



Ner Shalom 2022

Tu B'Shevat

Haggadah

What You Need for the Seder



Red and White Wine (or grape juice)



Fruits and Nuts (choose at least one from each category)

- Assiyah - almonds, banana, coconut, grapefruit, hazelnuts, kiwi, pineapple, pistachios, pomegranate, walnuts,
- Yetzirah - apricots, avocados, cherries, dates, olives, peaches, plums
- Briyah - blueberries, figs, raisins, raspberries, seedless grapes, strawberries



Bread (or crackers)



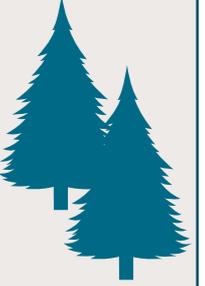
Atzilut - A Yom Tov Candle



Tu B'Shevat is the Jewish New Year for trees.

It is the time of year to acknowledge our relationship with nature and the importance of stewardship in regards to our natural resources.

In Israel it is customary to plant cedar or cypress trees when a baby is born. When the child grows up the branches can be used as wood for the poles of their wedding chuppah



This holiday is based on the words of Leviticus 19:23-25:

“When you enter the land and plant any tree for food, you shall regard its fruit as forbidden. Three years it shall be forbidden for you, not to be eaten. In the fourth year all its fruit shall be set aside for jubilation before the LORD, and only in the fifth year may you use its fruit - that its yield to you may be increased: I am the LORD am your G_d.”

This holiday has been celebrated through the centuries as a way to mark planting and harvest times, to acknowledge the importance of tithing, and as an opportunity for spiritual improvement.

The importance of trees is continually brought to mind within the words of the Torah.

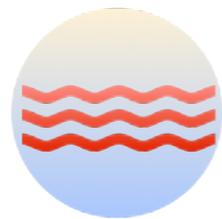
Deuteronomy 20:19-20 dictates that even when laying siege to a city the trees are to be left standing if they yield food. And we are posed the question: “Are trees of the field human to withdraw before you into the besieged city?” This can be read to imply that trees, being unable to remove themselves from the violence of war, must be cared for and treated as if they are innocent people in need of protection.

In practice, we must protect the trees as well as we would a human.

During this holiday in particular, we have opportunity to perform Tikkun Olam - acts that mend/repair the world.

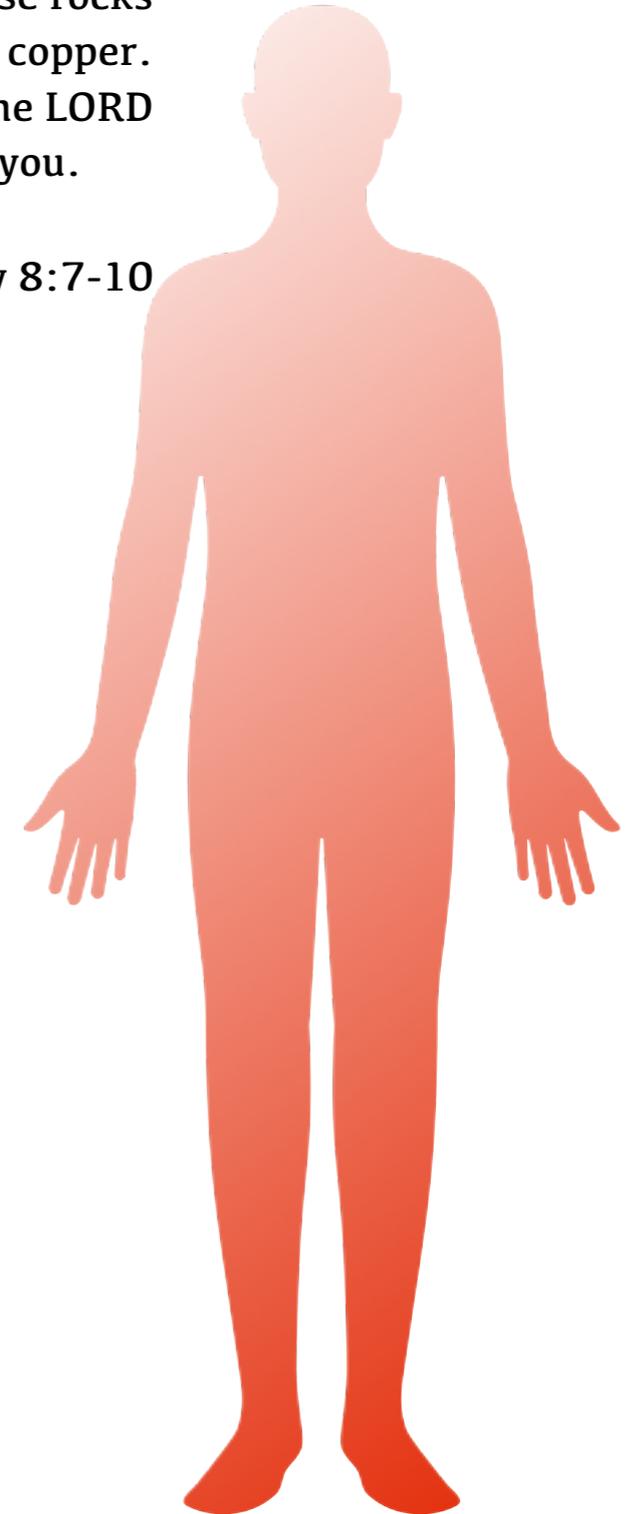
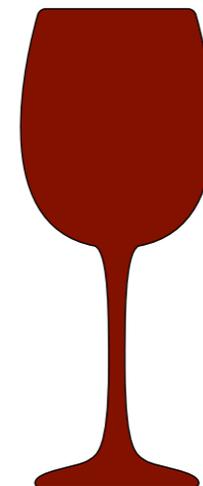
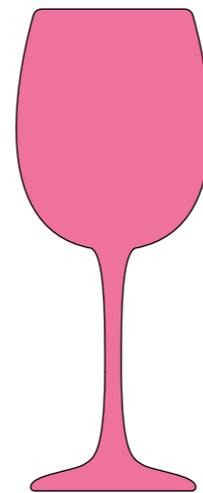
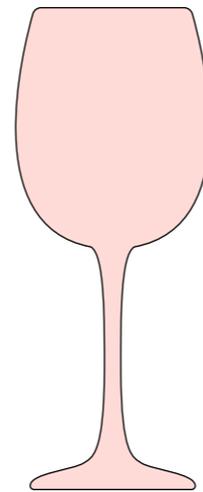
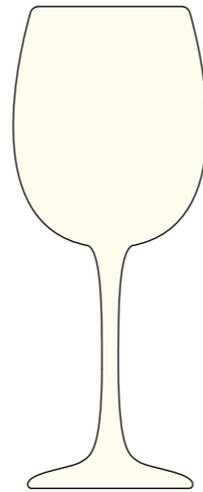


