



PREPARATIONS FOR THE TU BISHVAT SEDER

Seder means order and in this case, it is a meal which is used as a connection tool to the energy of Tu BiShvat. Since it is a meal, it's appropriate to invite over family and friends to join in the festivities.

This seder is designed to taste and connect to the five levels of soul and to the Four Worlds. We do this by tasting various fruits. It is recommended that each person eat a little of each, so for example you may only need one of certain items since you can cut them up and put them on the plates for each person.

You will need the following items for the seder:

- **Single Candle (votive or other type) when seder is held on a weeknight or Two Shabbat Candles when seder is held on a Friday night.**
- **White Wine or White Grape Juice**
- **Red Wine or Red Grape Juice**
- **Challah or Matzah**
- **Basin/Pitcher For Handwashing**
- **Kiddush Cup or Wine Glasses**

You should only use the Kiddush cup if you are the only one at the table.

- **1 Appetizer Plates (per person)**

If you are having more than 3-4 people at your table, you may wish to put the fruits on separate plates and pass those plates around to everyone during the appropriate section of the seder.

IMPORTANT: There may be variations for the fruits, but you need at least 4 per plate to make a total of 12 fruits.

- **Fruits For The First Plate** - You will need each of the following fruits that are completely edible: figs, apple, grapes, and raspberries. Variations include pears, blueberries, etc.
- **Fruits For The Second Plate** - You will need each of the following fruits that have a pit: olives, dates, peach, and apricot. Variations include nectarines, tamarind, etc.
- **Fruits For The Third Plate** - You will need each of the following fruits that have a peel which is not edible: pomegranate, orange, almonds, pistachios. Variations include dragonfruit, kiwi, peanuts, walnuts, pecans, bananas etc.