac said the hands are the hands of Esau, but the voice is the voice of Jacob, nevertheless he received the blessing.

It was Rachel's decision to give the secret signals to Laya, when Laban decided to switch the brides, Rachel and Jacob were so in love that he worked 7 long years, which seemed like a day, in order to marry her, but he had a feeling that Laban would try and cheat him, so he taught Rachel certain signals to give him before the Chupah took place, when Rachel knew that her father had switched the brides, she showed Laya the secret signals so that she would not be humiliated. When Rachel eventually married Jacob, she found she could have no children, so she said to Jacob, do as your Grandmother Sarah did, take Billah my handmaid, and I will be builded up through her. Fortunately she went on to have 2 children of her own.

It was Tamar's decision to sit by the wayside and play the Harlot in order to fulfil a Mitzvah when she waylaid Judah, and as a result of which, the Moshiach will be born.

THE JEWISH WOMAN TODAY

It was Serach who serenaded Jacob with a song telling him that Joseph lives.

It was Miriam who persuaded her Parents to remarry, and as a result Moses was born.

It was Naomi who persuaded Ruth to lie down at the feet of Boaz, and as we all know, Ruth became the Great Grandmother of King David, and lived to see King Solomon on the throne.

Deborah was a judge, she was independently wealthy, she owned palm trees in Jericho, orchards in Ramah, oil producing olives in Beth-el, she sat under the palm trees judging people, she accompanied Barak to war, they mustered troops and Sisera was slain.

Each and every one of us is a true Eshet Chayall, performing daily Mitzvah's and making important decisions in order that we may merit the coming of the Moshiach in our days.

FOOD FADS

Three million Brits are suffering from "imaginary" food intolerances, it was revealed recently. A study by a food diagnostic company discovered that many hypochondriacs have changed their diet after carrying out self diagnosis on the internet. Incredibly one in 50 reckon they only noticed the condition when a friend had similar symptoms.

The research, which was carried out by www.yorktest.com to mark food tolerance week, also revealed 39 per cent of people think it is trendy to declare themselves food intolerant. Almost 12 million claim to be food intolerant – but less than a quarter of those have had it medically diagnosed

Olympic gold medallist Denise Lewis is a typical case of a sufferer who has guessed what the problem is and denied herself her favourite foods for years. She said "I have suffered from IBS related symptoms for the past 13 years and these have affected my performance on and off the track. I was often guessing what could be wrong with me and eliminating a range of foods I thought could be the problem After taking a YorkTest food intolerance test I found out I was intolerant to cow's milk, egg yolk and garlic. Since reducing these from my diet I have not suffered my usual bloating and stomach cramps, have more energy and feel brighter and lighter. My stomach has

FOOD FADS

healed itself and I can even tolerate a little bit of those 'forbidden foods' in my diet once again."

A spokesman for www.yorktest.com said: "Food intolerances are on the increase but it is worrying to think that many sufferers have never actually been tested or diagnosed. "There is a surprisingly diverse range of foods which people are now intolerant to."

Nutrition expert Patrick Holford says that people spend decades suffering unnecessarily from hidden food intolerances because most doctors are not aware of the symptoms that can be caused, and cured, by avoiding unidentified food intolerances. Mr Holford said "I suffered for twenty years from crippling migraines, ear infections and sinus problems before identifying that the problem was food intolerance."

"People who feel tired or have digestive problems, or eczema, asthma or joint aches often have a food allergy or intolerance. Likewise headaches or depression are often symptoms of hidden food intolerance. Food intolerance symptoms are not as severe as food allergies; so many people might not want to worry their doctor about them and will just blame it on the busy, hectic, lifestyles we lead."

Twenty two percent of the 1500 polled have to put up with constant sneezing and 18 per cent having a stuffy nose. Another 13 per cent suffer from hives while 11 per cent even have a shortness of breath thanks to their allergy or intolerance. The range of foods people are intolerant to is incredibly diverse with grapefruit and sushi being named as two of the worse offenders.

Patrick Holford added: "Some suffer for years unnecessarily but food allergies are caused by IgG antibody reactions to foods. By identifying what you are allergic to, avoiding it for three months and following an anti-tolerance diet, most people can grow out of these IgG based intolerances and go back to eating their favourite foods again. By taking a simple and clinically proven test such as YorkTest, consumers can diagnose over 130 potential culprit foods within a couple of weeks, saving months of guesswork and hours trying to get appointment with their doctor."

Some believe it is a condition fuelled by celebrities with 38 percent blaming faddy and celebrity diets for an increase. Sixteen per cent of those polled said there are not enough products on the market to help identify or prevent their food intolerance.

CONSUMER CORNER

NEW DRUG-FREE STEP IN THE RIGHT DIRECTION FOR ARTHRITIS

A revolutionary new, drug-free, product that eliminates the pain of arthritis and aching joints has been revealed as a simple, but effective, copper shoe insole. Copper is famed for its healing properties and many arthritis sufferers have long hailed its benefits through traditional bangles. Now an advanced version, the **Original Copper Heeler[®]**, has been designed by Orthopaedic Technician Anthony Andrews.

The miracle soles have proved such a success that they are literally flying out of the shop, with thousands purchased and Anthony has so much faith in the power of the **Copper Heeler[®]** that he promises to refund the price if it doesn't work.

The Original Copper Heeler[®], which is available in all sizes, is ultra thin, lightweight and moulded to the shape of the foot for maximum comfort, you simply peel off the adhesive pads and place inside footwear. The heel works by interacting with the sweat glands on the soles of the feet to boost copper absorption.

During his 40 years in the industry and Managing Director of Special Footwear and Orthotics, a specialist shoe shop, Anthony worked out that if a thin bracelet had beneficial effects, how much more relief might a greater area of copper give to aching joints if it were placed inside a shoe. He set about researching and after two years testing different shapes, thickness and designs he came up with the copper insole.