The 16th century Kabbalists of Safed designed the Tu B'Shevat Seder after the Passover Seder. They ate foods chosen from the "seven species" listed in Deuteronomy (wheat, barley, vines, figs, pomegranates, olive trees, honey) drank four cups of wine, and reflected on how we live on four levels of the Tree of Life (Atzilut, Briyah, Yetzirah, Assiyah) simultaneously.



“For the LORD your G_d is bringing you into a good land, a land with streams and springs and fountains issuing from plain and hill; a land of wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey; a land where you may eat food without stint, where you will lack nothing; a land whose rocks are iron and from whose hills you can mine copper. When you have eaten your fill, give thanks to the LORD your G_d for the good land which He has given you.

-Deuteronomy 8:7-10



Assiyah means action.

We acknowledge that we are residents in the kabbalistic world of Assiyah or “World of Action” and are therefore tasked with the “doing” of things that impact our world. This can be considered a utilitarian concept in the kabbalistic worlds.

When we think about nature and the impact we have on our physical environment we should take action in order to care for our surroundings and the work we must do to continually repair the world and keep the planet healthy.

As a symbol of Assiyah, we eat fruits and nuts with a tough outer shell and a soft inside. These foods symbolize the winter season because of their protective outside. When we remove the shell, the vulnerable flesh is exposed. They serve as a reminder of the responsibility we have in taking action to protect the most vulnerable.



Focus on each fruit on your table, contemplate color, shape, size, smell, and texture. Reflect on the places this fruit came from. How far did it travel to get to your table? How long ago was the fruit harvested from the tree or plant? Who cared for the plants as the fruit formed on branches or vine? What farmer plucked it? Who packaged and delivered it? Where was it sold? How many people were involved in the life of this one fruit? How many families did this one fruit support?

Now consider the tree or plant itself. The roots and the soil, the water being carried through the roots to help it grow and support the development of its fruits.

Finally, think about all the parts of creation that supported the growth of this one fruit.

The dirt, fertile from centuries of life cycling through it, water from rain, the sunshine radiating light and energizing the plants through the process of photosynthesis. G_d is in every part of this process, in every part of the earth.

Eretz (earth) is a symbol of Assiyah, because it is solid and the realm where the actions we take matter. Stretch your hands above your head, feel your toes and your blood running through your veins, listen to your heart beat. That same miracle of life is here in your body. Give thanks to G_d for this fruit and for the miracle of life.



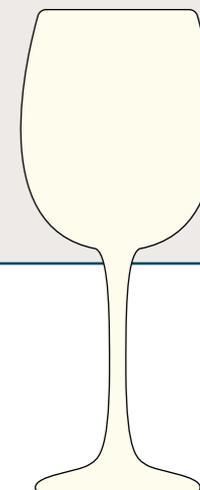
As we begin to eat the first fruits of the seder we recite:

Baruch atah Adonai, Eloheinu Melech ha-
olam, Borei pri ha-etz.

Blessed are You, our G_d, Sovereign of the
universe, who creates the fruit of the tree.

During this Seder, it is customary to pour your neighbor's
wine as a sign of community.

The first cup of wine is white. Symbolizing
winter and the purity of creation.



As we drink the first glass of wine we
recite:

Baruch atah Adonai, Eloheinu Melech ha-
olam, Borei pri ha-gafen.

Blessed are You, our G_d, Sovereign of the
universe, who creates the fruit of the vine.

