

Time	Program	Location
Wednesday, May 22 – Arrivals – Connecting to the Fruit of the Land		
12:00 pm	Bus Pickup – Jerusalem (Meet by 11:30 am)	Binyanei HaUma Convention Center
1:00 pm	Bus Pickup – Ben Gurion Airport (Meet by 12:30 pm)	Steimatzky Bookstore – Ben Gurion Arrivals Hall
2:00 – 4:00 pm	Hit the Ground – Picking: After a light kibbutz lunch we begin by getting our hands dirty and picking produce straight from the fields under the auspices the massive food rescue project of Leket – Table to Table . We will harvest crops left in the fields and hear about issues of nutritional insecurity. We will then ascend to Jerusalem, stop by our hotel, and have an opportunity to get settled in our rooms and refresh ourselves.	Kvutzat Schiller, Rehovot
5:00 pm	Orientation: Heschel Center and Hazon Staff will welcome you to the Israel Sustainable Food Tour, and we will have an opportunity to meet each other.	Little House in Rehavia, Jerusalem
6:30 pm	Opening Dinner: Eucalyptus Restaurant , and The <i>Eretz Yisraeli</i> Kitchen with award-winning chef, Moshe Basson .	Jerusalem
	Overnight: At the lovely Little House in Rehavia Hotel (Tel. 972-2-563-33344).	20 Ibn Ezra Street, Jerusalem
Thursday, May 23 – From Jerusalem to Tel Aviv – Heavenly and Earthly		
7:00 – 8:30 am	Breakfast at the Hotel – Meet the bus in front of the hotel by 8:30 am	Little House in Rehavia, Jerusalem
9:00 am	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 <i>shefa</i> , divine plenty, and our giving-and-taking with the world.	Kiryat Ye'arim (Telshe Stone), an Ultra-Orthodox town in the Jerusalem hills.
11:00 am	To Market – Insiders' Tour of Machaneh Yehudah: Israel's Leading Open Air Market, a place of coexistence of local and global, classic-popular and yuppy-elite: where <i>rugelach</i> and <i>kibbe</i> , <i>arak</i> and <i>espresso</i> live side by side. With tastings!	Jerusalem

Time	Program	Location
Thursday, May 23 continued		
1:00 pm	Feeding the hungry – Lunch at Carmei Ha'ir , a unique restaurant <i>cum</i> soup kitchen that aims to provide food and help for the hungry and needy. We will hear about the restaurant's activities and goals from its volunteer manager, Oren Ziv	Jerusalem
2:00 pm	We then will 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.	Jerusalem
4:30 pm	And what does the academy have to say about all that? We will visit The Robert H. Smith Faculty of Agriculture, Food and Environment of the Hebrew University in Rehovot and meet with Director Prof. Aharon Friedman and other researchers, to learn about the agricultural challenges of the future and their thoughts on Israel's place in global food systems and food insecurity.	Rehovot
8:00 pm	Dinner: Habesh, an ethnic Israeli-Ethiopian restaurant in south Tel Aviv. The restaurant is owned and operated by Israeli immigrants from the Ethiopian community.	Tel Aviv
	Overnight: At the charming Shenkin Hotel (Tel. 972-54-5359559).	21 Brener Street, Tel Aviv
Friday, May 24 – From Tel Aviv to the Carmel – New and Old		
7:00 – 8:30 am	Breakfast at the Hotel – Meet the bus in front of the hotel by 8:30 am	Shenkin Hotel, Tel Aviv
9:00 am	Another Kind of Market: We will 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 Tess Lehigh who works at the market and a few of the farmers and customers.	Tel Aviv
11:30 am	Food, gardening and coexistence: We will visit a Jewish-Arab community garden in Yaffo and meet with Raheli Merhav and Havazelet Mor from the Weitzman Jewish Arab School who are very active in the garden and the community. Raheli Merhav is also the Tel Aviv Municipality coordinator for community gardens and a Heschel Center board member.	Yaffo
1:00 pm	Lunch With a Farmer: We will have lunch with Merav Barzilay, one of Israel's first CSA entrepreneurs and the owner of the new farm-to-table restaurant Meshek Barzilay , in the Neve Tzedek neighborhood.	Tel Aviv
3:30 pm	We will make our way up to Zichron Yaakov, a small city overlooking the Carmel coast. Zichron was one of the first settlements of Jewish pioneers to the land of Israel in the late 1800s, and is a beautiful place for us to spend Shabbat.	Zichron Yaakov