Anthony says: "Copper is absorbed through the skin and works on aching joints in all parts of the body. I don't know how it works, but it does. As an Orthopaedic Technician I have seen first hand so many people suffering from stabbing arthritis pain in their feet, knees, back, hands, shoulders, everywhere really. There are so many people who are in constant pain and discomfort due to arthritis, who have turned to strong painkillers and drugs in desperation. I was passionate in finding a natural, drug free solution to stop the torturing pain of this destroying disease."

Thousands of satisfied customers worldwide have already written in with thanks and testimonials praising the effects the copper sole has had on their lives. Many are now drug free and simply use the insoles to relieve the pain of arthritis and aching joints.

CONSUMER CORNER

Copper facts: Copper is needed by a number of antioxidant enzymes, such as super oxide dismutase, which help to reduce inflammation. Lack of copper reduces activity of these enzymes and may contribute to the development of inflammatory diseases.

Arthritis facts: More than 7 million adults in the UK (15% of the population) have long-term health problems due to arthritis and related conditions – Arthritis Research Campaign

Further information and testimonials are available on Website: www.theoriginalcopperheeler.com Tel: 0207 486 4664.

Retail price: £19.95 per pair, plus P&P

FABULOUS BRANDS LAUNCHES “FREE FROM” ORGANIC NOODLES

For those who are careful about their diet, Fabulous Brands is launching four delicious and new organic noodle varieties under its King Soba Noodle Culture brand.

Made from whole grains and free from wheat and gluten, the new noodle varieties are: Organic Black Rice, Organic Sweet Potato & Buckwheat, Organic Pumpkin Ginger & Rice and Organic Brown Rice & Wakame (sea vegetable).

The health benefits of these products are numerous. Whole grains are rich in antioxidants, minerals and B vitamins. Buckwheat, brown rice and sweet potato are low to medium glycemic index (GI) foods and seaweed is known to cleanse the body of toxins and is rich in minerals and vitamins. Black rice is particularly nutritious, containing five times more protein and minerals than ordinary white rice and is rich in iron, calcium, zinc, manganese, selenium and B vitamins.

Packed in convenient 250g sleeves with three pre-portioned bundles in each pack, the products are available from Wholefoods Kensington High Street, selected supermarkets and health food stores nationwide. The retail price is £1.69.

WHO INVENTED THE CROSSOVER?

WHO INVENTED THE CROSSOVER?

By DAPHNA BERMAN

It's been an unlikely journey for Stuart Ballan, a sales and marketing professional-turned children's book author, whose recent publication was something of an improbable best seller.

Ballan, who emigrated from London to Israel a decade ago, has since become prominent in local business circles as president of the Kellogg-Recanati business school alumni club and has broken into the Israeli literary scene, becoming among the rare Anglos to publish a book in Hebrew.

"Who Invented Vegetables?," his debut into the children's book world, sold nearly 10,000 copies – most of them in the produce isles of Supersol, the supermarket giant – during the weeks ahead of Shavuot.

"It's not easy for an English guy to publish a book in Hebrew," Ballan admitted during a recent interview, in what appeared to be something of an understatement. "Who Invented Vegetables?" was followed soon after with the publication of "Who Invented Colors?," both published by Gvanim in 2007 and illustrated by well-known children's illustrator Danny Kerman as part of this "Magic Pen and Paper" series. Perhaps in a nod to his formal professional training, Ballan refers to Kerman as the "Bill Gates of children's literature in Israel."

Ballan's venture into the children's publishing world is something of an off-beat immigrant success story. He is the founder and CEO of Mobile Software Israel, a company that offers investment and outsourced sales services. In his own words, "I never planned to write kids books in Hebrew. But when you arrive somewhere, the journey is different from what you thought it might be."

Ballan, 48, considers himself an entertainer more than a writer. Putting his son, Lee, to bed every night, Ballan would make up stories about a magic pen and paper that Lee used to draw his wishes; as part of the story, anything his son had drawn would magically come true.

At a recent party, a friend suggested he consider publishing the bedtime stories. Ballan mulled it over and then did his version of market research by taking the stories to local kindergartens. "It wasn't sophisticated market research, but the kids didn't reject me," he said. And with that vote of confidence, Ballan went shopping for a publisher.

Though he briefly entertained the idea of searching for a US-based publisher,

WHO INVENTED THE CROSSOVER?

he realized it would be nearly impossible to break in from Israel.

"To think for a second that I could sit in Tel Aviv and penetrate the US market would be naive. I am an unpublished author living in Israel," he said. "Even if I had a good track record, they have better options in New York."

And so he wrote the book in English, worked with a professional translator and pitched the text to Gvanim, a small Tel Aviv publishing house.

He then did extensive publishing research, only to find a Harvard business report that stated that some 84 percent of books in a large American bookstore sell two copies or less a year. Ballan decided he didn't want to invest the energy, only to find himself in that 84 percent.

He therefore decided to search for outlets other than the traditional bookstore. Aside from Supersol, he also signed a deal with Agrexco, the vegetable exporters, who distributed "Who Invented Vegetables?" free to their clients' children for Shavuot. Ballan is now working on his next book, "Who Invented Numbers?" and seems to be revelling in his newfound career.

"There's something very special about not only moving to Israel, but making a home for myself here and publishing two books in Hebrew," he said.

In the meantime, though, he has yet to quit his day job, though the thought has certainly crossed his mind. "If I can earn a respectable living and build this into a serious business, I would be delighted."



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 £40 (\$60)

INTERNET TV – VEGGIE STYLE

INTERNET TV – VEGGIE STYLE 'AIRING YOUR VEGGIE HOLIDAYS'!