Other things to do for Assiyah:



Sing!

The almond tree is growing;
A golden sun is glowing;
The birds sing out in joyous glee
From every roof and every tree.

Tu B'Shevat is here
The Jewish Arbor Day.
Hail the trees' New Year
Happy Holiday!

Plant Trees

It is a tradition to plant trees on Tu B'Shevat

Buy Local

The average meal travels 1500 miles before reaching your plate. Supporting local farms cuts back on use of fossil fuels and air pollutants while helping your

Conservation Challenge:

Start a kitchen garden or join a local community garden

Yetzirah means Formation.

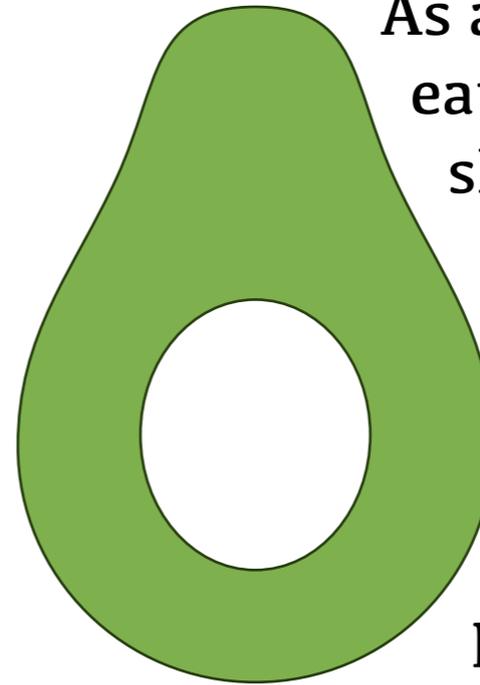
Isaiah 43:7

“All who are linked to My name, Whom I have created, Formed, and made for My glory “



Let us consider the formation of a tree from a seed. The gathering of the energy and resources that must occur and the time it takes for those changes to impact the seed and ultimately alter it. We are also subject to processes in order to change. We must gather our energy and we must utilize available resources to design and plan in order to shape and form aspects of ourselves and our

lives as we change and grow.



As a symbol of Yetzirah, we eat fruits with soft outer shells and hard pits. This reminds us that we can have inner strength without being hard on the outside. We can use our innermost strength to help shape ourselves and our world.

Add to your Seder:

Discussion:

What does the following passage relay to us regarding the use and sharing of resources? What is our responsibility to animals, plants, other people, or the future?:

“When you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest. You shall not pick your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger: I the LORD am your G_d.”

-Leviticus 19:9-10

As an essential, precious resource while also appearing to us as an awesome aspect of nature mawim (water) is a symbol of Yetzirah.

Consider our oceans and rivers, rainstorms and Spring showers, waterfalls and deep wells. Picture the water cycling in and out of our soil and food supply helping to form so much of what is possible.

Water can cleanse, but it also can erode the landscape and dissolve mountains. It can move through the earth and turn land into rich soil or in its absence a land is tormented by drought.

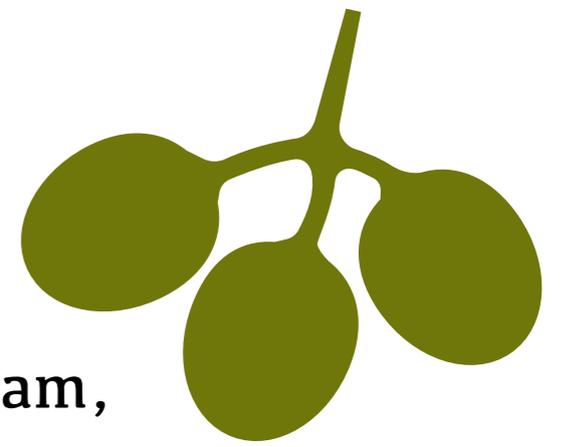
Picture a life without access to clean water. How would this alter your environment? How would this change your relationship to water?



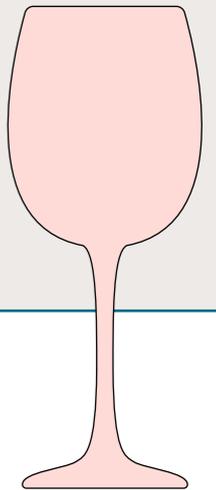
As we begin to eat the second fruits of the seder we recite:

Baruch atah Adonai, Eloheinu Melech ha-olam,
Borei pri ha-etz.

Blessed are You, our G_d, Sovereign of the universe, who creates the fruit of the tree.



The second cup of wine is white mixed with red. This Symbolizes the ever present embers of life that burn inside all living things and the land awakening as winter begins to turn to spring.



As we drink the second glass of wine we recite:

Baruch atah Adonai, Eloheinu Melech ha-olam,
Borei pri ha-gafen.

Blessed are You, our G_d, Sovereign of the universe, who creates the fruit of the vine.

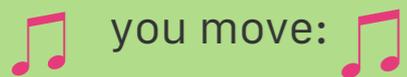
Other things to do for Yetzilah:

Dance!

