SEVEN SPECIES DESSERT BREAD   לחם שבעת המינים

Topic
Tu B'Shevat

Grade Level(s)
All grades

Goals for the Lesson/Activity
Students will be able to:
- List the 7 species that are native to the Land of Israel since biblical times
- Experience firsthand what each of the 7 Species tastes and looks like

Materials needed
- A copy of the dessert bread recipe for each student (see below)
- Bread machine or access to an oven.
- Samples of grapes, pomegranate seeds, dates, and figs for students to taste as they learn about each species (optional)
- Jam (optional)
- Chocolate spread (optional)

ALLERGY ALERT: Make certain you choose recipes that everyone can eat

Recipe and Cooking Instructions
This recipe is for a 2-lb delicious, sweet dessert bread loaf that is made in a bread machine. It takes about 20 minutes to add all the ingredients together and 80 minutes to bake, so if you plan right you can enjoy it before class is over. If you don't have a bread machine, mix the ingredients by hand and bake in an oven in an oiled bread pan (8 1/2" x 4 1/2") for 50 minutes at 350°F.

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- 1-1⁄4 cups hot water (115° – 125° F)
- 1⁄4 cup **pomegranate** molasses
- 2 tablespoons **olive** oil
- 1⁄4 cup packed brown sugar
- 1 teaspoon salt
- 3 cups **wheat** flour
- 1⁄2 cup instant oatmeal
- 1 cup cooked **barley** (cook in water and drain before mixing in bread)
- 1⁄2 cup (combined)**: raisins** (dried grapes), chopped **dates**, and chopped **figs**
- 2 tablespoons fast rising yeast

1. Place the liquid ingredients in the bread pan
2. Add the dry ingredients (except yeast) to the pan
3. Form a hole in the flour, and add the yeast without it touching the liquid
4. Snap the baking pan into the bread maker and close the lid
5. Press the "select" button to choose "EXPRESSBAKE" (80 minutes) setting
6. Press the "start/stop" button to start mixing and baking

Background for Teachers

אֶרֶץ חִטָּה וּשְׂעֹרָה, וְגֶפֶן וּתְאֵנָה וְרִמּוֹן; אֶרֶץ-זֵית שֶׁמֶן, וּדְבָשׁ (דְּבָרִים ח: ח)
A land of wheat and barley, and vines and fig trees and pomegranates; a land of olive trees and honey (Deuteronomy 8:8)

The Torah refers to seven species (referred to as *Shivat Haminim*) that are native to the Land of Israel and that will be plentiful when the Israelites enter the land. These species are:

- חִיטָה (Wheat)
- שְׂעוֹרָה (Barley)
- גֶפֶן (literally "vine" but understood to be mean "grape")
- תְּאֵנָה (Fig)
- רִימּוֹן (Pomegranate)
- זַיִת (Olive)
- דְבָשׁ (literally "honey" but understood to mean "date" or "date honey")

There is a tradition to eat from these foods on Tu B'Shevat.

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Description of Activities

- Distribute the dessert bread recipe to each student. Go over the ingredient list and baking directions together.
- Assign students to each add an ingredient into the bread machine (or mixing bowl).
- Operate the machine. While the dessert bread is being baked, learn more about the 7 species.
- Teach the *brachot* (blessings):

Before Eating the Fruit Samples	
Blessed are You, YHVH, our God, Sovereign of the world the creator of the fruit of the tree.	בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הָעֵץ.

Before Eating the Dessert Bread	
Blessed are You, YHVH, our God, Sovereign of the world the creator of species of food.	בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִינֵי מְזוֹנוֹת

- When the dessert bread is ready, hand each student a slice of the fresh dessert bread and encourage them to spread grape jam or chocolate spread on it.