TV presenter and entrepreneur Karin Ridgers has spent the past 18 months liaising with TV stations to get a healthy compassionate TV programme off of the ground. Not to be deterred after being told she's "too ahead of her time", Karin decided to produce her own internet TV station and **VeggieVision.com** was born.

The next phase is to find **vegetarian holiday makers** who would like to film a short report about how suitable their holiday is for fellow vegetarians and hope that you can help. These clips will be added to the new look internet TV station which is coming very soon.

World leading poet **Benjamin Zephaniah** and actor and Vegetarian Society patron **Jerome Flynn** of Soldier Soldier fame have exclusive interviews about their lives and being vegetarian, along with everyone's favourite **Joanna Lumley**, hilarious comedian **Sean Hughes**, **Wendy Turner-Webster** (Pet Rescue), actress **Carol Royle** (new BBC drama coming soon) and actress **Rebecca Callard** (the Borrowers) will all be showing shortly.

Driven by a passion to promote non meat eating in a positive way, Karin's venture will have a combination of **celebrities, information, cookery and real peoples' stories** – all with a positive attitude.

VeggieVision.com has already received an amazing response from all over the UK, Germany, Holland, Italy as well as America, Australia and Israel.

It's said that in a few years we will all be watching programmes differently and watching the internet more. So maybe being ahead of time is a positive attribute and not a set back!

"At the moment we have a selection of mini programmes that people can click and watch with many more coming soon. More and more people are going over to broadband, which means that this is the perfect time to set up an internet TV station. **VeggieVision** is quick, informative, fun and educational – with the benefit of viewers being able to watch worldwide 24/7." Founder Karin commented.

The team are all professional cameramen, editors and presenters – from private production companies and Sky TV.

Award winning Karin Ridgers, a former director of The Vegan

INTERNET TV – VEGGIE STYLE

Society UK, has worked with Essex based production companies as well as the **BBC** and **The Discovery Channel**. The school reunion she organised in 2002 was made into a documentary for **Channel 5** and was 'pick of the day' in most national media.

For more information please contact:

**Karin Ridgers on 07970 732668 or info@veggievision.co.uk
www.veggievision.com**

www.karinridgers.tv – Presenter, educator and informer, bringing issues like fitness, veganism and kind and fair treatment of animals to a wide audience.

PARKING IN THE PARK!



This picture was taken and sent to us by Inge Sadan – Jerusalem, whilst in London's Regents Park on an Autumn day. As with most places there is always the big problem in finding parking spaces, but there is usually one last space to be found, even for the birds!!

COOKERY CORNER



Denise Phillips

DELICIOUS WINTER RECIPES FROM DENISE

CALZONE

A Calzone is a pizza folded over to enclose its filling. It can be made large or small and stuffed with any of the traditional flat pizza fillings. It is one of the specialities of Naples, Italy. The word 'Calzone' literally means 'trouser leg' in Italian and was so named because it resembled a leg of the baggy trousers worn by Neapolitan men in the 18th

century. Calzone are now usually round but were originally made from rectangular pieces of dough folded over a long central filling. Although widely available in most Italian restaurants, making your own and putting in your special filling is quite a magical experience! Make them with the children as they will enjoy the fun too.

They can be eaten hot or cold and enjoyed any time, as lunch, a picnic, part of a lunch box or kept for Shabbat lunch.

Preparation Time: 30 minutes plus 1 hour 5 minutes rising time

Cooking Time: 25 minutes

Makes: 6



Ingredients

2 sachets dried yeast/7g each; 225–250 ml warm water; pinch of sugar; 1 teaspoon salt; 550g strong white flour; 2 tablespoons olive oil

Filling

2 large onions – peeled and finely chopped; 1 tablespoon olive oil – for frying; Large bunch of fresh basil; 10 medium sized tomatoes – skinned, deseeded and chopped; 350g ricotta cheese; 250g mozzarella cheese – cut into cubes; 6 tablespoons Parmesan cheese – grated; 3-4 tablespoons pesto sauce or sun dried tomato paste or tapenade; salt and freshly ground black pepper; olive oil – for brushing

COOKERY CORNER

Method

- 1) Combine the yeast, 100ml of the 225ml -250ml warm water and sugar. Leave for 5 minutes until the yeast starts to foam.
- 2) Mix the flour, salt and oil in a large mixing bowl. Using a dough hook of a mixer or the metal blade of the food processor, gradually add the yeast mixture and slowly add the 125ml water. Continue mixing until the dough is smooth and leaves the sides of the mixing bowl.
- 3) Remove the dough from the processor. Knead it for 2-3 minutes on a surface dusted with flour. Form into a ball. Return the soft dough to a clean, slightly oiled bowl. Cover and leave to rise for 1 hour.
- 4) Meanwhile make the filling. Place the tomatoes in a bowl and pour over boiling water. Leave for 2-3 minutes. Drain the water away and remove the skins. Cut the tomatoes in half, deseed and roughly chop the flesh.
- 5) Heat the olive oil in a frying pan. Sauté the onion until just golden. Transfer to a mixing bowl. Add the chopped tomatoes, mozzarella, basil, ricotta, Parmesan cheese and season with salt and freshly ground black pepper.
- 6) Pre-heat the oven to 240°C/475°F/Gas mark 8.
- 7) Knead the dough and divide into 6 balls.
- 8) Roll each ball into a flat circle about 5 mm/ ¼ inch thick. Use the lid of 20 cm saucepan as a template Spread the pesto sauce or sun dried tomato paste or tapenade on the flat circle leaving a 2 cm border.
- 9) Divide the filling between the 6 circles of dough, placing it on half of each circle and allowing a border of 2 cm/ 1 inch all around.
- 10) Fold the other half of the circle over. Crimp the edges of the dough together with your fingers or a fork to seal.
- 11) Line a baking tray with non stick baking parchment paper. Place the calzone on the tray. Brush the tops with olive oil.
- 12) Bake for 15- 20 minutes until the tops are golden brown and the dough is puffed up.