THE  MAYYIM
(WATER) STEP

1. Cross your right foot in front of your left foot.
2. Put your weight onto your right foot and move your left foot out to the left.
3. Cross behind the left foot with your right foot.
4. Move your left foot out to the left again.

Sing the mayyim song while



you move:

U'shavtem mayyim b'sason
mi'mienai ha'yeshuah (x2)

Mayyim mayyim mayyim mayyim
hey mayyim b'sason (x2)

Hey Hey Hey Hey

Mayyim mayyim mayyim mayyim
hey mayyim b'sason (x2)

Don't Waste Water

Turn off the faucet while brushing teeth or shaving.

Take shorter showers.

Wash clothes with cold water and use the appropriate water level with the size of the load.

Take your car to the carwash instead of washing at home. This prevents run-off of oils from your autos and driveway entering the water supply. Finding a car wash that recycles their water is even better!

Conservation Challenge:

Design a grey water system in your home

Briyah means creation.

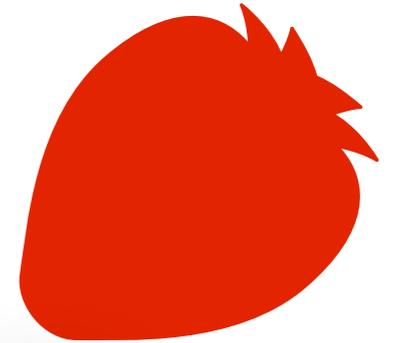
The unification of our inner strength and wisdom with our outer selves is what enables us to merge the personal and spiritual to manifest what we value in our physical world.

Resources (both worldly and otherwise) are used in the creation of what we build in our environment and in the lives that we design for ourselves.

Perhaps you are a musician, artist, scientist, athlete, or builder? Maybe you are a teacher or community leader, a farmer or a nurse. All of the personal growth you experience will help mold and define your whole self. You use your resources to create a life for yourself and the people you hope to share it with.

By being our full selves we are connecting ourselves to the divine.

As a symbol of Briyah, we eat fruits with no protective shells or pits which can be eaten whole. This is meant to represent the whole of



Add to your Seder:

The Ten Plagues

Like the ten plagues of Passover, we can spill a drop of wine for environmental plagues of today.

1. **Air Pollution**
2. **Water Pollution**
3. **Water Shortages and Droughts**
4. **Landfill Overflow**
5. **Over-consumption of Energy**
6. **Extinction of Species**
7. **Forest/Wild Fires**
8. **Destruction of Rainforests**
9. **Melting of Polar Ice Caps**
10. **Destruction of the ozone layer**

Close your eyes. Take a deep breath. Fill your lungs and let it out slowly.

Close your eyes again. Take a deep breath. Hold that breath while you imagine the air filling with thick acrid smoke filled with particulates of glass and metal. Keep holding your breath until you have no choice but to let it go.

What happens to our dreams and hope for the future or the people we love when our breathe becomes choked by pollution?

All that drives us; the love in our lives, the hope we feel for the future, the dreams we pursue in order to build a world we want to live in, are all unseen yet powerful aspects of creation.

Ruach means wind, breath, or spirit. The air we breathe is both a magnificent force of nature and reminder of the power of the unseen. Ruach (wind) is a symbol of Briyah.

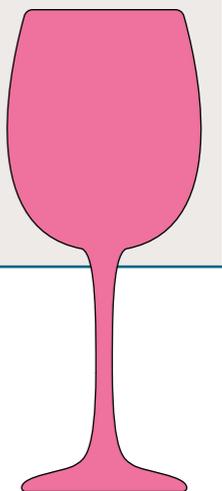


As we begin to eat the third and final fruits of the seder we recite:

Baruch atah Adonai, Eloheinu Melech ha-olam,
Borei pri ha-etz.

Blessed are You, our G_d, Sovereign of the universe, who creates the fruit of the tree.

The third cup of wine has more red than white. It symbolizes the plentiful fruits and vegetables that we begin to harvest as they develop and their continued abundance that remains will be harvested



As we drink the third glass of wine we recite:

Baruch atah Adonai, Eloheinu Melech ha-olam,
Borei pri ha-gafen

Blessed are You, our G_d, Sovereign of the universe, who creates the fruit of the vine.

Other things to do for Briyah:

Play a Game!



Sniff and Tell

1. Have someone place fruits and spices in paper bags (or small boxes) while no one is watching. Number the bags.
2. Hand out paper and pencil (or crayons) to everyone at the table. Have them write down the corresponding bag numbers on their papers.
3. Pass around the bags one at a time letting people smell the aromatic contents and writing down (or drawing) what they think each bag contains. Make sure participants eyes are closed during this part (or you can blind-fold each other).
4. Reveal the contents and see who guessed the most correctly. Provide a sweet treat to those with the most correct guesses!

