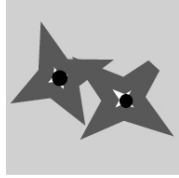
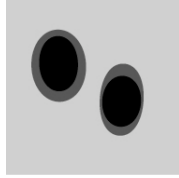


Trees of Reconciliation Tu B'Shvat Seder Kit



Food and Drink Needed

(scroll to bottom for suggested shopping list)

The seder is divided into four sections, each with its own foods. These are listed below by their sections. We recommend doing prep work before the seder begins, and serving each assortment on large trays in the middle of each table.

For any of these foods, fresh would be best, but seasonally or locally this may not be possible, so dried is also great. If you can use any locally grown or fair trade products, please let your guests know which items these are, as one point of the event is to consider where our food comes from and the conditions of the farmers who grow it.

A Note on Quantity

It's hard to give an exact amount of any one food to buy. Figure that each guest will sample only a few of each of the items, and drink one cup of wine, juice, or water per section. If you are serving a meal at the end, you can have less on each plate during the sections of the seder. If you are not serving a meal, you might want a little more. Think of these plates as being like the seder plate during Passover -- the food is tasted as a ritual/learning experience, not the meal itself. People will snack on nuts such as pistachios if they are left on the table throughout the event.

Serving Ware

For each guest you'll need a small plate for the ritual foods, and a larger plate if serving a meal. Most of the food is eaten with hands, so you'll want to provide napkins. Each guest will also need a small glass for wine or juice, and another for water.

It will probably be easiest to serve the ritual foods on large platters, one per table or one per every 6-8 guests. We suggest preparing these four platters in advance, to make the event flow more smoothly. You'll want bowls on the table for peels, shells, and pits.

Section One -- Seed

In this section, we are simply enjoying the beauty of trees and the wonderful foods they produce

Food: Products of trees, such as:

- Nuts -- almonds, chestnuts, hazelnuts, pistachios, or tree nuts local to your area (any assortment)
- Fruits -- dates, figs, olives (all three are mentioned by name in the text)

Drink: Any juice from tree fruit (apple, pear, peach, plum, apricot, cherry) or, as an option, almond milk

Section Two - Blossom

In this section, we are considering the Zionist dream of "greening the desert", and using the Biblical references of the seven species of foods that made the ancient land of Israel fertile. Use as many of these as you can easily get; no one food is required.

- **Food:** olives, dates, figs, pomegranates, wheat and barley (easiest to serve as crackers)
- **Drink:** grape juice or wine

Section Three – Fruit

In this section, we learn about the effect of the dream on "greening" on Palestinian communities and on the land itself.

- **Food:** bittersweet tree fruits: oranges, grapefruits, pomelo, lemons, limes. These are easiest to prepare and eat if left with the peels on but cut into wedges.
- **Drink:** wine or grape juice. This cup is dumped, not consumed, so don't pour large cups, and plan to have a large bowl available on each table.

Section Four - Harvest

In this section, we consider what our various histories mean, and plan to move forward towards more just societies

We strongly suggest having some Fair Trade Palestinian Olive Oil on hand if at all possible. You can order on line at www.zatoun.com if you don't have a local source. If you do have this olive oil, point it out to your guests, or even have a few extra bottles on hand to sell...

- **Food:** edible seeds, such as pumpkin or sunflower (required in text), an assortment of common Middle Eastern foods, such as: pita, humus, tabouli, baba ghanouj, falafel, stuffed grape leaves, olive oil for dipping, zattar (a traditional spice mix, great with the olive oil on pita), or others. If you are not serving a meal, you'll need a small amount for each guest. If a meal is in the plan, bring plenty of each.

- **Drink:** water

Shopping list (assuming a table is 8-10 people)

Fruits:

- dates (2+ per guest)
- figs (2+ per guest)
- olives (variety is nice -- at least 4 per guest)
- pomegranate (1 per table)
- oranges (1/2 per guest)
- lemons (1/4 per guest)
- limes (1/4 per guest)
- grapefruit or pomelo (1/4 per guest)
- apples, pears, or other tree fruit (1/2 per guest)

Nuts: (1 lb per table)

- almonds, hazelnuts, chestnuts, pistachios --
- an assortment of tree nuts

Seeds: (1/2 lb per table total)

- Pumpkin
- sunflower or other

Juice:

- grape juice (purple if possible) (1 gallon per table)
- fruit juice (from tree: apple, pear, etc.) (1/2 gallon per table)

Wine (optional):

- red if possible (1+ bottle per table)

Water

- for drinking

Crackers and/or pita bread:

- 6+ crackers and one small pita bread per guest made from wheat and/or barley

Olive Oil:

- Palestinian, if possible (you can order on line at www.zatoun.com if you don't have a local source)

Some Middle Eastern foods, e.g humus,

- tabouli, baba ghanouj, stuffed grape leaves, falafel - a generous size combination platter per table)

Other supplies:

- big bowl (one per table, for spilling wine/juice into)
- serving platters

- water glasses
- wine glasses
- small plates
- dinner plates if serving a meal
- napkins
- forks and spoons
- trash bag for cleaning up