HELP!!!

We are in desperate need of someone to 'man' the office one day a week (day to be arranged) preferably the same day each week, on a voluntary basis.

Computer skills would be an asset.

Please contact the office on 020 8455 0692 between 10.00am – 4.00pm.

COOKERY CORNER

ALMOND AND CREAM CHEESE SPONGE CAKE

At Chanukah it is customary to enjoy cheese-based desserts. In the Apocrypha we read that Judith gave the Greek general salty cheese to feast on. As a result of his thirst he drank too much wine and she was able to behead him in his drunken state!

My cheese recipe needs nothing stronger than a good cup of tea to enjoy with it! In my family we get together on Chanukah Sunday to exchange our gifts and share tea together. This cake is a reliable favourite – and no crumbs when you slice it!

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Can be made in advance

Can be parev

Ingredients

150g unsalted butter or margarine;
175g caster sugar; 3 eggs; 200g self raising flour; 250g light cream cheese, natural yoghurt or non dairy cream cheese; 125g ground almonds; ½ teaspoon almond essence



For the syrup

250g caster sugar; 150ml water; juice of half a lemon

Method

- 1) Pre-heat the oven to 180°C/350°F/ Gas mark 4.
- 2) Line and grease a rectangular tin approximately 30cm x 25cm (12 x 10 inch) with non-stick baking paper.
- 3) Cream the butter or margarine and sugar together until light and fluffy.
- 4) Add the eggs one at a time, adding a tablespoon of the flour with the second and third. Mix in the cream cheese.
- 5) Fold in the remaining flour, ground almonds and almond essence.
- 6) Turn into the prepared tin.
- 7) Bake for 40 minutes or until the centre springs back when lightly pressed.
- 8) To make the syrup, heat the sugar and water until dissolved. Bring to the boil and simmer for 2 minutes. Add the lemon juice. Pour over the cake and leave to cool in the tin. If there is more syrup than you need, keep and pour over the cake. Alternatively if you would like to use this sponge cake as a dessert, serve it with ice cream or custard!

To serve the stylish way: Invert the cake and cut into small triangles.

COOKERY CORNER

PERSIAN RICE CAKE

This is a popular layered rice and potato dish which is cooked very much in the tradition of Persian/ Iranian cuisine. The combination of textures – crispy potatoes and nutty creamy rice is really delicious and the saffron adds a tasty aromatic flavouring which delightfully infuses the white rice and turns it pale yellow.

Whether you soak your rice depends on time and tradition. But soaking rice can shorten the cooking time and allow for maximum expansion of long-grain rice, particularly basmati. A soak also makes the grains a little less brittle so they're less likely to break during cooking and some people find that rinsing washes off loose starch, and makes the rice less sticky.



Preparation Time: 10 minutes plus 30 minutes to soak the rice

Cooking Time: 30 minutes Serves: 6 – 8 people

Ingredients

375g basmati rice ; 2 teaspoons powdered vegetable stock or 1 cube; 300g potatoes – roughly 2 – thinly sliced; 2 tablespoons vegetable oil; 2 eggs – lightly beaten; 6 threads of saffron; salt and freshly ground black pepper

Method

- 1) Rinse the rice well – about 5 times until the water runs clear; this removes any excess starch. Soak for 30 minutes with 2 teaspoons of salt.
- 2) Cook the rice in 750ml water. Add the vegetable stock.
- 3) Slice the potatoes in the processor for even thin slices.
- 4) In a medium sized frying pan, heat the vegetable oil. Carefully place the thinly sliced potatoes in two layers on the base. Fry on a low light for 15 minutes but be careful not to burn them.
- 5) Rinse the cooked rice and drain. Add saffron and the beaten eggs to the rice. Season well and place on top of the potato layer. Even the rice out with a fork and press down gently to seal together. Continue to cook for a further 10 minutes.
- 6) Cover with kitchen towel or a lid. Leave for 30 minutes.
- 7) Remove the lid and invert onto a serving plate so that the potato base is on the top.

Serve with tagines and stews.

COOKERY CORNER

RUM AND RAISIN FRITTERS

Chanukah would not be the same without a latkes and donuts, however this recipe is a really good alternative. The mixture is made with flour, yeast and raisins and deep fried like a donut. It is flavoured with orange and lemon zest and a little brandy and finally dipped into caster sugar to create something that is absolutely divine and a must for all donut lovers. The brandy not only enhances the flavour but helps to reduce the amount of oil absorbed during cooking.

These are just perfect to enjoy after lighting the Chanukah candles when the whole family are around. There is a delightful custom for woman that they should not do any form of work for the half an hour while the candles are burning. A custom well- worth remembering!



Preparation Time: 35 minutes plus 1 hour to rise

Cooking Time: 20 minutes

Makes: 35

Parev Will Freeze

Ingredients

600g plain flour; 2 sachets dried yeast; 2 eggs – lightly beaten; 40 g caster sugar; 50ml rum; 50g raisins soaked in the rum; 2 teaspoons zest of lemon and orange; pinch of nutmeg; pinch of salt; 1 teaspoon vanilla sugar; 1 tablespoon vegetable oil – to grease bowl; vegetable oil – for frying; caster sugar – for dusting

Method

1. Mix the beaten eggs, sugar, rum, lemon and orange zest, brandy, nutmeg and vanilla sugar and blend well.
2. Add the flour, yeast, raisins soaked in rum, pinch of salt and mix well so the dough has a medium thick texture. Add a little warm water if the mixture is too stiff.
3. Using a dough hook attachment for the mixer or a wooden spoon by hand, mix the dough until it becomes smooth and glossy.

