



MAROM מרומ

Not Just Apples in Honey



Author

Marom team

Read time

5 - 30 min

Level

1

Amount of people

Everyone around
the table

Not Just Apples in Honey

Let's get inspired

One of the things that makes Rosh Hashanah special are the symbolic foods and their blessings. The most famous one is apples in honey, but there are more traditional ones. This is your opportunity to get creative and come up with more food-related blessings for the year to come. Good luck and bon appetit!

Instructions

Read the traditional blessings outloud around the table before eating each food. After the traditional blessings, you will find options for how to continue and come up with your own blessings over whatever foods you would like.

Common symbolic foods:

Apples in honey: Yehi ratzon milfanekha, Adonai Eloheinu velohei avoteinu, shetikhadesh aleinu shanah tovah umetukah.

“May it be Your will, our God and God of our ancestors, that you renew for us a good and sweet year.”

Pomegranate: Yehi ratzon milfanekha, Adonai Eloheinu velohei avoteinu, shenihyeh meleim mitzvot karimon.

“May it be Your will, our God and God of our ancestors, that we be filled with mitzvot (commandments) as a pomegranate.”

Head of a fish: Yehi ratzon milfanekha, Adonai Eloheinu velohei avoteinu, shenihyeh lerosh velo lezanav.

“May it be Your will, our God and God of our ancestors, that we be like a head, and not like a tail.”

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Additional blessings:

Option 1: Choose a special food on the table. Say its name, and make up a creative blessing with it for the new year.

Option 2: Choose a food. Go around the table, and each person must make up a blessing inspired by the food. When someone cannot think of a blessing, that person is eliminated from the game. When someone is eliminated, begin a new round with a new food. The winner will be the person who displays the most creativity and manages to hold out through all of the rounds.

For example,

Pickles- May it be this year we will get out of any Pickle that may come.

Sushi- May it be this year that what is inside will teach us about what is outside.

Curry- May this be an MVP year like Steph Curry's (NBA player).

Soup Nuts- may we have a crunchy year.

Coca-Cola- May we have a particularly sweet year - even if we didn't post about how much sugar is really inside.

Gin and tonic- May we have a year of good combinations.



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THANKS TO:



for their support.