



# THE TRIBE SCRIBE

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!



**WHEAT** is one of the most important foods in the world because it can sustain life, even when other foods are not available.

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**.

**GRAPES** – not only are they delicious to eat but they give us wine and grape juice too!

We use the fruit of the grapevine for **Kiddush** and **Havdalah** 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 **Lulav**.

2000 year old date seeds, found at **Masada**, have successfully grown into a tree!! A symbol for the survival of ancient Israel!

**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**.



**OLIVES** 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**

www.tribeuk.com

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.