COOKERY CORNER

4. Remove the dough from the bowl and knead by hand into a bowl. Lightly grease the bowl with some vegetable oil. Return the dough to the bowl. Cover with cling film and leave to rise in a warm place for 1 hour.
5. Using a deep-fat fryer or a deep frying pan, heat the vegetable oil so that it is hot.
6. With wet hands, take a tablespoon size of dough and roll into a ball. Carefully drop the dough into the hot oil. Do not put too many into the oil at once as it reduces the heat temperature.
7. Turn the fritters after 3 minutes. Transfer to a plate lined with kitchen paper. Either eat immediately or to keep hot, place in the oven on 180°C/200°F/ Gas mark 6 for a maximum of 10 minutes.

To serve the stylish way: Serve hot sprinkled with caster sugar.



THE CAMPAIGN FOR REAL JEWISH FOOD - NOW ON SUNDAYS



Meal times need help ! Are you seeking to release your taste buds, free yourself from the monotony of boring recipes or just escape the washing up for a few hours? **Then join the Campaign For Jewish Food.**

Founded by Denise Philips, the noted cookery writer, she will teach you new skills, new recipes and new ways with food. Modern Jewish Cookery at its best.

NEW courses now available on Sunday nights for those that can't get days off !

Party Entertaining

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Every Day Healthy Cooking

Sun 27th Jan, Wed 30th Jan, Thurs 31st Jan

Weekdays : 10am-1.30pm Sunday : 7pm -10.30pm Location : Northwood Price : £55 including 3 course meal, wine & recipes
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THE FUTURE IS VEGAN

THE FUTURE IS VEGAN

The national campaign group Animal Aid, which promotes compassionate living, was the pioneer of the UK's first Vegan Month, in November, dedicated to the ethical lifestyle and diet of veganism.

The month kicked off with Wendy the Windy Cow, who will be (there is no other word for it) farting her way around seven major UK cities to highlight the effect that animal farming has on climate change*. Wendy launched Vegan Month in Winchester, which recently topped the WWF's poll of cities with the largest ecological footprint. Winchester's inhabitants urged to take the Vegan Challenge for a day, a week or the whole month.

On hand to support Britain's budding vegans is Animal Aid's FREE new 32-page guide, 'I can't believe it's...vegan!' It includes nutritional information, shopping tips and tasty recipes. Local Animal Aid groups also held free vegan food fairs throughout the month, where the public sampled an array of tasty, non-animal foods

Vegans omit all animal products from their meals, including meat, fish, eggs, dairy and honey. The most popular reason for going vegan is concern for animals. Millions of male chicks and calves are killed every year. They are deemed 'useless' because they cannot lay eggs or produce milk. Another good reason is that those who consume 100% plant-based diets have reduced rates of heart disease, obesity, diabetes and some cancers compared with meat-eaters.

Says Vegan Month Co-ordinator Kelly Slade:

'Veganism is the delicious, healthy and ethical diet of the future, and that is why we launched Vegan Month in November with events, free info and give-aways to tempt your taste buds. Just about every food made from dairy products or eggs including milk, ice cream, yoghurt and cakes, has a cruelty-free alternative. And those products are easily available in high street shops and supermarkets, there has never been a better time to give veganism a go.'

Veganism has become increasingly fashionable since the recent publication of 'Skinny Bitch' – a vegan diet book aimed at savvy women. Its sales shot up when Victoria Beckham was seen carrying a copy. Skinny Bitch's vegan authors, Rory Freedman and Kim Barnouin, have donated 12 copies of their book to Animal Aid to give away as competition prizes.

Say Skinny Bitch authors: 'We were overjoyed to hear about the launch of

THE FUTURE IS VEGAN

Animal Aid's Vegan Month. If there's ever been a time to get in shape, show respect for our fellow animals, and help protect the planet, it's now! Going vegan is the best thing you can do for your health and for the environment. And you can feel good about not contributing to the appalling, degrading existences and agonising deaths of farmed animals. So get off the couch and get in touch with Animal Aid for a free Go Vegan pack, including quick, easy recipes; tons of health information; and buckets of motivation to get you started. It'll be the best decision you ever make in your entire life.'

Some Background Info on Veganism

- There are approx. 345,000 vegans in the UK. (Food Standards Agency, 'Consumer attitudes to food standards', 2005).
- In 2007, sales of meat-free products hit £700 million for the first time, a 7.2% rise on the 2005 figure.

***Effects on Climate Change**

Animal farming is responsible for 18 per cent of all global greenhouse gas emissions – more than road and air travel combined. Going vegan could reduce the carbon impact of your diet by 60%.



HEALTH

UK STUDY ON HEART PROBLEMS LEADS TO WARNING FOR YOUNG ADULTS

An in-depth UK study on heart problems leads to warning for young adults with gum disease.

The UK's leading dental health charity has warned that young people must take care of their teeth if they are to avoid heart problems in later life.

The British Dental Health Foundation was speaking after an in-depth UK health study (published in the medical journal, 'Heart') found that young adults who lose their teeth to decay or gum disease are considerably more likely to die from heart disease in later life.

HEALTH

The study, led by Dr. Yu-Kang Tu of the University of Leeds, followed more than 12,000 UK adults for up to 57 years, and revealed that those with a large number of missing teeth in young adulthood were one third more likely to die of heart disease than those with fewer teeth missing.

Dr Nigel Carter, chief executive of the British Dental Health Foundation, commented: "The Foundation has long held the view that a person's oral health has a major effect on the rest of the body and there is mounting evidence to support that view.

"People need to adopt a good oral healthcare routine for the good of their whole body as well as their mouth and that should include twice daily brushing with fluoride toothpaste, cutting down how often they have sugary foods and drinks and visiting the dentist regularly, as often as the dentist recommends. Cleaning between the teeth is also important and should be done once-a-day using floss or interdental brushes."

The findings of the study are based on 12,631 men and women who had medical and dental exams as college students in the 1940s through 1960s. The students were traced through the UK National Health Service until 2005, during which time 1,432 died.

