

Green Team Plant-Based Community Cookbook

Send us your recipes!

Why this project now? Green Team member Jessica Balk Jones explains: Over the last year, many of us have turned to cooking for comfort and entertainment. Because we are a socially engaged community, many of us have also pondered how we can make this unprecedented downtime meaningful and impactful. What if we could pair the joy and familiarity of food with simultaneously making a difference?

Since joining CBST, I have found purpose and inspiration in our divine responsibility to take care of the earth and all its creatures. In Parshat Bereshit, the very first lines of Torah delve into the creation of our planetary home. The very first task assigned to humankind was to tend to all living beings, and the very first sources of nutritious sustenance were the plants and greenery. In the beginning, we weren't permitted to eat flesh of any kind (Bereshit 1:28-30). As we read later in the Torah, animals were also included in the commandment to rest on Shabbat (Yitro 20:10).

Cooperberg-Rittmaster Rabbinical Fellow Deborah Megdal gave a fabulously moving [drasha on Shabbat Noach](#) on animal justice in light of these early teachings in the Torah. This drasha was one of those memorable gem moments that shifted my perspective into action: What if I just took one day a week ... perhaps Shabbat ... to honor our deep-rooted connection to all earthly beings? Since CRRF Deborah's drasha, I have committed to plant-based Shabbatot for nearly 20 weeks. I have experimented with vegan challah, homemade cauliflower gnocchi, tofu Bolognese, and sipping kale/berry/almond milk smoothies during morning services. Although I still eat some animal products during the week, I have decreased the amount of meat, dairy, and eggs I consume and have become more mindful of where my food is coming from. Sensing that there are many other dabblers in vegetarianism/veganism in our community, I reached out to Rabbi James and Liz Galst to see how we could collaborate and turn this micro-activism into a community initiative.



I hope you'll join this project in any way that seems right for you, whether that's by submitting a recipe or two, inviting friends to submit recipes, or simply by trying to eat lower on the food chain. No need to commit to a lifetime of veganism or swear off cheese for good. Together, we can decrease our collective carbon footprint from our own kitchens!

