



## Heschel - Hazon 2011 Israel Sustainable Food Tour

Nov. 2-7, 2011

~ Itinerary ~

### Wednesday, 2<sup>nd</sup> – Arrivals - Connecting to the Fruit of the Land

The bus will collect participants from Jerusalem (12:00) and Ben Gurion Airport (13:00), and then travel to Kvutzat Schiller, near Rehovot, for our opening activity.

*Hit the Ground – Picking* – After a light lunch, we begin by getting our hands dirty and picking produce straight from the fields under the auspices of the [massive food rescue project](#) of [Leket – Table to Table](#) (14:00 – 16:00).

We will harvest crops left in the fields, hear about issues of nutritional insecurity, and then ascend to Jerusalem, get settled in our rooms, meet each other, and head to dinner.

*Opening Dinner:* [Eucalyptus Restaurant](#), and The *Eretz Yisraeli* Kitchen with award-winning chef, [Moshe Basson](#) (19:00).

A leisurely walk back to the hotel completes our first day.

*Overnight* – At the lovely [Eldan Hotel](#), centrally located at 24 King David St., Jerusalem (Tel. 972-2-5679777).

### Thursday, 3<sup>rd</sup> – From Jerusalem to Tel Aviv – Heavenly and Earthy

*Morning* – After an early breakfast, we meet with Yossi Wolfson, director of the pioneering [Zangvill](#) center, to hear about sustainable food in the nation's capital, especially regarding vegetarianism and animal rights (08:00).

*To Market* – Insiders Tour of [Machaneh Yehudah](#) – Israel's Leading Open Air Market, a place of coexistence of local and global, classic-popular and yuppie-elite: where *rugelach* and *kibbe*, *arak* and *espresso* live side by side. With tastings! (09:30).

We then say *lehitra'ot* to Jerusalem, and head out to the ultra-Orthodox town of Kiryat Ye'arim (Telshe Stone) in the Jerusalem hills.

*Jewish Permaculture* – New/Old Wisdom, with [Talya Shneider](#) – Israel's permaculture guru is a Haredi woman, with a particular kabbalistically-informed take on the world of *shefa*, divine plenty, and our giving-and-taking with the world (11:30).

We then continue on down to the coast, to old Jaffa.

*Foodways of Jaffa* – A taste-tour of the culinary traditions of Jaffa, with one of Israel's leading culinary authorities and food writers, Phyllis Glazer. From the legendary [Dr. Shakshuka](#), to cooking demonstrations spiced with personal histories of the real food experts: the old Arab and Jewish women of these historic neighborhoods (14:00).

*Dinner/Theater* – With a twist. We will be eating at "Kapish" at the [Na Laga'at](#) ("Please Touch") Center – run by hearing or visually impaired staff. The meal itself is served by blind waiters in [Blackout](#) – completely in the dark. Following is an amazing play, called [Not By Bread Alone](#) – performed by actors who are both deaf *and* blind (18:00).

*Overnight* – In Jaffa, at the charming [Mishkenot Ruth Daniel](#), 47 Jerusalem Blvd., corner of Derech Ben Tzvi, (Tel. 972-3-5264500).

#### Friday, 4<sup>th</sup> – From Tel Aviv to the Carmel: New and Old

*Morning* – After an early breakfast, we make our way to Tel Aviv's renewed [Port](#), and to the innovative – and very [photogenic](#) - [farmers' market](#) there. The first of a dozen [farmers' markets](#) around the country, we will be meeting with the pioneer entrepreneur of this nascent movement (and star judge of the wildly popular show *Master Chef*, both in Israel and on the American version) – [Michal Anski](#) (08:00).

*Urban Ecology* – Meeting with another of Israel's entrepreneurial spirits, Tami Zeri of [Etz Ba'ir](#) – "City Tree" – where we will learn about everything from high-rise composting to urban foraging, and sample some of her amazing raw food delicacies (10:00).  
We then make our way up the coast to Zichron Yaakov, overlooking the Carmel Coast.

*Wild and Domesticated* – Zichron Yaakov was the home of Aaron Aharonson, a pioneering agronomist of the early 20<sup>th</sup> century, who discovered the forerunner of domesticated wheat – emmer or einkorn (*em hahita* in Hebrew, 'the mother of all wheat'). There are several varieties of this planted in [Ramat Hanadiv Nature Park](#) and weather permitting, we will hear the fascinating story behind this discovery during a beautiful nature walk at the reserve (13:00).

We then check-in and prepare for Shabbat at Zichron's enchanting boutique hotel, Beit Maimon.

*Sabbath Bride, Sabbath Table* – We will bring Shabbat in together, and have religious services together, or people will be free to go to a local synagogue (with many to choose from: Reform, Conservative/Masorti, National Religious, Sephardi, Haredi, and more...), both evening and morning, for those interested.

