

APPLE & HONEY

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

ברוך אתה ה' אלקינו מלך
העולם בורא פרי העץ:

*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:

יהי רצון מלפניך ה' אלקינו ואלקי אבותינו
שתתחדש עלינו שנה 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

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, שיתמו
שונאינו:

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

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

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

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

LEEK

POMEGRANATE

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

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שנתבה
זכיותנו כרמון:

*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.

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שנתבה לראש ולא לזנב:

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'Elo-
hei 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

FISH

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.*

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

GOURD

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

יהי רצון מלפניך ה' אלקינו ואלקי
אבותינו, שתקרע רוע גזר דיננו,
ויקראו לפניך 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.

BEETROOT

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

יהי רצון מלפניך
ה' אלקינו ואלקי אבותינו,
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
adversaries shall be removed.

CARROT & FENUGREEK

The Aramaic Rubia (fenugreek)
echoes the Hebrew yirbu
("increase"), rhymes with the
Arabic lubiya (black-eyed beans, a
symbol of abundance and fertility),
and aligns with the Yiddish mehr
(carrot), also meaning "more."

יהי רצון מלפניך ה' אלקינו
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.



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 millennia.

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

wearetaamim.com
info@wearetaamim.com



@wearetaamim



ROSH HASHANA SIMANIM GUIDE & BLESSINGS

