

# הקשר היהודי שלך

## Your Jewish Connection

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

### For the Love of Pomegranates

I don't know why, but I'm drawn to pomegranates. We are in the middle to end of pomegranate season, so take advantage while you have time! To persuade you, read the [Top 10 great reasons to love the pomegranate](#).



The [Connecticut Jewish Ledger article on pomegranates](#) provides many interesting bits of information about pomegranates. They are a favorite fruit for Rosh Hashanah. Some Jews believe a pomegranate may be the apple in the Garden of Eden. Pomegranates are mentioned throughout the Torah. Images of pomegranates were used to decorate priestly robes. They are one of the Seven Species of Israel.

Pomegranates originated in Persia and were domesticated several thousand years ago. They range in size from about 3 1/2 inches to 5 inches. They come in varying shades of red and have a crown on one end. The best part is that they are full of red jewels called arils that contain juice and a seed. You can eat the arils as is (including the seed or not), use them in cooking, and make juice. Pomegranates make beautiful decorative accents on your table and as part of home decorations, adding a touch of the exotic. And consuming pomegranates provides health benefits. To learn more about pomegranates, check out the [Pomegranate Council](#).



Some say that a pomegranate has 613 seeds, the number of mitzvot. To learn more about the rabbinic discussion on pomegranate seeds, check out [What's the Truth about... Pomegranate Seeds?](#) at Jewish Action magazine.

[Chabad.org](#) has a list of pomegranate articles, including [The Third Pomegranate](#), a story about a pomegranate tree, a rabbi, and his family. Another story in which pomegranates figure is from [The Jerusalem Post](#) as told by a Holocaust survivor who never saw a real pomegranate until her arrival in Israel.

In an article at [TheJewishPress.com](#). Professor Michael Aviram (from Rambam Hospital and the Technion Israel Institute of Technology in Israel) discusses his research into pomegranates to help save lives.

Pomegranates figure prominently in Jewish-themed art. Go to any web site where you can shop for Judaica, and you will find many items featuring pomegranates. For example, do a search on pomegranate at [Etsy.com](#), and you'll have a list of jewelry, art, food, candles, and more.



So take advantage of the current pomegranate season and enjoy pomegranates!


  
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