



APPLE & HONEY



This list follows no particular order, but it is an almost universal custom to begin with apple dipped in honey or sugar.

Blessed are you, Hashem, our God, King of the Universe, Who creates the fruit of the tree.

May it be Your will, Hashem, our God and the God of our forefathers, that You renew for us a year which is good and sweet.

Baruch atah Ado-nai Elo-heinu melech ha'olam, borei pri haetz.

Take a bite of the apple

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she't'chadesh aleinu
shanhah tovah u'metukah.*

ברוך אתה ה' אלקינו מלך העולם
הצום בורא פרי הארץ:

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו שתחדש עליינו
שנה טובה וחתוכה:

POMEGRANATE



A prayer for abundance, livelihood and merit, like the seeds of the pomegranate.

May it be Your will, Hashem, our God and the God of our forefathers, that our merits increase as [the seeds of] a pomegranate.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'nirbeh
z'chuyotnu k'rimon.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שגראב
רוצ נזר דיננו, וקראו
לפניך זכיותנו:

GOURD



Aramaic: 'Karaa', related to the Hebrew words 'karaa' (to rip apart), and also 'kara' (to announce).

May it be Your will, Hashem, our God and the God of our forefathers, that the evil of our verdicts be torn apart, and that our merits be announced before you.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'tikra roah g'zar
dineinu, v'yikar'u l'fanecha
z'chuyotnu.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שתקראו
רוצ נזר דיננו, וקראו
לפניך זכיותנו:

DATES



Aramaic: 'Karaa', related to the Hebrew words 'karaa' (to rip apart), and also 'kara' (to announce).

May it be Your will, Hashem, our God and the God of our forefathers, that the evil of our verdicts be torn apart, and that our merits be announced before you.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'tikra roah g'zar
dineinu, v'yikar'u l'fanecha
z'chuyotnu.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שתקראו
רוצ נזר דיננו, וקראו
לפניך זכיותנו:

HEADS



Hebrew: 'Tamar', related to the word 'tam' (to end).

May it be Your will, Hashem, our God and the God of our forefathers, that there comes an end to our enemies.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei avoteinu,
she'yitamu soneinu.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שיטמו שונאים:

BEETROOT / SWISS CHARD



Often the head of a fish or a lamb, we have opted for a vegan-friendly head of garlic!

May it be Your will, Hashem, our God and the God of our forefathers, that we be as the head and not as the tail.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei avoteinu,
she'nih'yeh r'osh v'l'zanav.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שפניה
לראש ולא ללב:

LEEK / CABBAGE



From the Aramaic 'silka', or 'selek' in Hebrew, related to the Hebrew word 'silek' (to depart).

May it be Your will, Hashem, our God and the God of our forefathers, that our adversaries shall be removed.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei avoteinu, she'yistalku oy'veinu.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שיסתלקו אויבינו:

FISH



From the Aramaic 'karti', a play on the Hebrew word 'karat' (to cut).

May it be Your will, Hashem, our God and the God of our forefathers, that our enemies and haters shall be cut down.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei avoteinu, she'yikartu soneinu.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שיכרתו שׂוֹאַיָּנָה:

BLACK EYED BEANS



A prayer for fertility and abundance.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei avoteinu, she'nifreh
v'nirbeh k'dagim.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שנפרה ונרבה כדגים:

CARROTS / FENUGREEK



A play on the Aramaic word 'Rubia', meaning Fenugreek and similar to the Hebrew word 'Yirbu' meaning increase or abundance. It also rhymes with the Arabic word for Black Eyed Beans, 'Lubiya', which due to their numerosity make an excellent symbol for abundance and fertility. The Yiddish word for carrot, 'mehr' also means more, or increase.

May it be Your will, Hashem, our God and the God of our forefathers, that our merits shall increase.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei avoteinu, she'yirbu zechuyotnu.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שירבו זכיותנו: