

Contents

<i>Acknowledgments</i>	xv
<i>Foreword</i> , ERIC H. YOFFIE	xvii
<i>Preface</i> , NIGEL SAVAGE	xxi
<i>Introduction: A Buffet of Educated Choices</i>	xxv
<i>Voices: Small Bites</i>	xxxii
PART ONE • <i>Perspective: History and Trends of Jewish Dietary Practices within Reform Judaism</i>	1
1. Making Every Forkful Count: Reform Jews, Kashrut, and Mindful Eating, 1840–2010, CAROLE B. BALIN	5
2. The Myth of the <i>T'reifah</i> Banquet: American Culinary Culture and the Radicalization of Food Policy in American Reform Judaism, LANCE J. SUSSMAN	17
3. Kashrut: A Reform Point of View, SIMEON J. MASLIN, ED.	49
4. Adventures in Eating: An Emerging Model for Kashrut, RACHEL S. MIKVA	53

5.	Kashrut: A New Freedom for Reform Jews, RICHARD N. LEVY	67
6.	On Kashrut, SETH M. LIMMER	77
7.	Kashrut and Autonomy, ALAN HENKIN	97
8.	Is Dietary Practice Now in the Reform Mainstream? A Survey of Attendees at the 2005 Houston Biennial, RICHARD N. LEVY AND MARC GERTZ	105
9.	Real Life / Real Food: A Holy Moment at McDonald's, EUGENE B. BOROWITZ	117
PART TWO • <i>Buffet of Educated Choices: Jewish Ritual Law</i>		119
10.	An Overview of Ritual Kashrut, MARY L. ZAMORE	123
11.	Passover Kashrut: A Reform Approach, MARY L. ZAMORE	139
12.	Real Life / Real Food: Kashrut—A Family History, ELLEN WEINBERG DREYFUS	155
PART THREE • <i>Environmental Ethics: Bal Tashchit</i>		159
13.	Curb Your Consumerism: Developing a <i>Bal Tashchit</i> Food Ethic for Today, KEVIN M. KLEINMAN	163
14.	Connecting Locally: Jumping Off the Production Line, BATSHEVA APPEL	173
15.	On High-Tech Science and Our Food: Three Questions, MARK WASHOFSKY	183
16.	Fish: A Complex Issue, JOEL MOSBACHER	189
17.	Getting Back to the Garden, BARBARA LERMAN-GOLOMB	197
18.	Real Life / Real Food: Let Your Table Be to You a Temple, JOSEPH AARON SKLOOT	207

PART FOUR • <i>Kindness to Animals: Tzaar Baalei Chayim</i>	211
19. Kindness to Animals: <i>Tzaar Baalei Chayim</i> , RAYNA ELLEN GEVURTZ	215
20. “I’ll Have What She’s Having”: Jewish Ethical Vegetarianism, MARK SAMETH	225
21. Continuity and Change in Reform Views of Kashrut 1883–2002: From the <i>T’reifah</i> Banquet to Eco-Kashrut, AARON SAUL GROSS	235
22. Meat Minimalism: Were We Meant to Be Ethical Omnivores? KAREN R. PEROLMAN	261
23. Blood, Sweat, and Tears: The Making of a Reform <i>Shochet</i> , JOSH WHINSTON AND GERSH LAZAROW	267
24. Real Life / Real Food: A Letter to My Vegetarian Husband, ZOË KLEIN	273
PART FIVE • <i>Concern for Oppressed Food Workers: Oshek</i>	277
25. <i>Oshek</i> : The Meeting Point of Ritual Piety and Moral Purity in a Contemporary Reform Kashrut, RICHARD LITVAK	281
26. Our Dark Addictions: Chocolate, Coffee, and Tea, DEBORAH PRINZ	287
27. A Look Back at the Reform Movement’s Response to the United Farm Workers Grape Boycott, PETER E. KASDAN	297
28. Real Life / Real Food: Post-Postville and Onward, ROBERT J. MARX	305
PART SIX • <i>Hechsher: Who Decides What Is Kosher?</i>	307
29. Considering <i>Hechsher</i> , MARY L. ZAMORE	311

30.	We Answer to an Even Higher Authority, ARIANA SILVERMAN	317
31.	But Is the <i>Mashgichah</i> Kosher? MARY L. ZAMORE	329
32.	Wine: Our Symbol of Joy, TERJE Z. LANDE AND OREN POSTREL	335
33.	Real Life / Real Food: <i>Kiddush</i> and Mad Dog 20-20— A Kosher Combination? DEBORAH BODIN COHEN	343
PART SEVEN • <i>Guarding Our Health: Sh'mirat HaGuf</i>		347
34.	Palates, Pilates, Politics: A Prophetic Vision for Eating, WILLIAM CUTTER	351
35.	Of Pharisees and Allergies: <i>Shulchan Shalom</i> , DOUG SAGAL	361
36.	Returning Food to Its Rightful Place: Eating Disorders in the Jewish Community, RUTH A. ZLOTNICK	367
37.	Real Life / Real Food: Redefining Healthy Eating, For Life, JULIE PELC ADLER	373
PART EIGHT • <i>Justice: Tzedek</i>		375
38.	Let All Who Are Hungry Come and Eat: Food Ethics, <i>Tzedakah</i> , and How We Celebrate, NEAL GOLD	379
39.	Pricing Ourselves Out of the Market: Is Eating Kosher (Ritually and Ethically) a Privilege of the Rich? IRWIN ZEPLOWITZ	387
40.	Raising Our Voices for Food Justice, MICHAEL NAMATH AND RACHEL COHEN	395
41.	Real Life / Real Food: Bread, Torah, and <i>Tikkun</i> , LINDA MOTZKIN AND JONATHAN RUBENSTEIN	403

PART NINE • <i>Spirituality</i>	405
42. Food Preparation as a Holy Act: <i>Hafrashbat Challab</i> , RUTH ABUSCH-MAGDER	409
43. The Joy and Privilege of Blessings Before and After a Meal, BENNETT F. MILLER	417
44. We Eat First: A Congregational Snapshot, ELLEN LIPPMANN AND TRISHA ARLIN	431
45. What I Eat Is Who I Am: Kashrut and Identity, PETER KNOBEL	439
46. <i>Tzom</i> : Fasting as a Religious/Spiritual Practice, SUE LEVI ELWELL	445
47. Real Life / Real Food: An Introduction to Hunger, DONALD A. WEBER	457
PART TEN • <i>Making Your Choices: Shalom</i>	459
48. Your Personal Kashrut: <i>Sb'leimut</i> and <i>Sb'lom Bayit</i> , MARY L. ZAMORE	463
49. Creating a Reform Communal Dietary Policy, JEFFREY BROWN	473
50. Real Life / Real Food: Kosher Christmas Dinner, MARY L. ZAMORE	483
<i>To Learn More</i>	485
<i>Reponsa</i>	495
<i>Glossary</i>	499
<i>Contributors</i>	505