Scientists believe that the bacteria in the mouth that causes tooth decay and gum disease may enter the bloodstream and damage the blood vessel lining, or trigger inflammation in the body, which leads to heart disease.

Dr Carter continued: "A common problem is that many people only consider the aesthetic importance of good oral healthcare and as a result, if they are not overly concerned with the appearance of their smile, they may let their oral healthcare slide.

"However, as this study shows, failing to take care of your teeth from a young age can lead to far bigger problems later in life.

"Anyone who is concerned about their oral health should ask their dentist for advice, while being careful to maintain a good oral healthcare routine on a day- to-day basis."



HEALTH

NUTRITIONAL PROFILING FOR THE VEGETARIAN AND VEGAN ATHLETE & BODYBUILDER

It is still surprising the number of people who tell me, “I could never get very big” because I don’t get enough protein. These are committed and intelligent vegetarians and vegans, who unfortunately have been influenced by an ill-informed and nutritionally misguided majority population who limits sporting success because of a plant based diet.

We know the vegetarian and vegan diet is health promoting and protecting, but still, deep in the back of our mind, some see for this there must be a trade off, and that is limited muscle growth for the vegetarian or vegan bodybuilder, or a disadvantage in some other area of sporting achievement.

Let me state loud and clear, non flesh eaters can achieve a muscle packed body, or the sporting successes they desire. They get more than enough quality protein to achieve this as well as any other nutritional need. The World Health Organisation (WHO) state vegans on a well planned diet will easily meet there protein requirement.

What Vegetarians and vegans need to realise, as should a meat eater, is that simply following a printed diet sheet is often not enough to obtain the results they want. It needs to be precise nutritional engineering individually developed for each athlete or person in training.

They need to step back and look at all the factors that have an influence on their diet, eating patterns and training. They need to see how these fit and work together to get results.

With a little common sense, research and nutritional tweaking, massive improvements can be made with DIY nutritional profiling. While professional profilers will have skills and knowledge to help, the vegetarian and vegan athlete is more than capable of making effective changes. Though the results may not be as good as they could get with the professional, they may be in many cases very close to it.

Keep a food diary for a couple of weeks, record the times you eat, the amount you eat, and how you eat. Do you eat fast, slow, while working, in front of the TV or at the table?

What foods do you eat a lot of, what foods do you like, what foods do you dislike, etc. how old are you, what sex are you, are you on any medication,

HEALTH

do you have any health issues, are those health issues e.g. diabetes in need of dietary rules, what is your weight, body type, social and family commitments, and of course the observation of food laws for those that still eat meat.

These are just some of the factors to consider when putting together an effective nutritional programme for bodybuilding or sport, rather than following a standard diet to achieve the goals you are chasing:

- Take time to look at these areas of your own life, and other areas that are applicable in your own individual case.
- Take each area one at a time. See what adjustments you feel relevant. What can you do to improve any given area, note this down in writing.
- Note each area in a separate section until you have reviewed all areas that you can think of. When this is completed, look for how it marries together. Are there any problems or contradictions, tweak about with them until you feel it is as good as you can get it.

Remember the rule should always be to consider overall health and fitness, not one aspect of it such as muscle growth at the expense of excess protein intake that will provide the potential of a health problem.

Should any reader want any further information or advice they may e-mail: dafclinic@hotmail.co.uk

A 'SICK NOTE'

Millions of poorly workers will struggle into the office with flu this winter – because they believe they are 'too important' to take time off.

The syndrome dubbed 'Self Importance Complex' – or SIC – will affect seven out of ten staff who arrive at their desks with coughs, colds or runny noses; And three out of ten will make it to work while ill thanks to 'FACE' – a fear of a colleague or employer.

'FACE' leaves staff either worried a workmate will step in and carry out their duties equally as well as them – or fearful of the boss's disapproval.

The study also revealed that one in ten workaholic Brits now believe having a bad cold or flu isn't a good enough reason to ring in sick.

HEALTH

Hilary Lynn, spokes woman for Olbas Powerflu, which carried out the study, said: "Our research indicates how much pressure SIC-ies put themselves under to return to work when unwell. As a nation of workaholics we need to recognise that heavy colds and flu can be very debilitating. "Fortunately there are very simple steps employers and employees can take to reduce symptoms, and get you back to the office and feeling fighting fit in no time."

The research showed a staggering 79 per cent of the 5,000 workers surveyed live in fear of the consequences of calling in sick. More than a quarter (29 per cent) said they were worried their loyalty and commitment would be questioned while nearly half (45 per cent) were afraid of what the boss would say. One in 20 (five per cent) admitted fears that a colleague will step in to cover their work and do the job better than them.

Additionally, a fifth (21 per cent) admitted to having a self-importance complex (SIC).

The SIC-ies admitted dragging themselves from their sickbeds because they think the office will fall apart without them. Top SIC-ies are those who work in healthcare, construction, education and management consultancy.

Workers, who suffer the most from FACE are likely to work in IT, recruitment or are graduate trainees. The poll also found that despite many British workers continuing to work through heavy colds and flu, a cheeky 38 per cent of us have invented an illness, just to get some time off work.

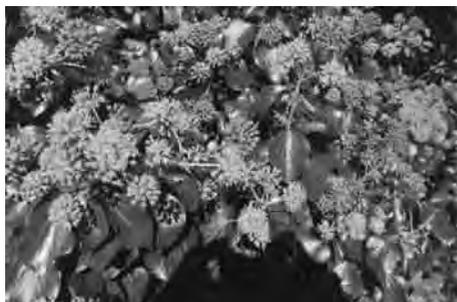
Hilary Lynn added: "It's important for employers to note that a huge 86 per cent of people surveyed said cold and flu sufferers are actually less productive at work. Battling on also tends to slow down the sufferer's recovery, and brings with it the risk of them to passing on their illness to others. The key is to enable and encourage people to get better as quickly as possible and there are several ways to empower staff to do this and get back to work with minimum negative impact. Firstly, recognise the illness; do not just shrug it off. A caring approach will undoubtedly stop staff from feeling additional pressure, which could mean a longer recovery period."