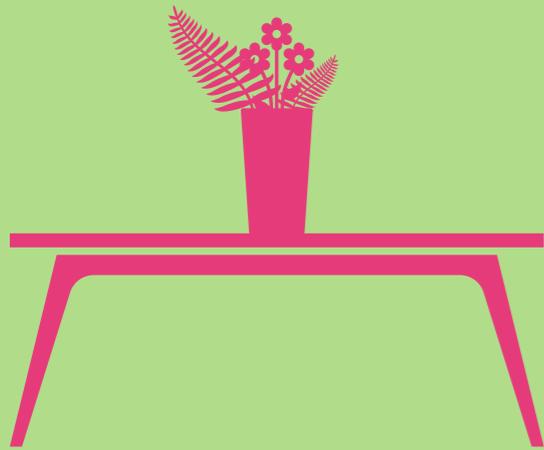
Support a Multi-Modal Transit System

Carpooling can save 790lbs. Of carbon dioxide and hundreds of dollars per year. Use of Public transportation not only reduces emissions it helps support others in your area. Walking and Biking is both good for bodies and good for the environment!

Conservation Challenge:

Organize or Volunteer for a local Bike/Walk to work & school events.

EAT!



Set your Seder table with reusable linens, wildcrafted decorations, and lots of delicious foods to celebrate this special day!



As we finish the third glass of wine, we eat bread together to remind us of our dependance on the earth to survive. We lift our bread and recite the bracha together:

Baruch atah Adonai, Eloheinu Melech ha-olam, Hamotzi lechem min ha'aretz.

Blessed are You, our G_d, Sovereign of the universe, Who brings forth bread from the earth.

It is customary to share a Festive Meal after the third cup of wine.

Atzilut means nobility.

Having a Noble Spirit means attempting to live with high moral principles and ideas. Jewish texts are abundant with stories and ethical questions posed for us to consider and apply to our lives.

As Jews we weave the tenets of our beliefs throughout our lives, principles like Tzedakah, Tikkun Olam, and the golden rule:

“What is hateful to you, do not do to your fellow. This is the entire Torah and the rest is commentary. Now go learn.” -Rabbi Hillel

Our full existence goes beyond ourselves as we are part of infinite creation. We are to find balance in our physical and spiritual lives and continually reach for the divine through our own creative purpose.



As a symbol of Atzilut we eat no fruits and instead, light a candle to acknowledge the energy of the divine and feel close to G_d. The flame helps us to remember the power and energy of the eternal one.

Aish (fire) is a symbol of Atzilut. The energy of life.

Remember what the sun feels like on your face on a clear day. The heat of that burning ball of gas radiating through our solar system that is responsible for providing necessary energy for so much life here on Earth.

Reflect on the flaming Sun and remember that our purpose is to live in balance and harmony with all of G_d's creation. We must turn inward to rest and reflect so that as the seasons change, we can again perform the actions that are necessary to serve as protectors of the physical world and all that reside in it.

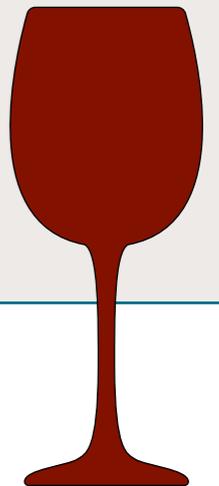


During the final portion of the seder we light our Yom Tov candle as we recite:

Baruch atah Adonai, Eloheinu Melech ha-olam,
Asher v'tzivanu l'haklik ner shel Yom Tov.

Blessed are You, our G_d, Sovereign of the Universe, who sanctifies us with mitzvot and call upon us to kindle the lights of the Festival day.

The fourth cup of wine is red. This is our final cup of wine. It is a symbol of the whole of creation and nature in full bloom before harvest. It represents the strength of deep and solid roots that will allow the cycle of the seasons to continue to provide future nourishment, and the bounty that comes from a healthy planet.



As we drink the first glass of wine we recite:

Baruch atah Adonai, Eloheinu Melech ha-olam, Borei pri ha-gafen.

Blessed are You, our G_d, Sovereign of the universe, who creates the fruit of the vine.

Other things to do for Atzilut:

Read



Belly Dancing Oaks

By Victoria Schmidling

Giant barren oaks

Silhouette against the twilight sky.

Twisted branches reach towards

The heavens,

Resembling the hands and fingers

Of exotic belly dancers

Searching for

Relief in ancient madras.

The sun's glow

Fades to night,

As the belly dancing oaks

Sigh into

A sleepy breeze.

Discuss

Continually discuss with your family and community actions that you can take to support a healthy environment.

Donate

Contribute to organizations whose efforts focus on environmental conservation and wildlife management.

Conservation Challenge:

Stay Informed: Research natural resource issues and support environmental and economic policies that include sustainable environmental practices.

Recipes for your Seder Meal:

Sour Cherry Rice

INGREDIENTS

- 3 cups basmati rice, rinsed
- 3 tbsp kosher salt, divided
- 2 pounds sour cherries, stemmed and pitted
- 1/4 cup granulated sugar
- 1 tsp freshly ground black pepper
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/8 tsp ground saffron
- 1/2 cup vegetable oil

