THE TRUES.

KI TAVO: BIBLICAL SUPERFOODS!

THIS WEEK'S PARASHA TALKS ABOUT THE SHIVAT HAMINIM THE SEVEN SPECIAL FOODS FOR WHICH THE LAND OF ISRAEL IS

PRAISED.

CHECK OUT THESE **BIBLICAL SUPERFOODS** AND SOME FANTASTIC FACTS ABOUT THEM!

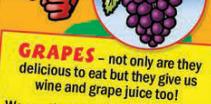


The Torah regards it this way too, and places it at number 1 on the Shivat Haminim list. When we have a choice of foods, we say a bracha for wheat-based products first. When we say the bracha Hamotzi over bread at the beginning of a meal, it covers all the other food eaten and we don't have to say brachot over anything else.



BARLEY is the first grain to ripen in the spring. The word barley in Hebrew is se-orah, which literally means hair because of its hairy stem.

The first barley to be harvested was used for the Omer offering. It was the signal to start the 49 day count from Pesach to Shavuot.



We use the fruit of the grapevine for Kiddush and Haydalah to celebrate every Shabbat and festival. We say a blessing over a cup of wine at all important occasions in Jewish life!

Wine is one of those rare things which improves with age. This is compared to the words of the Torah - the older you get, the more you appreciate their wisdom.



DATES or date honey -

'silan'. It is eaten on Rosh Hashana as a symbol of

sweetness, and in charoset, for

the Seder on Pesach.

The long leaves of date palms

are used for the Lulay.



FIGS. Did you know that a fig is not actually a fruit, but a flower inverted into itself?

The fig is the first tree mentioned by name in the Torah. The Talmud compares the fig to the Torah it's so sweet!



POMEGRANATES are beautiful with their bright red outer shell and elegant crowns.

There were fabric pomegranates, decorating the special robe of the Kohen Gadol, and stone pomegranates decorating the pillars of the Temple.

And of course, they are traditionally eaten on Rosh Hashana.





QLIVES don't only feature in the Chanukah story. The olive symbolises light, wisdom and also peace.

When the dove brought back an olive branch after the Flood, Noach realised that the land was dry enough to leave the Ark. Ever since, olives have symbolised hope for a peaceful future.

Even today, a "k'zayit" meaning "like an olive" is a unit of measurement used in Jewish law to make clear how much of a food should be eaten, for example Challah or Matzah.



Tribe is the Young People's Department of the United Synagogue: Creating a future for our community through engaging, educating and inspiring the next generation.