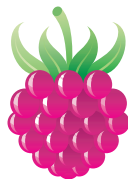
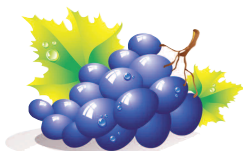


Ultimate Tu BiShvat Seder Shopping List



Red wine and/or dark grape juice**
White wine and/or white grape juice**

Section 1: **Assiyah:** fruits and nuts with tough outer shell and soft inside

pomegranates, almonds, walnuts, bananas, peanuts, hazelnuts,
pineapple, grapefruit, kiwi, Hershey kisses*
pretzels with peanut butter filling*

Section 2: **Yetzirah:** soft outer shells and hard insides (pits)

olives, dates, peaches, apricots, plums, cherries,
avocados, chocolate covered almonds*

Section 3: **Bri'ah:** soft throughout so that we can eat the whole fruit

seedless grapes, raisins, figs, strawberries, raspberries, cherry tomatoes,
blueberries, marshmallows*, brownie*

Section 4: **Atzilut:** bread

pita, bagels*, tortilla*, crackers*

*You can be creative with adding (not substituting) these delicious treats.

** Create your own Cocktail: chop some red or white grapes and combine it with some red or white juice of your choice (cranberry/sweet lemonade)



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Your Voice in Israel

Ultimate Tu BiShvat Seder Leaders Guide

It's not easy being green - but we're here to make it a little easier...

Welcome to your very own Tu BiShvat - Green Israel event!

We hope you're looking forward to a fun time in the coming few hours. Below you will find almost everything you need to run this Tu BiShvat Seder. These are our recommendations.

All that's missing is your personal touch!

Important: This Hagaddah is chock-full of content! Plan your Green Israel Tu BiShvat event for 45-60 minutes (not including a meal) and plan in advance which parts of the Hagaddah you plan to use. The information below will help you in that task.

BeHatzlacha (Good Luck)!

Step One — Prep

If you choose to use on campus, make sure to read the following suggestions.

Who to invite/co-sponsor?

1. All Jewish/Israel Related Groups
2. Environmental Groups
3. Multi-Cultural Groups
4. International groups

Make sure to publicize EVERYWHERE around campus including:

1. "Green Out Campus" – suggest that all students wear green the day before (or the day of) the event to raise awareness
2. Bathrooms ("Stall Street Journal")
3. Classrooms/Chalking
4. Facebook, Email list servs
5. iZionist.org

What's Needed:

- Tu BiShvat Hagaddah – Print copies, at least one for every two people. Print double-sided and consider the environment.
- Food items (see shopping list) & paper goods
- Room Decorations (table cloths, maps, banners, posters, flyers, blue boxes, etc.)
- A/V Equipment

How to set up the room?

- We recommend either one central table or café tables around the center of the room. Remember – the facilitator needs to be able to address the participants effectively.
- Prepare spots around the room for the activities you plan to do.



Step Two – Introduction

Central Themes: Environment, Israel, and Judaism

Background on the Tu BiShvat Seder Concept:

During the early pioneer movement in late 18th and early 19th century Palestine, Jewish pioneers linked the environmentalism of Tu BiShvat with the practice of planting trees in the land of Israel. In recent years, Jewish environmentalists adopted Tu BiShvat as a "Jewish Earth Day," with organized *Seders*, tree-plantings and ecological restoration activities, as a way to express a specifically Jewish commitment to caring for nature and protecting the land.

Celebrating Tu BiShvat with a *Seder*, has become traditional for families and congregations around the world. During a Tu BiShvat Seder, seven species of fruits and grains from Israel are blessed and eaten. The seven species are wheat, barley, grapes, fig, pomegranate, olive and dates (Deuteronomy 8:8).

What's in here?

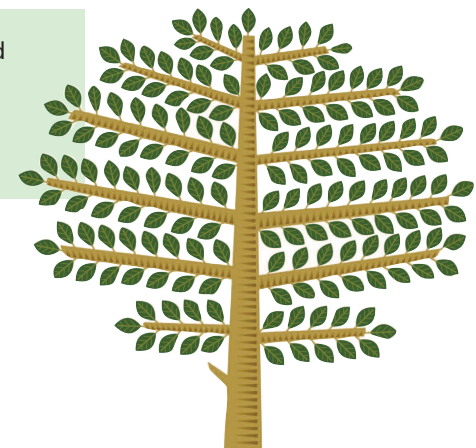
This evening specifically includes:

- **Four Seasons** – Winter, Spring, Summer & Fall
- **Four Cups** – Just like *Pesach* (Passover) tonight we drink from White to Red
- **Seven Species** - Represented in the foods you eat

As you follow this Hagaddah you will find within its four sections:

- **Introductions & Reflections**
- **Foods and Blessings** – *Bracha*, the traditional Jewish blessing over food and events, reminds us that we should thank G-d for what we have and what we receive
- **Scientific Facts** – about the environment in Israel.
- **Action Items** – reminders of ways to connect to the environment in our own lives
- **Activities** – for making a fun and interactive experience
- **Discussions** – a basis for an educated debate about environmental issues facing Israel today

- ▶ Familiarize yourself with the Hagaddah and make notes on your own copy to help you remember which parts you're doing and where your personal touches come in.



