



Temple Israel Presents  
**“How to Tu B’av”**

*A guide for those celebrating Tu B’av*

WHAT IS TU B’AV?

According to the Mishna, Tu B'av (the 15<sup>th</sup> day of the month Av) was a joyous holiday in the days of the Temple in Jerusalem, marking the beginning of the grape harvest. On this minor Jewish holiday, unmarried girls of Jerusalem dressed in white garments and went out to dance in the vineyards. Nights were also traditionally the ideal time for Torah study due to the summer solstice, which allowed more sunlight into the evening hours.

Tu B’av has become a romantic Jewish holiday — the Jewish “Valentine’s Day” as some call it — and is often viewed as a great time for weddings or marriage proposals.

HOW CAN I CELEBRATE TU B’AV?

- Romance/showing love and care
- Singing
- Dancing
- Giving flowers
- Torah study

*Please feel free to contact Rabbi Amy Feder [afeder@ti-stl.org](mailto:afeder@ti-stl.org) or 314-432-8050 with any questions regarding how you can commemorate Tu B’av at home.*