

Appendix III

Education Resources

Hazon has developed a number of resources to engage people of all ages on issues related to eating, cooking, and making sense of the challenges of our contemporary food system. These include curriculums for students and families, an adult sourcebook, and the Jewish Food Education Network. In this section you will find Hazon resources, as well as a long list of other possibilities, including books, movies, and organizations.

Hazon Resources

Food For Thought: Hazon's Sourcebook on Jews, Food and Contemporary Life pairs traditional Jewish texts with contemporary writers to provide a basis for conversation and exploration of issues related to how and what we eat. Food for Thought contains a whole chapter on "Food and Ethics: The implications of our food choices" as well as a chapter on Kashrut.

Min Ha'Aretz. Hazon's Min Ha'Aretz student curriculum allows students from grades 5-9 to explore the question, "What is the relationship between Jewish texts, traditions, and practices and the food we eat?" Over the course of eighteen lessons, divided into five units, the students explore this question and develop a deeper understanding of both the question and its myriad answers.

Tu B'Shvat Haggadah This haggadah and sourcebook were put together to help people host Tu B'Shvat seders for their communities.

Hosting a Sustainable Shabbat Dinner Through a partnership with Birthright Israel NEXT, Hazon has put together a guide for hosting a Sustainable Shabbat.

Fair Food Book Club Hazon has put together a book club curriculum, including a leader's guide and participants' guide, to help people host a book club around Oran Hesterman's new book, "Fair Food: Growing a Healthy, Sustainable Food System for All."

Divrei Torah Over the years Hazon has compiled many divrei torah for all occasions.

All available at www.hazon.org/resources.

Books

Farming and Growing Food

Fields of Plenty: A Farmer's Journey in Search of Real Food and the People who Grow It (Michael Ableman, Chronicle Books 2005) details a cross-country trip that Ableman made with his son in search of innovative and passionate farmers and food artisans who are producing sustainable nourishment.

The New Organic Grower: A Master's Manual of Tools and Techniques for the Home and Market Gardener (Eliot Coleman, Chelsea Green 1995) the bible for organic vegetable growing.

Cooking from the Garden (Rosalind Creasy, Random House 1988) was a truly ahead-of-its-time work of art; this cookbook contains detailed information on growing and

cooking a huge range of vegetables.

The Year of the Goat (Margaret Hathaway and Karl Schatz, Lyons Press 2007) tells the story of the journey that a couple made when they decided to quit their jobs in NYC and move to Maine to raise goats.

Food, Politics & Sustainable Agriculture

The Omnivore's Dilemma: A Natural History of Four Meals (Michael Pollan, Penguin 2006) is an introduction to the American food system, with discussion about mainstream fast food, large-scale organic, small-scale local, and foraging your own.

In Defense of Food: An Eater's Manifesto (Michael Pollan, Penguin 2008) implores readers to follow a new philosophy of eating: "Eat food. Not too much. Mostly plants."

Diet for a Dead Planet: Big Business and the Coming Food Crisis (Christopher Cook, New Press 2004) is one of the best summaries of 20th century agriculture policy, the food industry and the environmental effects of our current food system.

Diet for a New America (John Robbins, Stillpoint 1987) is a book by Robbins, heir to the Baskin & Robbins fortune, who walked away from the ice cream industry to expose animal cruelty in factory farms and the health effects of animal-based diets.

Fatal Harvest Reader (Ed. Andrew Kimbrell, Island Press 2002) The images of farms and farmers in the full-color version are stunning; the paperback version contains the same essays on current agricultural challenges and solutions in a smaller format.

Stolen Harvest: The Hijacking of the Global Food Supply (Vandana Shiva, South End Press 1999) is an excellent introduction to issues of safeguarding traditional food knowledge and culture, and the effects of global corporations on Indian communities.

Food Fight: A Citizen's Guide to the Farm Bill (Daniel Imhoff, University of California Press 2011)

Fair Food: Creating a Healthy, Sustainable Food System for Everyone (Oran Hesterman, Public Affairs 2011) is a new book that discusses what we need to do to create a just food system.

