



Kashrut and Jewish Food Ethics

Edited by
SHMULY YANKLOWITZ

Boston
2019

Table of Contents

Introduction	
<i>Rabbi Dr. Shmuly Yanklowitz</i>	ix
SECTION 1	
Kashrut Dynamics	
<hr/>	
1. On the Ethics and Politics of Kosher Food Supervision	1
<i>Rabbi Aaron Leibowitz</i>	
2. Are You Really Eating Kosher? On Camouflage, Hypocrisy, and Hiding Behind the Kashrut Laws	10
<i>Rabbi Dr. Nathan Lopes Cardozo</i>	
3. Milk and Meat: The Dangerous Mixture	14
<i>Rabbi Dr. Nathan Lopes Cardozo</i>	
SECTION 2	
Bridging Kashrut with Ethical & Spiritual Concerns	
<hr/>	
1. The Moral Underpinnings of Kashrut	18
<i>Rabbi Dr. Shmuly Yanklowitz</i>	
2. Eating Our Way from Holiness to Justice: Kashrut as a Bridge Between Competing Value Systems	27
<i>Rabbi Dr. David Kasher</i>	
3. Increasing Holiness in Life: Towards an Expanded Kashrut	33
<i>Rabbi Dr. Irving (Yitz) Greenberg</i>	
SECTION 3	
Spirituality of Eating	
<hr/>	
1. Eating as a Sacrament: The Eating Table and the Coffin	43
<i>Rabbi Dr. Daniel Sperber</i>	
2. Food for Thought: Hasidic Wisdom on Spiritual Eating	49
<i>Rabbi Dr. Ariel Evan Mayse</i>	
3. Holy Eating in Jewish Thought and Practice	66
<i>Rabbi Hyim Shafner</i>	
4. Too Much of Everything is Just Enough: Eating as a Spiritual Practice in a Culture of Abundance	78
<i>Rabbi David Jaffe</i>	

SECTION 4**Health & Consumption**

1. Towards a Jewish Nutrition Ethic: The Theology, Law, and Ethics of Healthy Eating 87
Rabbi Daniel R. Goodman
2. Why Are We So Hungry? Our Betrayal of Eating, Being Satisfied and Blessing and The Way Back! 119
Rabbi Daniel Landes
3. Your Grains, Your Grape Juice, and Your Oil: Coming to Terms with Unhealthy Foods Venerated by Jewish Tradition 126
Rabbi Asher Lopatin

SECTION 5**Worker Rights, Equality, & Hunger**

1. The Divine Image: Theological Reflections on Jewish Labor Law 134
Rabbi Dr. Ariel Evan Mayse
2. Judaism and The Crisis of the Rural Village in the Global South 154
Rabbi Micha Odenheimer
3. Let Them Have a Little Bread 167
Rabbi Marc Gitler

SECTION 6**Animal Welfare**

1. תשובה בענייני צער בעלי חיים 171
Rabbi David Bigman
2. Animal Suffering and the Rhetoric of Values and *Halakhah* 182
Rabbi Dov Linzer
3. The Commandments Were Only Given for the Purpose of Refining People 209
Rabbi Dr. David Rosen
4. The Case for Limiting Meat Consumption to Shabbat, Holidays, and Celebrations 218
Rabbi Aaron Potek

SECTION 7**Environmentalism, Conservation, and GMOs**

1. Ethical Eating and the Impact on our Environment 235
Rabbi Dr. Mel Gottlieb
 2. Humanity and the Tree of the Field: Conservation as a Commandment 244
Rosh Kehillah Dina Najman
 3. Divine Wisdom or Altering Creation? A Torah Perspective on GMOs 252
Rabbi Gabe Greenberg
- Conclusion
Rabbi Dr. Shmuly Yanklowitz 266
- Index 270