

# Appendix II

## Producers Guide

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We've collected information on a number of companies that make sustainable, kosher food products. Not all products may be available in your area; if not, consider organizing a bulk order to share the cost of shipping, and ask the company whether they have plans to expand to your area. If they perceive there is a demand, they will generally work to meet it.

\*This is accurate as of September 2011. If you know of a company that you think should be listed here, please contact [foodguide@hazon.org](mailto:foodguide@hazon.org) to let us know!

## Kosher Sustainable Meat

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Recent scandals in the kosher meat world have led many to reconsider what kosher meat really means. While we might have at one time assumed that kosher meat was healthier and more sustainable, in fact most kosher meat is raised the same as conventional non-kosher meat.

However, a small number of crusaders have launched companies to make sustainably-raised kosher meat available. Raising animals on pasture, the old fashioned way, produces meat that is delicious and sustainable, but is also complex and expensive. Adding on the layers of kosher production makes it even more complicated! Nevertheless, as more and more people are looking for meat that meets their standards of kashrut, as well as environmental sustainability, worker treatment and animal welfare, these companies are in the right place at the right time.

**Eco-Glatt:** EcoGlatt offers an alternative to mass-produced kosher meat and offers their meat at Colorado CSAs. Eco-Glatt offers lamb and beef (especially kosher hind-quarters), that is available for home delivery.

**Grow and Behold Foods:** Founded by Naf and Anna Hanau, Grow and Behold Foods offers pastured beef, turkey, veal, lamb, and chicken, shipped frozen nationwide.

**KOL Foods:** Founded by Devora Kimmelman-Block in the Washington, DC area. KOL Foods offers 100% grass-fed beef, lamb and poultry, shipped frozen nationwide.

**Wise Organic Pastures:** Wise Organic Pastures offers: Chicken, Turkey, and Beef, shipping available

## Kosher Sustainable Cheese

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Until recently, the world of kosher cheese was pretty bleak. On the one hand you had shrink wrapped, industrial-produced (but kosher-certified) brands like Miller's. On the other, hand you had artisanal, raw-milk and hand-crafted (but not kosher-certified) cheeses. These days the

**Bonus!** The biggest difficulty with making kosher cheese is finding a rennet (the milk coagulant) that does not come from an animal – traditionally a cow stomach. Here are some traditional vegetable rennets that are animal-free: fig leaf sap, melon, thistle flowers, safflower, lemon juice, and bay leaves.

tide is turning. While not all certified-organic, the cheese companies below allow you to have your kosher cheese and eat ethically too!

**5-Spoke Creamery:** Starting with raw-milk from grass-fed cows that are free of hormones and antibiotics, hand-crafted artisanal cheeses are produced, including Cheddar, Herbal Jack, Colby, Tumbleweed, Talcott, and Browning Gold aged cheddar. Table-K certified.

**Cabot Creamery** is a farm family-owned cooperative located in the hills of Vermont producing all natural, award-winning cheeses, including the "World's Best Cheddar", as well as a tasty variety of flavored cheddars. Some cheeses Table-K certified.

**Mainland Grass-fed Organic:** This New Zealand-based company now offers a grass-fed organic cheddar that is OK certified.

**Organic Meadow Cottage Cheese:** This Canadian company produces organic cottage cheeses as well as cheeses with a mild, creamy taste.

**Organic Valley Cottage Cheese:** The cottage cheese from Organic Valley is hand-crafted without preservatives or additives, free of animal byproducts, hormones, or antibiotics and comes from humanely treated cows.

**Redwood Hill Farm:** These artisanally crafted goat cheeses are delicious. They offer creamy chevres, goat feta, and several other varieties of goat-milk cheeses. While Redwood Hill Farm is not certified organic, they use almost exclusively organic practices.

**Sugar River Cheese Company:** This Wisconsin-based cheese company produces a wide variety of cheeses (everything from White Cheddar Chipotle to Prairie Jack with Parsley and Chive) all certified by the Chicago Rabbinical Council and the OK. All of their products are free of growth

hormones (and some of the milk comes from nearby Amish farms). The company also has a charitable giving program.

**Tillamook Kosher Cheddar:** This Oregon-based company is actually a 98-year-old farmer cooperative. Like all of their cheeses, the milk used to make their cheddar is free of growth hormones. (For folks living in or visiting the Pacific Northwest, a visit to their factory is also a lot of fun!)

**Narragansett Creamery:** This Rhode Island-based company is a four-year-old venture is the only cheese company in the state, and, while not available in markets out of state, you can order their products online and they will be delivered straight to you!

## Kosher Sustainable Chocolate

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CHOCOLATE. Need we say more? Actually yes – because a run-of-the mill bar of Hershey’s pales in comparison to the sweet, cocoa ambrosia listed below. All of these chocolate snacks are kosher-certified and some combination of organic, fair trade, cane sugar-sweetened, and vegan.

**Chocolove:** Made in Colorado, these chocolate bars are organic, kosher (Scroll K, Denver), and come in a variety of different flavors from ginger to orange peel to toffee and almonds. They are also some of the most beautifully wrapped chocolate bars we’ve ever seen.

**Dagoba:** Dagoba chocolates are made by an Oregon-based company with organic, certified fair-trade and KSA kosher, and the bars come either plain (milk or dark chocolate) or infused with dried cherry, hazelnut, coffee, hot chili, or mint. Dagoba also makes amazing hot chocolate mix.

**Equal Exchange:** This Massachusetts-based fair trade organization sells chocolate bars and hot chocolate that are made with organic ingredients and are certified by the Kashrut Council of Canada.

**Lake Champlain:** This Vermont-based company makes both conventional and organic chocolates.

### **Late July Dark Chocolate Sandwich Cookies:**

The cocoa flavor in these cookies stands up to any bar of chocolate – and there’s even more chocolatey-goodness (in creme form) inside! These cookies are certified by the OU and are also organic.

**Seeds of Change:** These chocolate bars look and taste like treasures. Their Santa Caterina bar is filled with mango, toasted coconut, and cashews and, like all their chocolate bars, is certified kosher and made with organic ingredients.

**Sunspire:** These chocolate bars (and baking chips and candies) have it all. They are certified organic and kosher (OU), come in a variety of yummy flavors like raspberry, peanut, and peppermint pattie, are sweetened with natural cane juice and organic sugars, and offer vegan-friendly options.

**Terra Nostra:** Terra Nostra is a founding member of Equitable Trade, which gives farmers fair trade benefits with organic chocolate production and offers several vegan bars. Terra Nostra will soon introduce a line of truffles to go with their bars, specializing in pomegranate and ancho chili flavors.

## Kosher Sustainable Wine

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Organic wine can be hard to find, but there is more and more of it available on the shelves. Additionally, many wines from Europe are completely or almost completely organic, even if they’re not certified. Ask your sommelier! Kosher organic wine is even more difficult to find – but it does exist! Here are several wineries that make kosher organic wine.

**Four Gates Winery:** California-based, organic, kosher for Pesach/year-round, not mevushal

**Yarden Chardonnay Odem Organic:** Israel-based, organic, kosher for Pesach/year-round, not mevushal

**Hafner Winery:** Austria-based, bottled under the name “Queen Esther,” organically-grown grapes, kosher for Pesach, mevushal

**Baron Herzog:** California based, Not certified