

Tu B'Shevat Seder Food and Drink List!

Beverages:

- We will say "*Borei Pri HaGafen*" four times throughout the seder, starting with red wine or juice and going to white wine or juice. Therefore, please have one bottle of red wine / juice and one bottle of white wine / juice.
- Some mystical traditions end the seder with an additional drink of pure "fire" or "spirit." This can be liquor, a strong tasting juice, or anything that represents that aspect of "spirit" for you!
- Be sure to have water as well! It's not officially part of the seder, but it is central to the idea of nourishing our souls and it is the food of the trees!

Foods:

- REALM ONE: ONE fruit / nut with a tough outer core: Pomegranate, orange, persimmon, banana, peanut, pistachio, etc.,
- REALM TWO: ONE fruit / nut with a hard inner pit but soft exterior: Avocado, olives, dates, apricots, peaches, etc.
- REALM THREE: ONE fruit / nut that is soft and edible the whole way through: Blueberry, strawberry, fig, etc.

Spices:

- FINAL REALM: In the final realm, we smell spices rather than eat food. Spices that work best for this are: Cinnamon, cloves, cardamon, or fresh herbs (rosemary, basil, dill, thyme, sage, etc.).