

הקשר היהודי שלך

Your Jewish Connection

Brought to you by the Lifelong Learning Committee – *Written by Linda S Trapasso*

Save Your Lulav and Etrog!

Our wonderful holiday of *Sukkot* is over, the *sukkah* is stored away for next year, but you've got this *lulav* and *etrog* on your hands. What are you going to do with them? Read on for a few ideas!

What we refer to as a *lulav* is the Four Species used together in a bundle for *Sukkot*. The Four Species are the *lulav* or date palm tree; *hadass* or myrtle; and *aravah* or willow. Together they are the *lulav* along with the *etrog* or citron. The *lulav* represents aspects of the human body with the *lulav* representing the spine, the myrtle the eyes, the willow the lips, and the *etrog* the heart. *Midrash* says the *lulav* represents four different types of Jews (see [description here](#)).



We hold the *lulav* in one hand and the



etrog in the other, bring our hands together, and wave them in four directions, plus up and down, to fulfill the *mitzvah* to bless G-d's mastery over all creation and to pray for enough rain in the coming year. (An article at [HuffPost](#) likens this shaking ritual to a rain dance.)

Since the *lulav* and *etrog* were used for a *mitzvah*, they should be treated with respect and not be discarded in a trash bin. Ideally, they should be used for another *mitzvah*. Many people save their *lulav* until *Pesach* and then use it to kindle a fire for the *mitzvah* of burning *chametz*.

Another thing you can do is save the *etrog* until *Tu B'shevat* and eat it in candied form or as candied

peel, accompanied by prayers that one will merit a beautiful *etrog* next *Sukkot*. Candied citron also has a long non-Jewish history that you can [read about here](#).

Some families make jam or liqueur out of the *etrog*, or stick cloves in the skin for use as *besamim* at the *havdalah* ceremony after *Shabbat*. And you can plant *etrog* seeds indoors and have an *etrog* tree in 5 – 10 years.

You can find *etrog* recipes and more ideas at [The Canadian Jewish News](#), the [Jewish Standard](#), the [Sukkah Project](#), the [Jew & the Carrot](#), [Specialty Produce](#), [MyJewishLearning](#), and the [Spruce Eats](#). Like the Energizer Bunny, your *lulav* and *etrog* can keep going and going and going...!

ROGER PELLERIN
President



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