Time	Program	Location
Friday, May 24 continued		
5:00 pm	Check-in and prepare for Shabbat at Zichron's enchanting boutique estate hotel, Beit Daniel .	Zichron Yaakov
6:00 – 8:30 pm	<p>Shabbat Bride: We will bring Shabbat in together, and you can choose from a few different Erev Shabbat options:</p> <ul style="list-style-type: none"> • Visit a local synagogue (choice of Reform, Conservative, or Orthodox) • Create a service for the Tour community at Beit Daniel • Relax on the patio or in your room, or take a walk around town 	Beit Daniel, Zichron Yaakov
8:30 pm	Shabbat Table: Join together around the table for a delicious Shabbat dinner. After dinner relax together under the stars and reflect on the week-that-was...	Beit Daniel, Zichron Yaakov
	Overnight: At Beit Daniel (Tel. 972-4-6399-001)	#1 Habroshim Street, Zichron Yaakov
Saturday, May 25 – Shabbat R&R		
	Morning and Afternoon: There will a breakfast and lunch 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, and neighborhood walks.	Zichron Yaakov
8:30 pm	Dinner: At the lovely Habait Be'Ein Hud restaurant, which specializes in authentic home-style Arabic food.	Ein Hud
Sunday, May 26 – Northward to Galilee – Jewish, Arab, Organic		
7:00 – 8:15 am	Breakfast at the Hotel – Meet the bus in front of the hotel by 8:15 am	Beit Daniel, Zichron Yaakov
8:45 am	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 visit Makura, meet with Guy and get a comprehensive overview of sustainable agriculture in Israel.	Makura
10:30 am	Israeli Palestinian Arab Perspectives: Visit a branch of the Galilee Society in the southern Gallilee, Israel's leading Arab health and environment advocacy agency. We will meet with director Bakker Awawdy, to explore issues of land, agriculture, nutrition and changing foodways among Israel's Palestinian Arab citizens	Kfar Kana

Time	Program	Location
Sunday, May 26 continued		
12:30 pm	Lunch: at Yutke's, the Harduf vegetarian-organic restaurant	Harduf
1:30 pm	Sustainable Dairy Farming: The anthroposophic (Rudolf Steiner- inspired) village of Harduf is 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	Harduf
4:00 pm	Sustainable Nutrition in the Haredi (Ultra-Orthodox) World: Meeting with Raheli Shnir from Nettiot who promotes an educational project for promoting healthy sustainable nutrition in the Haredi population.	Haifa
7:30 pm	Dinner and Night on the Town: Enjoy the enchanting city of Akko, (Acre), one of the oldest continuously inhabited cities in the region. The old city of Akko is a UNESCO World Heritage Site, and features architecture from the Roman, Crusader, and Ottoman periods - along with an amazing view of the Mediterranean. We'll eat dinner at Uri Buri , a renowned fish and seafood restaurant in Akko's old city.	Akko
	Overnight: At the guest house of Kibbutz Lochamei Ha-Gheta'ot , which conveniently is also home of mega-soyfood manufacturer, Tivall Products (Tel. 04-993-3271)	Kibbutz Lochamei Ha-Gheta'ot
Monday, May 27 – Factories and Farewells (With some spices and Hummus)		
7:00 – 8:15 am	Breakfast at the Hotel	Kibbutz Lochamei Ha-Gheta'ot
8:30 am	Soy and Joy: Hear from one of Tivall's leading food scientists on the question: "Processed Soy Meat Alternatives – Boon or Bane?"	Kibbutz Lochamei Ha-Gheta'ot
11:00 am	Spice and Spirit: We begin making our way back to the center of the country; 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 are 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).	Beit Lehem Haglilit
1:30 pm	Lunch: Back at the offices of the Heschel Center with Aba Gil's incomparable organic hummus and other treats.	Tel Aviv

Time	Program	Location
Monday, May 27 continued		
2:30 pm	Who Else Sits at the Table? We will finish our trip by meeting with leading Israeli activists who are part of the Heschel Center's network promoting sustainable food: Yael Ifargan from Greenpeace on GMOs , Dorit Adler from Haddasa Ein Karem Hospital on issues of nutrition in the community, Michal Greenberg from Shatil on Community Kitchens, Adi Berson from the Green Network on education and youth leadership for sustainable food, and Galia Chukerman on issues of agriculture.	Tel Aviv
4:00 pm	Farewells: We will finish our day and our Tour with a closing circle of impressions and ideas for the future...	Tel Aviv
5:00 pm	The tour bus will depart towards Ben Gurion Airport and Jerusalem, for those participants wishing to head to either of those places. Otherwise you are free to make your own arrangements. <i>Shalom ulehitra'ot!</i>	

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