

The Heschel - Hazon 4th Israel Sustainable Food Tour

Wed. Oct. 29th – Mon. Nov. 3rd 2014

ה' – י' חשוון, תשע"ה

Wednesday, 29th – Arrivals - Connecting to the Fruit of the Land

Pick up at Arlozerov Train Station at 10:15AM, and at Ben Gurion Airport at 11:AM.

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 the massive food rescue project of Leket – Table to Table. We will harvest crops left in the fields, hear about issues of nutritional insecurity, and then head off to Tel Aviv, get settled in our rooms, meet each other, and it's off to dinner!

Opening Dinner: with Merav Barzilay, one of Israel first CSA entrepreneurs and the owner of the new Tel Aviv Meshek Barzilay from field-to-plate restaurant in the trendy Neveh Tzedek neighborhood

Overnight – In Tel-Aviv, at the charming Tal Hotel, 287 Ha-Yarkon Street (close to the beach and the port!), Tel Aviv. Ph.: +972-3-5425555.

Thursday, 30th – Agriculture, Society, Tradition and the Public

The fallow and the deep - We will start our second day at Kibbutz Shaalavim, meeting with ultra-orthodox farmers observing a traditional shmita year.

Shmita isn't just about food – Exploring central social justice issues regarding migrant labor, human rights, and the African refugee question with a walking tour of south Tel Aviv, with "the secular yeshiva", BINA, Center for Jewish Identity & Hebrew Culture.

Lunch- At the pioneering progressive community cooperative Bar Kayma in the hip Florentin neighborhood.

Food tech whither? - We will then explore the future of food and food security with Prof. Daniel Chamovitz at Tel Aviv University's Manna Center for Plant Biosciences

Moving the masses - Miki Haimovich, a leading media personality, and spearhead of the Israeli "Meatless Mondays" movement, will present on current campaigns and public awareness.

Dinner – Exploring one of Israel's fascinating ethnic cuisines, and communities, at Habash - Israeli Ethiopian restaurant in south Tel Aviv.

Still have energy? You'll have some free time to sample some of Tel Aviv's fabled nightlife.

Overnight – In Tel-Aviv, at the Tal Hotel,

Friday, 31st – From Tel Aviv to Jerusalem: Week-Day to Shabbat

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 a few of the farmers and customers.

From there we head out Yeushalyma, towards Jerusalem, where we will spend Shabbat. But first:

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 – in the ultra-Orthodox town of Kiryat Ye'arim (Telshe Stone) in the Jerusalem hills.

Shabbat Preparation – We will arrive at our hotel in plenty of time to get ready for bringing in the Shabbat, and for our evening activities.

Ya-ba-ba-ba-bam - Friday night authentic Hassidic *tisch*: literally "table" – a spiritual eating-singing-praying *Shabbat* experience.

Overnight – In Jerusalem, at Leonardo Jerusalem Hotel, located at 9 Saint George Street,
Tel: 972-2-5320000

Saturday/Shabbat, Nov 1st – Shabbat - Holy R&R, then Out on The Town

As befitting *Shabbat*, after three immensely pleasurable but grueling days of touring, we will have a free morning, with optional services and/or walking tour.

Lunch will be available at the hotel, and we may be able to offer optional home hospitality for those who wish.

Text and Context - Late afternoon study with Yedidya Sinclair, rabbi and economist, on his new translation and presentation of Rav Kook's classic reinterpretation of shmita, *The Shabbat of the Land*.

Dinner – At the storied Eucalyptus Restaurant, exploring the *Eretz Yisraeli* Kitchen with award-winning chef, Moshe Basson.

Overnight – In Leonardo Jerusalem Hotel as well.

Sunday, 2nd – From The Holy City Northward to Galilee

A Journey to the Land of Shmita – We will begin the day and the new week at the *Shmita Project Education Center* in The Botanical Gardens of the Hebrew University.

To Market, 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!

Feeding the hungry – Lunch at Carmei Ha'ir, a unique restaurant *cum* soup kitchen that aims to provide food and help for the hungry and needy. We will hear about the restaurant's activity and goals from its volunteer manager, Oren Ziv.

It's Olive Season! – Heading north, our next stop Rish Lakish – Organic Olive Orchard and Press, an organic community olive oil press, for a look and taste at the olive harvesting and processing.

Dinner with the dynamic entrepreneur of Kamla, authentic Galilean Palestinian cuisine (kosher!) based in Dir el-Assad.

Evening talk on food, culture, health and nature with Israel's leading gastroethnobotanist, Uri Meir Cizik.

Overnight – At the Zippori Village Country Cottages, at lush Moshav Tzipori, southern Galilee.

Monday, 3rd – Happy Cows, Shopping and Farewells

Israeli Palestinian Arab Perspectives - In the Southern Galilee is the town of Kfar Kana, branch 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, agriculture, nutrition and changing foodways among Israel's Palestinian Arab citizens.

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.

Lunch: at Yutke's, the spiritually-minded Harduf vegetarian-organic restaurant

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)

Back to the Center – Summing up our week, a final repast, and farewell! Bus will leave for the airport no later than 18:00.