INSTRUCTIONS

1. In a large bowl, cover rice with cold water and 1 tablespoon salt. Soak for 1 hour, then drain.
2. Meanwhile, in a medium saucepan, combine pitted cherries with sugar, black pepper, coriander, cinnamon, cardamom and 1/2 tablespoon salt over medium-high heat and bring to a simmer. Cook until the sugar is dissolved and the cherries are tender, about 12 minutes. Strain, then return any liquid back to the pan and simmer until thickened, 4-5 minutes more. Pour the thickened juices over the cherries and toss.
3. Combine 1/4 cup boiling water and saffron in a medium bowl. Whisk in 1/2 tablespoon salt and 1/4 cup oil.
4. Bring a large pot of water to a boil. Season with remaining 1 tablespoon salt. Boil rice until slightly tender but still not fully cooked, 5 minutes; drain.
5. Grease a 10-inch non-stick pot with remaining 1/4 cup oil. In a medium bowl, gently stir 3 cups boiled rice with half of the saffron mixture until coated. Line the bottom with the coated rice. In another bowl, toss remaining rice gently with the cherry mixture. Add over the bottom layer of rice, then drizzle remaining saffron oil on top.
6. Wrap a towel around pot lid and cover. Place over medium-high heat until you begin to hear rice sizzling, 4-5 minutes. Reduce heat to low and continue to cook until golden brown, 15-20 minutes; remove from heat. Place a platter over pot and invert so crispy rice is on top, then serve.

Mediterranean Roasted Vegetable Barley

INGREDIENTS

- 1 cup dry pearl barley, washed
- water
- 2 whole zucchini squash, diced
- 1 red bell pepper, cored, diced
- 1 yellow bell pepper, cored, diced
- 1 medium red onion, diced
- salt and pepper
- 2 tsp harissa spice, divided
- 3/4 tsp smoked paprika, divided
- 2 scallions, trimmed and chopped, (whites & greens)
- extra virgin olive oil
- 1 garlic clove, minced
- 2 oz chopped fresh parsley
- 2 tbsp fresh squeezed lemon juice
- Feta cheese, to taste (optional)
- Toasted pine nuts, to taste (optional)

INSTRUCTIONS

1. Preheat oven to 425 degrees F.
2. Place pearl barley and 2 1/2 cups water in a sauce pan. Bring to a boil, then turn heat down to low. Cover and cook anywhere from 30 to 45 minutes or until the barley is cooked through (should be tender but maintains some chew).
3. While barley is cooking, place diced vegetables (zucchini, bell peppers, and red onion) on a large baking sheet. Season with salt, pepper, 1 1/2 tsp harissa spice, and 1/2 tsp smoked paprika. Drizzle with extra virgin olive oil. Toss to coat. Spread evenly in one layer on the baking sheet. Roast in heated oven for 25 minutes or so.
4. When barley is ready, drain any excess water. Season with salt, pepper, 1/2 tsp harissa spice and 1/4 tsp smoked paprika. Toss to combine.
5. Transfer cooked barley to a large mixing bowl. Add roasted veggies. Add chopped scallions, garlic, and fresh parsley. Dress with lemon juice and a good drizzle of Early Harvest extra virgin olive oil. Toss. If you like, top with crumbled feta and toasted pine nuts.
6. Serve warm, at room temperature, or cold! Enjoy.

Moroccan Orange and Olive Salad (from Wild Women in the Kitchen p. 30)

INGREDIENTS

- 2 gloves garlic, minced
- 1/4 tsp salt (or to taste)
- 1 tsp sweet paprika
- 1/2 cup fresh parsley, minced
- 1/2 tsp ground cumin
- Dash of cayenne pepper
- 2 tbsp olive oil
- 5 navel oranges, peeled and sliced
- 3/4 cup black oil-cured olives
- Lettuce leaves

INSTRUCTIONS

1. Whisk the first 7 ingredients together in a small bowl.
2. Line a serving platter with lettuce leaves and arrange orange slices attractively. Scatter the olives and drizzle dressing over all. Refrigerate; serve cold. Serves 4-6.

Golden Raisin Scones (from Wild Women in the Kitchen p. 126)

