



Kol Nefesh's Green Kiddush Journey

As a Shul without its own building we couldn't do anything to change the building, so we focused on the next big thing that Shuls create – food!

We started with the Kiddush and decided to change it to be local, seasonal and vegan as we felt this would help us get greener and more ecological. This is not easy if you want to stick to a variety of the usual kiddush fare in Autumn!

Buying local and vegan

So two of us hit the local supermarket and only bought foods grow in the UK, and then had to work out what to do with them! We had great Isle of Wight tomatoes, a form of kale that was easy to use in a salad and Jerusalem artichokes, plus other seasonal foods.

We made some amazing salads for the first Green Kiddush and served it with bought houmous and rice cakes, as they are free of palm oil rather than the usual Osem crackers. The kids were really happy with these along with crudités and [Smooze vegan ice lollies](#).

Success!

People were amazed and loved the taste of the fresh ingredients. Even the herring lovers in our community were happy to forsake their fish. The Green Kiddushim have been so popular they have become Green Lunches and we invite a speaker to talk around an aspect of ecology at each one.

We had a lovely Tu Bishvat lunch where Rabbi Joel talked about trees. All the upcoming B'nei Mitzvah kids who received a chumash in the service to mark their year journey towards Bnei Mitzvah, spoke of a special tree in their life. We have also had Talia Chain from [Sadeh Farm](#) who was hugely inspiring and we are planning a community visit there.



Packaging

We have moved on through our ecological journey to think about the packaging. At the beginning we concentrated on local and in-season foods, now we avoid any foods in single-use plastic and aluminium wherever possible. We have started to get two [Riverford](#) bumper veg boxes delivered and we look forward to seeing what's inside and finding salad and soup or curry recipes to fit the veg!

We have visited the [Refill Pantry](#) in St Albans – where you can take your own containers to put produce in – to stock up on chickpeas, salt, local oil and spices so we now make our own houmous. We stopped buying pittot as they are all in bags and just have large challot for those who need more bulk and less salads, We have one hot dish a time and serve them in our Kol Nefesh mugs. Of course, all the crockery and cutlery is sustainable and we wash up so we don't have to throw anything away, even if it is compostable.

Recipes

We are trying to collate all the recipes, as we have made some amazing salads. Parsnips came into their own in this parsnip and Puy lentil salad:

<https://www.rivercottage.net/recipes/roasted-parsnip-puy-lentil-and-watercress-salad>

Brussell sprouts in this wowee salad (pictured), using vegan cheese:

<https://veggierecipearchives.wordpress.com/2013/07/14/brussels-sprouts-apple-and-cheddar/>

We had roast Jerusalem artichoke salad a couple of times until they went out of season!

These lunches are getting very popular and we welcome visitors. If you would like to come to one please email:

admin@kolnefesh.org.uk.



Our next [Green Lunch is on 30th March](#) with Emma de Sousa, the Urban Flower Farmer, talking about the carbon footprint of flowers and the ecological problems with them.

We are a small Shul with a small Green team but our output is big!

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