

## TU B'SHEVAT SHOPPING LIST

1. The seven species of the Land of Israel:
  - a. Figs
  - b. Dates
  - c. Pomegranates
  - d. Olives
  - e. Grapes (or raisins)
  - f. Wheat and barley (in the form of bread, cake or cereal- bake your own or purchase)
2. Fresh or dried fruits with hard shells or peels (e.g. pineapple, oranges, carob)
3. Other fruits with edible seeds (e.g. blueberries, strawberries)
4. Other fruits with inedible pits (e.g. peaches, plums, avocado, apricot)
5. Wine or grape juice, both white and red (enough for 4 glasses)
6. If you do not have nut allergies, you may use walnuts, almonds, cashews, etc. (nuts with a hard outer shell)