



# Tu B'Shevat

## NEW YEAR FOR THE TREES

**STARTS**

**SUNDOWN  
1.16.22**

**ENDS**

**SUNDOWN  
1.17.22**

## What it IS...

Tu B'Shevat is the New Year for the trees (Talmud - Rosh Hashanah 2a) which coincides with the flowering of almond trees in the land of Israel.

This holiday celebrates the beginning of spring and the end of heavy rainfalls. TU represents the number 15 in Hebrew.

Tu B'Shevat is the 15th of the Hebrew month of Shevat.

Shevat is known as an ecological month where we should be aware of the nature surrounding us. Water, roots and flowers play a special role in ritual and Jewish text.

## What to SAY...



### ON TU B'SHEVAT, ASK YOURSELF:

As an apple tree produces apples, what will I bring into the world that others can enjoy?

Am I receiving spiritual nourishment in my life?

Is my community nurturing me like fertile soil does for trees?

How can I best live a "fruitful" life?



## What to EAT...

THE SEVEN SPECIES OF ISRAEL:

**wheat barley olives**  
**dates grapes figs**  
**pomegranates**

### THE BLESSING BEFORE EATING FRUIT

"Baruch Atah Ado-nai Elohai-nu  
Melech HaOlam, boray pri ha-aitz."

"Blessed are you God, King of  
the Universe, Who creates  
the fruit of the tree."



## What to DO...

**HAVE A TU B'SHEVAT SEDER** Developed by the great kabbalist Arizal, this meal of 10 fruits and 4 cups of wine is structured like a Passover Seder - with a text that explores "fruits" as a metaphor for spiritual perfection.

**PLANT A TREE!** Bring a potted tree inside your house for some extra greenery or spruce up your outdoor space with a new tree in honor of their new year.

**HANG OUT WITH TREES!** Get to know the trees around your house and neighborhood. Identify what they are, take photos and compare how the trees look in different seasons. Make sure they are receiving enough water, light, and nourishment.

**GET TO KNOW THE TREES AROUND YOUR HOUSE.** Take photos and compare how the trees look in different seasons.



## What to DO AT JCC ...

**CHECK OUT JCC'S BIBLICAL GARDEN** to learn more about seven types of Biblical trees we have on our site.

**CHECK OUT THE JCC'S NEW EXHIBIT ABOUT THE SHMITA YEAR** - a sabbatical year for the land and trees, on view in the JCC Gallery.