After dinner at the hotel we will relax together and reflect on the week-that-was...

*Overnight* – Both Friday and Saturday nights in Zichron Yaakov, at [Beit Maimon](#), 4 Zahal St., (Tel. 972-4-6290390).

#### Saturday/Shabbat, 5<sup>th</sup> – Shabbat R&R, then Out on The Town

*Morning and Afternoon* - There will a breakfast buffet at the hotel, and optional time for services in the morning. Throughout the day we will have times for group learning and discussion, both study sessions about Jewish views on food sustainability, and opportunities for participants to share with the group more about projects and initiatives they are involved in; as well as time for relaxing, neighborhood walks, and even swimming in the hotel pool.

*The Skinny on Sustainable Farming* – Nearby Zichron is one of Israel's leading organic farms, [Makura](#). Its owner and operator is Guy Rilov, who also is active in the national [Israel Bio-Organic Agriculture Association](#) and the Mediterranean regional organization, [ABM-AgriBioMediterraneo](#). We will meet with Guy and get a comprehensive overview of sustainable agriculture in Israel (evening).

*A Saturday Night Out: What's Brewing?* – Wineries are so 20<sup>th</sup> century! We have decided to showcase one of the freshest and most innovative projects here, and will be touring and dining at the brand-new [Pavo Brewery](#), one of Israel's leading micro-breweries.

A leisurely stroll down [Zichron Yaakov's](#) storied pedestrian mall concludes the evening.

### Sunday, 6<sup>th</sup> – Northward to Galilee – Jewish, Arab, Organic

*Morning: Israeli Palestinian Arab Perspectives* – After an early breakfast, we head up to the lower Galilee, to the town of Shefar'am, home of the [Galilee Society](#), Israel's leading Arab health and environment advocacy agency. We will meet there with director Bakker Awawdy, to explore issues of land, water, agriculture, nutrition and health among Israel's Palestinian Arab citizens (08:30).

*Sustainable Dairy Farming* – Next door to Shefar'am is the anthroposophic (Rudolf Steiner- inspired) village of Harduf, home to Israel's [largest organic dairy](#). We will tour the dairy and the organic fields, which are also the focal point of an inspiring project of work with youth-at-risk (10:15).

*Lunch:* At Yutke's, the Harduf [vegetarian-organic restaurant](#) (12:30).

*It's Olive Season!* – Moving east, our next stop is Moshav Tzipori, home of [Rish Lakish – Organic Olive Orchard and Press](#), an organic community olive oil press, for a look and taste at the olive harvesting and processing (13:45).

*Jewish-Arab CSA* – Liat Taub at [Tafrit Mekomi](#) ("Local Menu") is working to connect vegetable growers in Kefar Manda and Sakhnin and consumers in Carmiel and surrounding towns. We will meet her and some the farmers working in the project, and hear about their experiences, successes and challenges (15:30).

*Dinner* – Continuing the organic theme, this time with more cheese! We will be eating at one of Israel's leading organic goat farms, with the unlikely name of [Goats With the Wind](#) -don't worry, it's a bad pun in Hebrew, too (18:00).

*Overnight* – At the rustic B&B of [Kibbutz Shomrat](#), on the Mediterranean coast, just north of Acre (Tel. 972-4-9854897).

### Monday, 7<sup>th</sup> – Factories and Farewells (with some garbage, and hummous)...

*Morning* – This time we travel for breakfast (8:00), to one of the best in Israel. It happens to be at [Kibbutz Lochamei Ha-Ghetta'ot](#), which conveniently is also home of mega-soyfood manufacturer, [Tival Products](#). After our scrumptious repast (with no soy products...), we will meet with one of their leading food scientists on the question: "Processed Soy Meat Alternatives – Boon or Bane?" (08:45).

*Spice and Spirit* – We begin making our way back to the center of the country, and our first stop is at the [Derech Hatavlinim](#) Herb and Spice Farm, in the village of Beit Lehem Haglilit. With over 1000 different herbs and spices on sale, many of which grown on the premises, this is a feast for the senses – and a great place for some souvenirs to take back (USDA permitting of course). We will have a light lunch there, and meet with [Abby Rosner](#), expert in traditional foodways from the Bible to the present (10:30).

*Where it all Ends Up* – We will conclude our travels with a visit to the environmental education center and recycling park at the former massive landfill of [Hiriya](#), just outside Tel Aviv. After a whole week focused on the food inputs, a few hours focused on the outputs provide a fitting conclusion (14:00).

*Farewell Dinner* – We will finish our day, and our trip, with a closing circle of impressions, ideas for the future, and a sumptuous farewell dinner of [Aba Gil's](#) incomparable organic hummus and other treats, at the Heschel Center in Tel Aviv (16:30).

The bus will depart for the airport by 18:00 at the latest, and participants will be free to avail themselves of it, or make their own travel arrangements. *Shalom ulehitra'ot!*