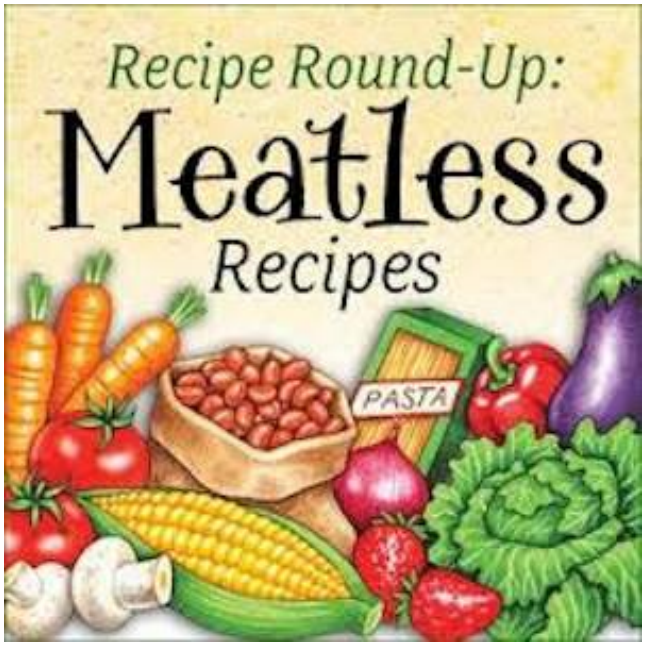
Meatless Meal for the Nine Days or Any Day



Each year, in the midst of the “lazy, hazy” days of summer, Jews worldwide remember and pause some daily activities for a three week period. The final nine days of this three week period, which are the first nine days of the month of Av, are observed with even more intensive remembrances. During this period, Jews mourn both the loss of the Holy Temples in Jerusalem and exile from our holy land.

During this final nine day period most observant Jews do not participate in recreational summer activities such as swimming, concerts, weddings etc. Additionally, many refrain from eating meat and drinking wine except on Shabbos.

Kosher Eve [illegible] meatless dishes to enjoy during the nine days or any day year