



A Healthy and Compassionate Lifestyle

How can we put compassion for animals into practice?

וַיֹּאמֶר אֱלֹקִים הִנֵּה נֹתְתִי לָכֶם אֶת כָּל עֵשֶׂב זֶרַע זֶרַע אֲשֶׁר עַל פְּנֵי כָל הָאָרֶץ וְאֶת כָּל הָעֵץ אֲשֶׁר בּוֹ פְּרִי עֵץ זֶרַע זֶרַע לָכֶם יְהִיָּה לְאֹכְלָהּ.

God said, "See, I give you every seed-bearing plant that is upon all the earth, and every tree that has seed-bearing fruit; they shall be yours for food.

Genesis 1:29



Beans



Oil



Grain



Nuts



Seeds



Fruits



Vegetables



With the technique called square foot gardening, 1.5 square meters, or 16 square feet, can produce enough for one person.