New IJVS E-mail Address
jewishvegetarian@onetel.com

GARDENERS' CORNER

GARDENERS CORNER WINTER 2007.

Once the clocks go back, which happened on the 28th October, the days draw in as winter weaves her shroud of darkness to cast over the diminishing dog days of the dying summer.



Ivy Blossom

With the shorter days, the tasks begin of clearing leaves and ensuring that the lawn does not disappear under autumn's carpet which when swept up will make marvellous leaf mould compost to nourish the crops of the coming year. Now the bean plants which took heart from the excess rains of the summer must also be consigned to the compost but leave the roots in the ground as these will fix the

nitrogen taken from the atmosphere, to enrich the soil. Nothing could be more natural and organic than this, one crop feeding its successor having first fed us.

As the vegetables of Summer are harvested and the ground made free, where potatoes grew plant brassicas, purple sprouting broccoli, spring cabbages and cauliflowers, but protect the tender young plants from the birds and pigeons who find these a particular treat when the frosts nip, I find that covering with a net on a frame of canes means that we get to eat greens.

The rest of last season's compost together with any bonfire ash from branches, which the October gales brought down, should all be spread on any areas to be dug over and will incorporate into the soil and the rough clods of digging can be left for the Winter frosts to break down into a friable tilth for Spring sowing.



Winter's Larder

At this time protect Autumn/Winter lettuce with glass or polythene

GARDENERS' CORNER

cloches to prolong the last of home grown salads.

Through the winter months harvest leeks and autumn cabbage/brussels sprouts. Spinach too will stand the cold months.

Remember the wild life, we all tend to be too tidy and clear away apples not fit for us, but these will be welcome feasts for our feathered friends. The seed heads of many flowers and weeds will be picked over by finches and the field mice, and voles will carry



Queen Wasp



Wasp taking nectar from ivy

them into their winter larders.

Survival for them is all important if we want to hear the owls hoot and raise another clutch of owlets in the spring.

Ladybirds seek sanctuary in dry shelter as do butterflies: please do not disturb till spring. Bumble bees go into their ground holes queen wasps look for winter quarters.

In the insect world honey bees have had a hard year as the weather was so against them when the flowers should have yielded summer nectar, but hopefully will have benefited from the later forage, particularly the Ivy which is one of this season's most valuable plants, generously providing nectar, pollen and habitat to those in need of its protection.

The abundant red berries on the hawthorn, cotoneaster and pyracantha are a prognostic of a cold winter, while finches moving south in numbers back this up.

Now is the time to make plans for spring in the garden and to enjoy the harvested produce from the abundant summer in winter's days of dearth.



Autumn Berries

LUNCH ON LONDON BRIDGE

THE BEST THING THAT EVER HAPPENED TO LUNCH ON LONDON BRIDGE.

This is the sexiest fast food in London! Bite through the crisp outer coating of fresh, piping-hot Damascene falafel – the seductively cloying interior mingling with rich tahini, smoky aubergine puree, or sharp Arabic pickles.

Lose yourself in sweetly roasted red peppers tossed with plump, juicy raisins and the gentle bite of walnuts complemented with creamy hummus and roasted butternut squash with toasted pine nuts or a crisp refreshing salad of mixed sprouts with extra virgin olive oil and wild sumac.

And for breakfast, savour a silky yet nutty smoothie of dairy-free Oatly milk with a whole banana, toasted oats and a pinch of cinnamon or natural yogurt infused with vanilla, blended with English strawberries, pine honey and amaranth; **or** kick start your day with a shot of Rainforest Alliance espresso or an uplifting infusion of star anise and orange zest.

Pulse-Food is Life opened its first site on the south side of London Bridge at the end of September and is the brainchild of the rebellious flavour friends of Borough Market, Jad and James. **Their mantra? What's the use of healthy food if you don't want to eat it?**

For years, the boys have been **"sought after for their Damascene falafel"** (Fay Maschler). Now they are reaching out to a wider market, exploiting the health benefits of pulses, taking ancient family recipes from Jad's native Jordan and adding James's modern sense of adventure.

The result is a menu that can only be described as healthy and utterly delicious foodie heaven! Its mainstays include a range of unusual falafel wraps cooked freshly on the premises, and innovative meze boxes, letting you customise a feast of small, delicious dishes from an ever-changing range.

Jad and James source organic spices and pulses from women-only co-operatives and smallholders in Lebanon, Jordan and Syria. Vegetables, fruits and dairy products come from more local sources – organic and fairly-traded wherever possible but with flavour and freshness their first priority.

With on-line delivery orders and custom office catering the next step, Pulse's London Bridge debut is only the beginning.

LUNCH ON LONDON BRIDGE

Please come and visit us and try a falafel wrap, pick up a mezzo box, a Madagascan vanilla Lassi or maybe a delicious wild sage tea or one of our other tempting hand made infusions.

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BOOK REVIEWS

HOW TO IDENTIFY EDIBLE MUSHROOMS

BY PATRICK HARDING AND TONY LYON
ILLUSTRATED BY GILL TOMBLIN.



How to Identify Edible Mushrooms describes all the edible species of mushroom, together with those with which they may be confused. Organised by habitat for easy reference, it is beautifully illustrated and includes the best ways to cook and eat the mushrooms you collect.

Main species are illustrated in their relevant habitat and key features are described in detail. Look-alikes are also shown alongside the main species and additional illustrations indicate how they differ.

Calendar bars indicate at what time of the year you can expect to see each mushroom, as well as illustrations and measurements of spore prints that help to identify accurately.

