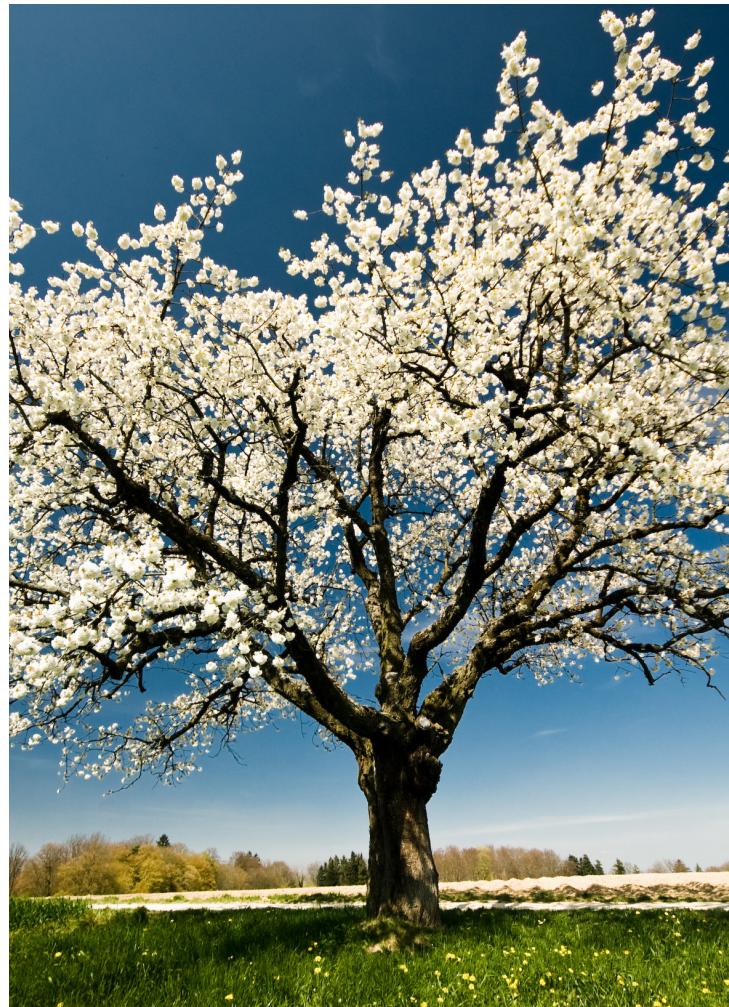


TU B'SHEVAT CRAFT

CREATE A PAPER TREE:

Materials:

- Brown paper bag
- Scissors
- Tissue Paper
- Glue



TU B'SHVAT

FEBRUARY 1 - 2,
2026

JEWISH HOLIDAY POCKET GUIDE



MAYERON JCC
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TU B'SHEVAT

WHAT IS IT?

Tu B'Shat, the 15th day of the Jewish month of Shvat, is a holiday also known as the New Year for Trees. "Tu" is an abbreviation for the number 15 in Hebrew. First mentioned by our ancient rabbis in the Mishnah, Tu B'Shat became important for serving as the beginning of the agricultural cycle. In Israel and around the Jewish diaspora today, the holiday's meaning is like Arbor Day, and major tree planting efforts were initiated on this day throughout Israeli history.

WHEN IS IT?

This year, Tu B'Shevat is celebrated on February 2, 2026.

HOW DO I SAY IT?

TOO bish-VAHT

HOW IS IT CELEBRATED?

Tu B'Shat is celebrated in several ways that connect people to the land and its produce.

Remember the environment by doing activities related to reducing, reusing, and recycling materials.

Plant seeds, especially parsley, which can grow in time to be used at the Passover meal two months from now.

Eat some of the Seven Species (the seven fruits and grains native to the land of Israel): wheat, barley, pomegranates, figs, dates, olives, and grapes.

Attend a Tu B'Shat Seder, a special ritual meal similar to the Passover Seder. This practice was started by Jewish mystics (Kabbalists) in the 16th century. During the Seder, the Seven Species are eaten and 4 cups of wine (or grape juice) are drunk. Each food and cup represents different aspects of the seder and aspects of creation.

7 SPECIES SALAD

One way to celebrate Tu B'Shvat is by eating fruits and grains, particularly the seven that are singled out by the Torah in its praise of the bounty of Israel, known as the Seven Species: figs, dates, pomegranates, olives, grapes, wheat, and barley. Here's a delicious recipe using these tasty and healthy foods!



Source: Janglo

INGREDIENTS:

- Lettuce
- Seeds from 1/2 to 1 ripe pomegranate
- 6 to 8 figs, quartered
- Handful of seedless grapes, halved
- 2 to 4 dates, sliced
- Olive oil and balsamic vinegar

OPTIONAL:

- Goat cheese
- Bee or date honey

BARLEY & WHEAT CROUTONS:

10 slices of bread made of both wheat and barley flour

Cut bread into bite-sized pieces.

Place bread on a baking tray or casserole dish.

In a bowl, combine olive oil and some favorite spices: oregano, basil, and/or thyme.

Brush the oil and herb mixture over the bread pieces and bake at 400°F until the bread feels like croutons.

Combine all salad ingredients and enjoy!