The following are descriptions of the Seven Species, *Shivat HaMinim*, of fruits and grains from Israel that are traditionally eaten in celebration of Tu B'Shvat:

1. WHEAT | Chitah

Wheat's essential role puts it first among the Seven Species. Since ancient times, it has been considered one of man's most basic crops.

2. BARLEY | Se'orah

Barley was, and still is, an important grain in Israel. Because it requires less water than wheat, it grows even in the arid fields of the Negev. Bread prepared from barley was considered to be "poor man's" bread, possibly because it was not considered as tasty as bread made from wheat.

3. GRAPES | Gefen

Humans have been cultivating grapes from the earliest times. The first vineyard mentioned in the Bible was planted by Noah after the Flood. The cluster of grapes, brought to the Children of Israel in the wilderness by the Spies, symbolized the bounty of the Land of Israel.

4. FIG | T'einah

The broad fig tree gives a lot of shade, hence the prophet Micha (4:4) proclaims in his vision of peace in the Land: "Each man will sit beneath his grapevine and his fig tree, and no one will fear...."

5. POMEGRANATE | Rimon

The pomegranate tree has aromas that flow "Out from the Dead Sea and on to Jericho..." as the old Hebrew song goes. The pomegranate also has rich red flowers and dark red fruit, and its abundant seeds serve as a powerful symbol of fertility.

6. OLIVE | Zayit

The olive tree is one of the oldest and most common trees in the Land of Israel. There are olive trees in the Galilee that we estimated to be thousands of years old. Its leaves are green all year round, its roots are strong and the silvery underside of the leaves give off a sheen of light.

7. DATE (Honey) | Tamar

The date is both one of the Seven Species for which the Land of Israel is noted, and one of the Four Species used during Sukkot. The sweet dates, which ripen at the end of summer, are eaten fresh or dried - and are also used to make honey.

חִטָּה



שְׁעִירָה



גֶּפֶן



תְּאֵנָה



רִמּוֹן



זֵית



דָּבָשׁ



Step Three — Event Flow

SECTION 1

Themes: Winter, Earth, The Negev

Bring a picture from your personal Israel experience (Birthright, Masa, Alternative Spring Break, Alternative Winter Break, etc.) of you at one of the water sites in the match the water resource game. It's a nice way to connect it to something from your life.

Foods and Blessings – Brachot (Blessings) – These only appear in section 1, however you may elect to say these in each section of the Hagaddah. You may also choose to create your own as a leader or as an activity with the participants.

Discussion – Plan how you want to engage participants in this discussion. You may want to select one person to read the paragraph from the Hagaddah and select a few people to respond. You may want to have participants discuss in pairs or threes with the people sitting next to them, and then select a few to share with the group at the end. For more about Organic Zionism, page 30-31 of: <http://presentense.org/magazine/issue-7>

SECTION 2

Themes: Spring, Water, Geo-Politics

Geshem Kaved: <http://www.youtube.com/watch?v=5D-6mYrcMHY>

(Hebrew Lyrics: <http://www.shiron.net/artist?type=lyrics&lang=1&prfid=34&wrkid=850>,
Hard Rain Lyrics - <http://www.bobdylanlyrics.net/hardrain.html>)

Discussion – Be prepared to lead this discussion. Spend a few minutes researching the topic and print out a few additional facts or items that will help you facilitate this discussion. The heart of this discussion is Israeli geo-politics. The topic intersects with the issue of environment, and together you can have a constructive debate. You may choose to adopt the same method as described in Section 1, or you may decide to divide the participants into two teams, allow them 5 minutes to prepare their case, and stage a public debate. For more facts: <http://www.jnf.org/work-we-do/our-projects/water/water-projects/facts-and-figures.html>, and more insight on page 32-33 of: <http://presentense.org/magazine/issue-7>

SECTION 3

Themes: Summer, Wind, Energy

Discussion – The dilemma at hand stems from the search for alternative energy sources. Israel is a world leader in this field. By pitting alternative energy against education and improvements in transportation infrastructure, we can have an interesting debate about how best to protect the environment, in an Israeli setting. Bring up additional examples that you know about (have you heard of Better Place? www.betterplace.com) to add to the discussion. Print some additional copies for yourself or to hand out.

SECTION 4

Themes: Fall, Fire, Sustainability and the Future

This section doesn't have an activity, however, you may choose to use an activity from another section at the end of your event.

Discussion – The discussion about sustainability is geared toward personal reflection. You may have participants chat with each other. You can also hang large white poster/easel sheets around the room and have participants walk around for a few minutes (while you prepare the meal or even during the meal) and write their ideas on the walls. For more about Jewish environmentalism see: <http://presentense.org/magazine/issue-12>.

Meal - If you're serving a festive meal, begin by reciting a blessing on bread (suggestion: dip bread in olive oil and taste), and then continue with the meal.



Step Four — Summary

Your Hagaddah ends with the traditional *Shehecheyanu* blessing. While usually in Jewish tradition this *bracha* would appear at the beginning of the evening, it has been placed here as a positive sentiment with which to summarize the event.

Summary: Quickly recap all of the topics that you covered, thank all your participants, and invite them to your next event.

As we look toward the future, as human beings, as individuals, and as a community, let us celebrate festive occasions together. As a Jewish community, we celebrate Tu BiShvat with a profound sense of connection to our roots, our heritage, and to Israel. Our personal connections to the State of Israel are very important, and this occasion allows us to reflect on that connection, and through our environment strive to make the world a better place.

Kol HaKavod (Great Job)!