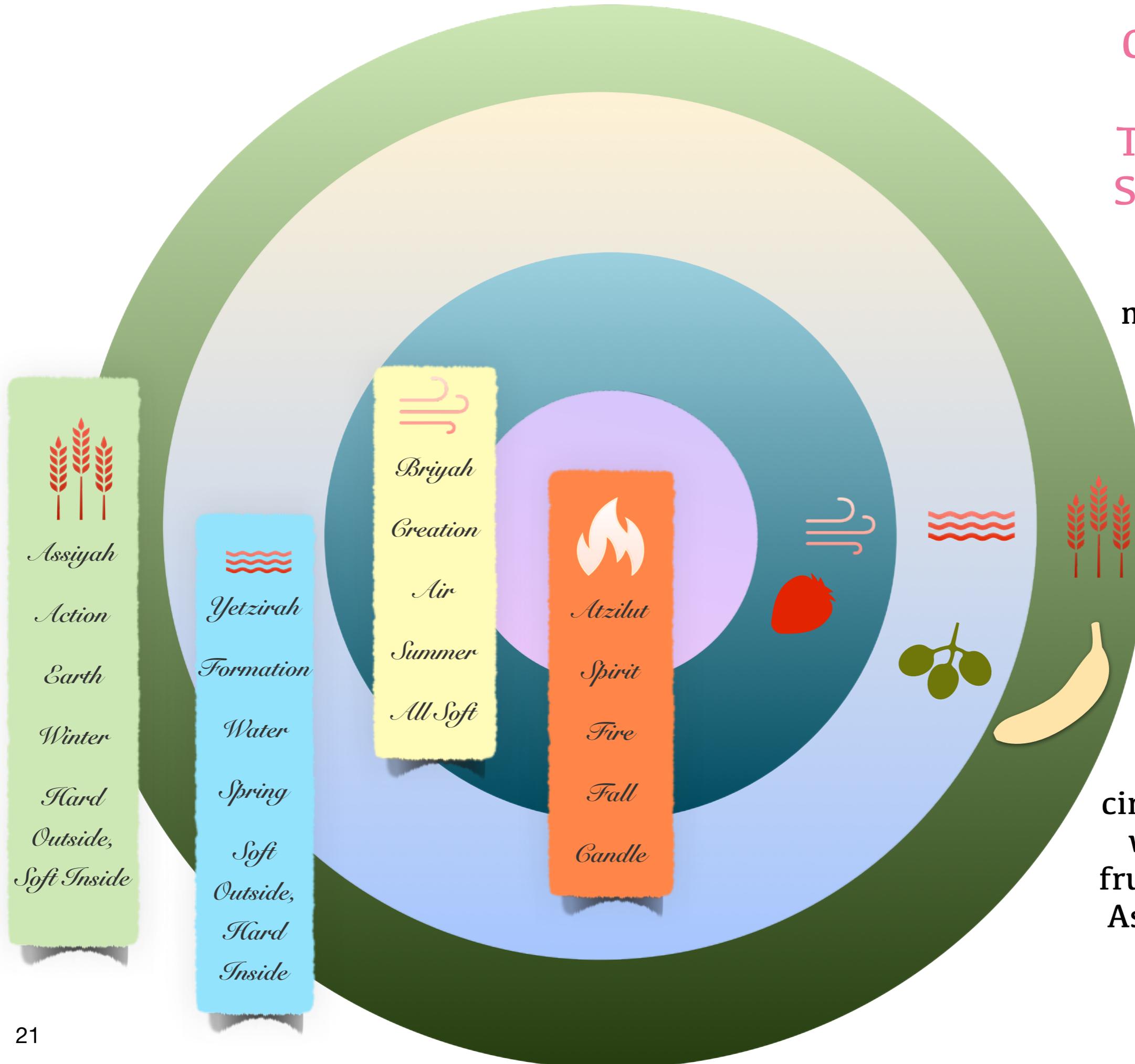
INGREDIENTS

- 2 cups all-purpose flour
- 1 tbsp baking powder
- 3 tbsp sugar
- 1/2 tsp salt
- 1/2 tsp ground nutmeg
- 1 stick butter, cut into cubes
- 1 extra large egg
- 1/3 cup cream
- 3/4 cup golden raisins

INSTRUCTIONS

1. Combine the dry ingredients in a large bowl. Add the cold butter and combine with your fingers until the mixture resembles coarse meal.
2. Break the egg into a small bowl and whisk lightly. Combine half the beaten egg and 1/2 cup of cream and pour this liquid over the flour mixture and combine until well mixed. (Add more cream a drop at a time if too dry.) Scrape the dough onto a lightly floured work surface.
3. Gently knead in the raisins. Roll the dough to 1/2 inch thick and cut into 2 1/4 inch rounds with a biscuit cutter. Place on untreated baking sheet and chill for 15 minutes.
4. Preheat the oven to 450 degrees. Add the 1 tbsp milk to the remaining egg and brush the top of each scone with the egg mixture. Bake until the tops are lightly colored, about 15 minutes. Cool on wire racks for 10 minutes and serve warm. Makes 12.

Organizing your TuB'Shevat Seder Plate



There are many ways to place your fruits onto your seder plate, this example places the candle at the center with the ceremonial fruits laid in concentric circles starting with the first fruits eaten for Assiyah on the outermost circle.

More Resources and Activities!

This Haggadah includes original and borrowed materials. It was modeled after the JNF Tu B'Shevat Haggadah of 2008 (particularly page 10) that can be found here: support.jnf.org/docs/JNFEnvironmentalHaggadahDecember08.pdf.

Additional information, materials and resources can be found at these links:

Websites:

google.com

rmjudaism.org

latimes.com/food/sns-dailymeal-93037-what-eat-tu-bshevat-20180131-story.html

https://images.shulcloud.com/13681/uploads/Documents/committees/tu_bshevat_haggadah_updated_2019-01-09.pdf

