

## **Setting the Table: Healthy and Sustainable Cooking for Expectant Jewish Families**

### **Session One – Meals for Community & Family**

#### **The Radish Eater**

At the third meal on the Sabbath, an intimate and holy gathering, the hasidim at Rabbi Wolf's table carried on their conversation in a low voice and with subdued gestures so as not to disturb the zaddik [holy man] who was deep in thought. Now, it was Rabbi Wolf's wish and the rule in his house that anyone could come in at any time, and seat himself at his table. On this occasion too, a man entered and sat down with the rest, who made room for him although they knew that he was an ill-bred person.

After a time, he pulled a large radish out of his pocket, cut it into a number of pieces of convenient size, and began to eat with a great smacking of lips. His neighbors were unable to restrain their annoyance any longer. "You glutton," they said to him. "How dare you offend this festive board with your tap-room manners?"

Although they had tried to keep down their voices, the zaddik soon noticed what was going on. "I just feel like eating a really good radish," he said. "I wonder whether anyone here could get me one?" In a sudden flood of happiness which swept away his embarrassment, the radish eater offered Rabbi Wolf a handful of the pieces he had cut.