

BOREI PRI HAADAMA: WHICH FOODS

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Borei Pri HaAdama: Which Foods: General Rules

Say borei pri ha'adama on:

- Common vegetables,
- Fruits and nuts that grow on annual plants (such as pineapple, bananas, strawberries, peanuts), and
- Uncooked or unbaked grains, including those not of the Five Special Grains.

NOTE For when to say *she'hakol*, see [Borei Pri HaAdama: Sprouts](#) .

BOREI PRI HAADAMA: WHICH FOODS: SPECIALTY FOODS

Borei Pri HaAdama: Bananas, Hearts of Palm

Say borei pri ha'adama if the tree from which the food grew can only be used once, such as banana trees or palm trees that get cut down after giving their produce.

Borei Pri HaAdama: Bread Croutons in Salad

For fore-blessing of bread croutons in salad, see [Borei Pri HaAdama: Salads](#).

Borei Pri HaAdama: Salads

Say borei pri ha'adama on vegetable salad.

NOTE The fore-blessing of borei pri ha'adama also covers salad toppings and additions that by themselves require a different blessing, such as:

- Borei pri ha'eitz for a sprinkling of pine nuts, cashews, apple slices, or raisins, or
- Borei minei mezonot or ha'motzi for bread croutons.

REASON Since these toppings and additions are subordinate to the main salad, you do not say the individual blessings; you only say borei pri ha'adama.

Borei Pri HaAdama: Sprouts

Say the fore-blessing of *she'hakol* if the sprouts were grown only in water.

Say borei pri ha'adama if the grains were sprouted in the ground (such as sunflower sprouts or wheat grass).