Stuffed and Starved: The Hidden Battle for the World Food System (Raj Patel, 2012)

White Bread: A Social History of the Store-Bought Loaf (Aaron Bobrow-Strain, 2012)

Meat

Fast Food Nation (Eric Schlosser, Harper Perennial 2005) documents the rise of the fast food industry. There is

also a teen version of the book called “Chew on This: Everything You Don’t Want to Know About Fast Food”, and a film.

My Year of Meats (Ruth Ozeki, Penguin 1999) tells the story of fictional protagonist Jane Takagi-Little, a Japanese-American documentary film maker commissioned by a beef lobbying group to make a television show that encourages beef consumption by equating meat eating with a happy family life.

Health

The Great American Detox Diet (Alex Jamison, Rodale International 2005) Morgan Spurlock, creator and star of the film “Super-Size Me,” nearly killed himself by eating nothing but McDonalds for an entire month. Luckily, his girlfriend was a nutritionist. This is the detox diet she put him on to get him back to health.

If the Buddha Came to Dinner: How to Nourish Your Body to Awaken Your Spirit (Hale Sofia Schatz, Hyperion 2004) explores why we eat, how food makes us feel, and how greater awareness of our bodies’ needs can make us happier and healthier. Includes a step-by-step food cleanse and other exercises.

Food, Ethics, & Spirituality

The Way We Eat: Why our Food Choices Matter (Peter Singer and Jim Mason, Rodale Books 2006) documents corporate deception, widespread waste, and desensitization to inhumane practices.

Food and Judaism: Studies in Jewish Civilization (Leonard J. Greenspoon, Ronald A. Simkins, and Gerald Shapiro, Chreighton University Press 2005) is a compilation of scholarly essays about food and Jewish culture.

Judaism and Vegetarianism (Richard Schwartz, Lantern Books 2001) is a comprehensive look at Jewish sources that support vegetarianism, as well as environmental, social and health reasons to adopt a vegetarian lifestyle.

A Wild Faith (Mike Comins, Jewish Lights 2007) discusses the role of “the wilderness” in traditional Jewish spirituality, and provides tools and activities for the reader to access feelings of awe in the natural world.

Jewish Culture and Food

A Blessing of Bread: The Many Rich Traditions of Jewish Bread Baking Around the World (Maggie Glezer, Artisan 2004) Tons of new ways to braid your challah, bake your pita, and feed your family, along with stories about Jewish breadmakers.

Jewish Eating and Identity Through the Ages (Rabbi David Kraemer, Routledge 2007) explores meat in ancient

Israel, and kashrut in antiquity.

Miriam’s Kitchen: A Memoir (Elizabeth Ehrlich, Penguin 1998) is the story of how food can connect us both to family tradition and to a deeper relationship with Jewish life.

Comfort me with Apples: More Adventures at the Table (Ruth Reichl, Random House 2002) is the second part of Reichl’s autobiographical trilogy in which she recounts her life as a personal and professional foodie.

Cooking and Jewish Cooking

The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution (Alice Waters, Clarkson Potter 2007) contains recipes that verge towards the gourmet, with seasonality and sustainable growing practices in mind.

Simply in Season (Mary Beth Lind and Cathleen Hockman-Wert, Herald Press 2005) is a beautiful cookbook with simple recipes, facts, stories, and poems; organized by season.

Olive Trees and Honey: A Treasury of Vegetarian Recipes from Jewish Communities Around the World (Gil Marks, Wiley Press 2004) this cookbook includes charts to show the evolution of some of our favorite Jewish vegetarian dishes.

The Book of Jewish Food: An Odyssey from Samarkand to New York (Claudia Roden, Knopf 1996) is a cookbook, a history of Jewish Diaspora through food, an incredible reference for Jewish dietary laws, cooking techniques and much more.

The Jewish Holiday Kitchen (Joan Nathan, Shcken 1987) The classic Jewish cookbook.

Jewish Cooking for all Seasons: Fresh, Flavorful Kosher Recipes for Holidays and Every Day (Laura Frankel, Wiley 2006) contains beautiful, tasty meals organized by what’s-ripe-when.

The Hadassah Everyday Cookbook (Leah Koenig 2011) Reinventing classic Jewish recipes in healthy and sustainable ways.

How to Cook Everything Vegetarian (Mark Bittman, 2007) The title says it all.

Poetry and Essays

In Praise of Fertile Ground: An Anthology of Poetry, Parable, and Story (Ed. Claudia Mauro, Whit Press 2003) is a beautiful collection of essays and poems about agriculture, cooking, hard work, and eating together.

The Unsettling of America (Wendell Berry, Sierra Club Books 1977) is a classic book of essays about agriculture and consumption in America; sadly still relevant although

nearly forty years old.

Moral Grandeur & Spiritual Audacity (Ed. Susannah Heschel, Farrar/Straus/Giroux 1997) Reading Abraham Joshua Heschel's essays make me want to jump up with glee for being Jewish. Read for a little inspiration and good spiritual wrestling.

Jewish Food Text Study

Jewish Food Rules is the Jewish Farm School's curriculum which attempts to identify core values that can represent the contemporary Jewish food ethic. (<http://www.jewishfarmschool.org/store/jewish-food-rules/>)

On 1 Foot is American Jewish World Services' source for Jewish texts on social justice. The database can be searched and browsed by specific categories. (<http://www.on1foot.org>)

Movies

If you're interested in starting conversations about food issues in the Jewish community, movies can be a great place to start. Consider showing some or all of these films, and then use some of the texts or study questions from this book for a post-movie discussion. If you're going to show a film at an event, be sure to preview it yourself first! Make note of your reaction, and try to anticipate some of the conversations that might follow. If you can, provide additional information on related topics to further conversation. If you're looking for more independently-produced, environmental videos, check out Bullfrog Films (www.bullfrogfilms.com). Make sure to get permission for a public screening before screening your film.

An Inconvenient Truth (2006) Al Gore's Oscar-winning film contains a clear presentation of the science of global warming, and a call to action based on what Gore calls "the moral imperative." 96 min.

Beyond Organic (2000) Tells the story of the struggle to maintain a 12-acre farm, Michael Ableman's Fairview Gardens, located in Goleta, California, right in the middle of some of the most expensive real estate in the U.S. 33 min.

Broken Limbs: Apples, Agriculture and the New

American Farmer (2004) Looks at the plight of apple growers in the age of globalization, and points the way to sustainable American agriculture. 57 min.

Fast Food Nation: The Movie (2006) A dramatized film that focuses on the experience of immigrants in the food industry, and the relationship between cheap food,

environmental degradation, and illegal immigration. Contains graphic images of meat processing plants. 106 min.

Forks over Knives (2011) examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. **The Future of Food** (2004) A look at the GMO (genetically modified organisms) industry and the science behind GMO technology. 88 min.

King Corn (2008) A funny, lighthearted and informative film about how corn subsidies work, what life in rural Iowa is like, and how cheap corn products, especially corn syrup, are poisoning the nation. 90 min.

The Meatrix I, II (2003) The Meatrix films are short Flash animation productions that spoof The Matrix movie trilogy while educating viewers about the problems with industrial agriculture and today's meat supply.

The Real Dirt on Farmer John (2006) A personal documentary about John Peterson, a farmer, artist, and eccentric/innovative thinker cast in rural Illinois. 82 min.

Refugees of the Blue Planet (2006) A look at "environmental refugees," that is, folks who need to leave their homes because of environmental situations. Brings up the question of how responsible we are for the effects of the North American lifestyle on people in the rest of the world. 54 min.

Organizations

Global Food and Sustainability

American Jewish World Service (AJWS) is an international development organization motivated by Judaism's imperative to pursue justice. www.ajws.org

Via Campesina is an international movement of peasants, small- and medium-sized producers, landless, rural women, indigenous people, rural youth and agricultural workers in 56 countries worldwide. www.viacampesina.org

Slow Food is an eco-gastronomic member-supported organization that was founded in 1989 to counteract fast food and fast life. www.slowfood.com / www.slowfoodusa.org

Fair Food Network works at the intersection of food systems, sustainability, and social equity to guarantee access to healthy, fresh, and sustainably grown food, especially in underserved communities. www.fairfoodnetwork.org

Hunger

City Harvest works to end hunger in communities throughout New York City through food rescue and distribution, education, and other practical, innovative solutions. www.cityharvest.org

Hazon Yeshaya is a leading humanitarian organization that is fighting poverty and hunger by encouraging and supporting the projects of Hazon Yeshaya Soup Kitchens in Israel. www.hazonyesaya.org

