

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

בַּרוּדְ אַתַה ה' אַלקינוּ מֵלֶדְ הַעוֹלַם בּוֹרֵא פָּרִי הַעֵץ:

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

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

Take a bite of the apple, then say:

יָהִי רַצוֹן מִלְפַנִיךְ ה' אַלֹקִינוּ וַאלקִי אַבוֹתִינוּ שַתַּחַדָשׁ עַלִינוּ שַנָה טובה ומתוקה:

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

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.

DATES

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'vitamu soneinu. יהי רצון מלפניד ה' אַלקינו ואלקי אבותינו, שיתמו שונאינו:

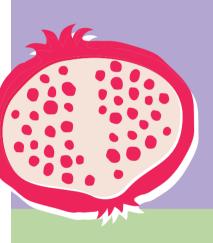
יָהִי רַצוֹן מַלְפַנֵיךּ ה׳ אלקינו ואלקי אבותינו, שיכרתו שונאינו:

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

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

LEEKS

POMEGRANATE



יהי רצון מלפניד ה' אלקינו ואלקי אבותינו, שנרבה זכיותנו פרמון:

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

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

GOURD

יהי רצון מלפניך ה' אַלקינו וָאלקי אַבותינו, שֵׁנָהְיָה לָראשׁ וְלֹא לְזַנָב:

Yehi ratzon milfanecha Ado-nai Elo-heinu v'Elohei avoteinu, she'nih'yeh l'rosh v'lo l'zanav.

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



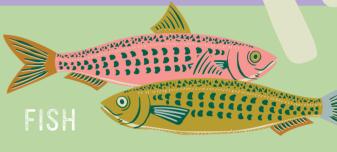
HEADS

From the Aramaic 'silka' or 'selek' in Hebrew, related to the

> יָהִי רָצוֹן מִלְפָנֵיךְּ ה' אַלקינו ואלקי אַבותינו, שיסתלקו אויבינו:

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

May it be Your will, Hashem, our God and the God of our forefathers, that our



A prayer for fertility and abundance.

May it be Your will, Hashem, our God and the God of our forefathers, that we should be fruitful and multiply like fish.

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

יְהִי רָצוֹן מִלְפַנֵיךְּ ה' אלקינו ואלקי אַבוֹתִינוּ, שַנְפַרָה ונרבה כדגים:

BEETROOT

Hebrew word 'silek' (to depart).

adversaries shall be removed.



CARROT & FENUGREEK

יָהִי רַצוֹן מִלְפַנֵיךּ ה' אֵלקִינוּ ואלקי אבותינו, שירבו זכיותנו;

Yehi ratzon milfanecha Ado-nai Elo-heinu v'Elo-hei avoteinu. she'yirbu zechuyoteinu.

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

Aramaic: 'Karaa', related to the Hebrew words 'karaa' (to rip apart). and also 'kara' (to announce). יָהִי רַצוֹן מִלְפַנִיךָ ה' אֵלְקִינוּ וָאלְקִי

אַבוֹתֵינוּ, שֶׁתִּקְרַע רוֹעַ גְּזַר דִינֵנוּ, ויקראו לפניד זכיותנו: Yehi ratzon milfanecha Ado-nai

Elo-heinu v'Elo-hei avoteinu, she'tikra roah g'zar dineinu, v'yikar'u l'fanecha z'chuyoteinu.

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.

FOOD FOR THOUGHT: MEANINGFUL MORSELS

The Jewish New Year is a time for celebration and introspection; an invitation to take stock of the past twelve months and ready ourselves, with intention, for the journey ahead.

It is a season of connection: with Hashem, as we ask for a good and sweet year; with friends and family, gathered around tables, breaking bread (drizzled with honey or sugar, of course); and with ourselves, as we reflect on where we've been and where we hope to go.

Rosh Hashanah is a sacred pause. A chance to realign mind, body and soul. To glean what the year has taught us and lift our lives with meaning and purpose in the months ahead. Even eating becomes elevated, each food a vessel for deeper intention.

While apples and honey may be most familiar, many communities mark the New Year with other symbolic foods, ancient traditions rooted in the Talmud and known as *Simanim*, meaning "signs" or "omens." Each is accompanied by a short blessing, a *Yehi Ratzon*, asking Hashem to grant us specific merits in the year ahead. This guide contains the blessings and explanations for each traditional *Siman*.

Some arrange the *Simanim* on a kind of Seder Plate, tasting each one at the start of the festive meal. Others weave them into their Yom Tov menu. However you bring these traditions to your table, may this guide help you approach them with clarity and intention.

Wishing you a year of sweetness, goodness, and wholehearted connection.

The Ta'amim Team





Ta'amim educates and connects Jews of all ages to our shared culture and heritage through food and hands-on immersive culinary events.

From creative cook-offs to craft and cocktail making; immersive Chanukah parties to family fun days, Ta'amim brings a fresh approach to Jewish education.

Our recipes, videos and articles explore both the unique customs of Jewish communities around the world, shaped by 2,000 years in exile; and deeper Jewish thought surrounding the foods which have brought us together as a people for millenia.

In short, Ta'amim is Judaism on a Plate.

To find out more about how we can work with your school, shul, cheder, JSoc or community group, contact dan@wearetaamim.com

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ROSH HASHANA SIMANIM GUIDE & BLESSINGS