myjewishlearning.com

aish.com

chabad.org

hazon.org

designmegillah.com

jpost.com

safaria.org

greenoptimistic.com



inhabitant.com

elemental.green

greywateraction.org

<http://www.israelidances.com/mayimmayim.asp>

<https://folkdancemusings.blogspot.com/2014/04/mayim-mayim-israel.html>

greenoptimistic.com

greywateraction.org

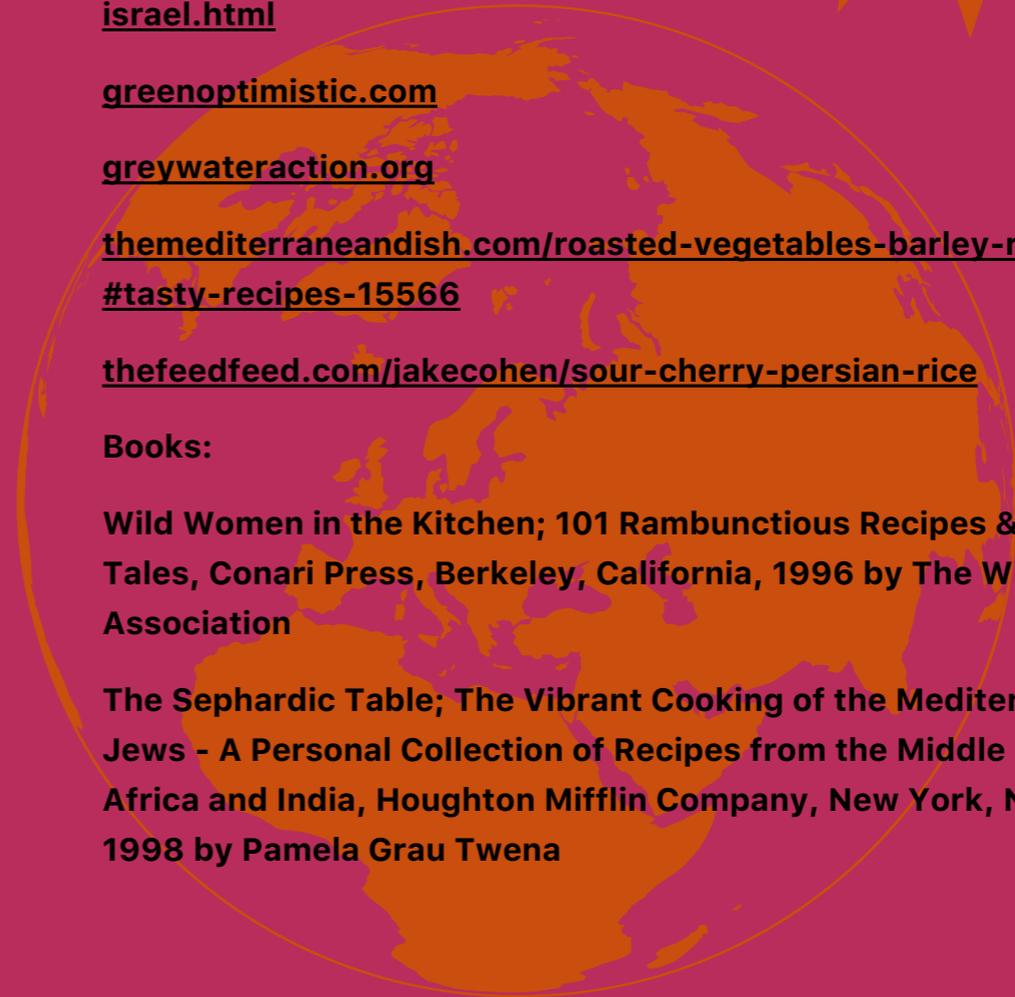
themediterraneanandish.com/roasted-vegetables-barley-recipe/#tasty-recipes-15566

thefeedfeed.com/jakecohen/sour-cherry-persian-rice

Books:

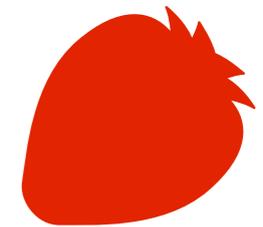
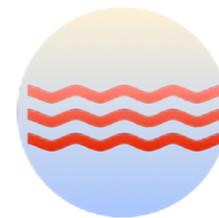
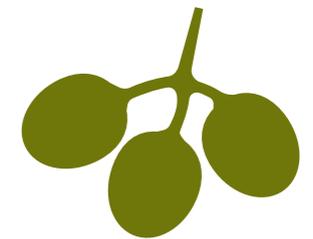
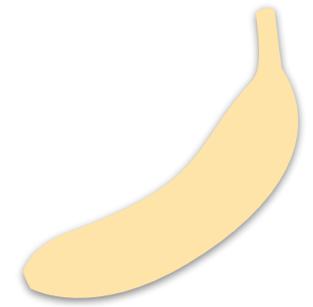
Wild Women in the Kitchen; 101 Rambunctious Recipes & 99 Tasty Tales, Conari Press, Berkeley, California, 1996 by The Wild Women Association

The Sephardic Table; The Vibrant Cooking of the Mediterranean Jews - A Personal Collection of Recipes from the Middle East, North Africa and India, Houghton Mifflin Company, New York, New York, 1998 by Pamela Grau Twena



Match!

Draw a line between the Tu B'Shevat words you have learned and their corresponding seder items. Check your answers using the Seder plate from the previous page!



Decorate!

1. Trace or Cut out the Almond Trees and Almond Blossoms

2. Color your Tree using crayons, pencils, or markers.

3. Add your blossoms (with tape or glue).

4. Cut a slot down the middle of part of each tree so that you can stand them up on your table as part of your holiday decor! Or find your own unique way to decorate using your finished tree!

(Tracing or pasting your trees to card-stock will make them stand better.)