World Hunger Year (WHY) advocates for innovative, community-based solutions to hunger and poverty. www.worldhungeryear.org

Mazon is a national nonprofit organization dedicated to preventing and alleviating hunger among people of all faiths and backgrounds through a holistic approach that involves education and advocacy. www.mazon.org

Jews & the Environment

ADAMAH: The Jewish Environmental Fellowship is a three month leadership training program for Jewish young adults — ages 20–29 — that integrates organic farming, sustainable living, Jewish learning, teaching, and contemplative spiritual practice. www.isabellafreedman.org/adamah

Urban Adamah is a community organic farm and Jewish environmental education center located in Berkeley, CA. The farm is run by Jewish teen fellows, who participate in three-month residential leadership fellowships. www.urbanadamah.org

The Coalition on the Environment and Jewish Life (COEJL) works with synagogues and other local Jewish organizations to bring Jewish environmental education, ecologically-conscious Jewish observance, and opportunities for environmental action to Jewish families and individuals, and brings a Jewish vision and voice to issues of environmental justice and sustainability. www.coejl.org

Jewish Farm School is an educational organization comprised of farmers, builders, writers and educators whose mission is to practice and promote sustainable agriculture in order to cultivate just food systems rooted in Jewish traditions. www.jewishfarmschool.org

Kayam Farm at Pearlstone is an active Jewish educational farm that welcomes close to 3,000 participants annually for field trips, holiday celebrations, summer camp, volunteering, skills workshops, and more. www.kayamfarm.org

The Teva Learning Alliance is North America's Jewish Environmental Education Institute. By immersing participants in the natural world and providing structured activities that sensitize them to nature's rhythms, Teva helps them develop a more meaningful relationship with nature and their own Jewish practices. www.tevallearningalliance.org

The Orthodox Union (OU) is the major kosher certifying authority in the US. Their websites have a lot of information about Jewish dietary laws and kosher products, as well as interesting information about the kosher food industry. ou.org and oukasher.org

Shoresh Jewish Environmental Programs Through educational programs and grassroots initiatives, rooted in Jewish social and environmental values, Shoresh is working to build a more connected and ecologically sustainable Jewish community in Toronto.

Ganei Beantown Beantown Jewish Gardens is dedicated to building pluralistic Jewish community through hands-on agriculture and sustainability education framed within Jewish tradition, history and culture in the Boston community.

Find Good Food

Eat Wild is a national online store for safe, healthy, natural and nutritious grass-fed beef, lamb, goats, bison, poultry, dairy and other wild edibles. www.eatwild.com

Just Food works to develop a just and sustainable food system in the New York City region. www.justfood.org

LocalHarvest maintains a definitive and reliable "living," public, nationwide directory of over 9,000 small farms, farmers markets, and other local food sources. www.localharvest.org

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The Marine Stewardship Council (MSC) promotes responsible fishing practices. www.msc.org

Sustainable Agriculture & Environmental Information

Farm to Table promotes sustainable agriculture and cuisine by educating and assisting farmers, food industry professionals, policy makers and the public to facilitate the transition to sustainability. www.farmtotable.org

Environmental Working Group is a team of scientists, engineers, policy experts, lawyers and computer programmers who expose threats to public health and the environment, and try to find solutions. They have special sections on issues related to food and farming. www.ewg.org and www.foodnews.org

National Family Farm Coalition (NFFC) provides a voice for grassroots groups on farm, food, trade and rural economic issues to ensure fair prices for family farmers, safe and healthy food, and vibrant, environmentally sound rural communities here and around the world. www.nffc.net

Food Education

Sustainable Table offers resources related to food and education, including lesson plans, information on bringing sustainable food to cafeterias and dining halls, and school gardens. www.sustainabletable.org

Center for Environmental Education has a resource center that offers sample criteria for “green schools” and access to national curriculum databases. www.ceeonline.org

Green Teacher has a website for the curriculum magazine Green Teacher, which includes pedagogical articles and lesson plans. Back issues available online for free. www.greenteacher.com

Environment Protection Agency Environmental Kids Club has on their website games, pictures, and stories for fun ways to help your institution explore the environment, and take steps to protect it. www.epa.gov/students

Northwest Earth Institute offers educational resources to help engage your community in meaningful conversations about the way you live, work, create, and consume. www.nwei.org