The book is beautifully illustrated with full details on the various types of mushrooms and toadstools, as well as food values, healing power and lots more.

Published by HarperCollins, paperback with laminated plastic cover Price £12.99. Plus P&P £2.00. Available from JVS.

BOOK REVIEWS

WHAT'S REALLY IN YOUR BASKET?

**An Easy-to-use Guide to Food Additives
and Cosmetic Ingredients**

By BILL STATHAM.

With the FSA warning that food additives may lead to hyperactivity in children – how can parents quickly check all those worrying “E” numbers?

Do you know what dimethyl dicarbonate is? It is added to some sports drinks and some fruit drinks – is it better or worse than E242 which is also in some sports and fruit drinks?

Dimethyl dicarbonate and E242 are, in fact, the same substance – and regarded as safe for use in food.

So what about tertiary butyl hydroquinone (E319) which can be found in some muesli, some muesli bars and some breakfast cereals?

Its potential effects include birth defects, tinnitus, allergic contact dermatitis and it may also be carcinogenic – so it is not surprising it is regarded as a hazardous additive!

This compact book is the vital shopping guide that parents (and health-conscious people) will want in their pocket or handbag when they are at the supermarket. It is easy-to-use:

Look up the E number and find its chemical name.

Look up the chemical name in the alphabetical list.

Read across the chart to discover the use and potential effects of the substance.

All the substances are colour-coded as red, amber or green (and have smiley or non-smiley faces) for quick at-a-glance guidance.

The book also includes an extensive section on cosmetic ingredients too.

Find out if your child's shampoo contains hazardous chemicals.

Is your deodorant a potential killer?

Could your hair colour be poisoning your immune system and your kidneys?

Make sure you know WHAT'S REALLY IN YOUR BASKET?

Published by Summersdale Publishers Ltd. Paperback. Price £5.99 plus P&P £1.00

BOOK REVIEWS

INSPIRING WOMEN

BY: MICHELLE ROSENBERG

Passion and Principles: Do Women Need To Act like Men in Order to Succeed In Business?

Envisage the stereotype of a high-powered businesswoman: a ruthless, intimidating bulldog of a 'woman' who has no interest in babies and, certainly, neither the time nor the inclination for romance.

Now imagine the reality: an intelligent, glamorous woman, determined and gutsy, yet 100% feminine. Not just a successful entrepreneur or business executive, but also a mother, a daughter and a loving wife. **Inspiring Women** features 26 inspiring profiles, written from interviews with the businesswomen behind some of the UK's best-known brands. This exciting new title stamps out the unfair, outdated stereotypes and instead reveals the real women who succeed in business, including Annabel Karmel, MBE, Karen Hanton of toptable.co.uk, Christian Rucker of the White Company, Sahar Hashemi of Coffee Republic, Romy Fraser the founder of Neal's Yard Remedies, and Mary Perkins of SpecSavers. The stories cover a range of sectors, from welfare to PR, baby food to maternity clothing, mail-order to telemarketing.

As an entrepreneur and mother of two, Michelle Rosenberg understands what being a woman in business entails. She recognises business life is tough, especially when balancing family and work responsibilities. However, far from shouting about the unfair challenges and disadvantages faced by women, Michelle celebrates the differences between men and women in business:

"It is precisely by being the so-called 'weaker and fairer sex' that they are able to bring their own unique and successful approach to their business. Several of the companies profiled reflect the social, environmental and ethical concerns shared by both founder and client. Consumers are increasingly aware of how and where their products are sourced and are looking to forward-thinking businesses to set an example. This is where being a woman in business can be such a powerful force for positive change as well as economic success", explains Michelle.

So, do women need to act like men in order to succeed in business?

On the contrary, through passion and principles the amazing women profiled in **Inspiring Women** have proved that it is possible to be successful without feeling that you have to behave like a man to make it. By learning just how

BOOK REVIEWS

real women such as Annabel Karmel, Sahar Hashemi and Mary Perkins have done it, women everywhere are reassured that it is possible and are inspired that they can do it too!

**(Published November 2007, Crimson Publishing, £12.99
Website: www.crimsonpublishing.co.uk)CUPCAKES**

FAMILY HISTORY CULTURES AND FAITHS

How your ancestors lived and worshipped.

BY MICHAEL GANDY.

For centuries, the patterns of our ancestors' lives were shaped by traditions of culture and faith, and they left a rich legacy of documents, registers and possessions. This wide-ranging guide shows how to use religious records of life's milestones – such as christening, confirmation, marriage and burial – in family history research, drawing on material in the National Archives and elsewhere. It covers the diverse faiths of Britain – Church of England, Catholic and Nonconformist, Jewish, Muslim, Hindu and others – and suggests the best sources for each, from the earliest records to more recent times.

Full of practical advice for all levels of experience, historical background and time-saving tips from family history experts, the book offers solutions for common problems and advice on how to find out more. It also explores how and where communities maintained their beliefs, from celebrations and festivals to religious buildings and schools.

Michael Gandy is a renowned genealogist, professional researcher, lecturer, author and editor of *The Genealogists' Magazine*. He wrote *Tracing Catholic Ancestors* for the National Archives' award-winning Pocket Guide series and is a former chairman of the Catholic History Society. He has been tracing his own ancestry for over 40 years.

**Published by The National Archives, Richmond, Surrey, and
Distributed by Grantham Book Services Ltd. Grantham. Lincs, Price
£7.99p. Plus P&P £1.50. Available from JVS.**

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We invite all ages to join us.

If you are interested, telephone: Rosalind: (01202 295895)
leaving your name and telephone number.

Looking forward to meeting friends we have yet to meet!

We have a number of Badges and Rubber Stamps with the
'V' sign - available at £1 for the pair, which includes postage.
Contact the office regarding payment.