# FORE-BLESSINGS: UNUSUAL FRUITS AND VEGETABLES

### **Bracha Rishona: Coconut Water**

To drink coconut water:

- Say borei pri ha'eitz if you drink coconut water directly from the coconut.
- Say she'hakol if you pour the water out of the nut into a utensil.

#### **Bracha Rishona: Fiddleheads**

Say borei pri ha'adama on fiddleheads (unfurled fern tops in early spring).

### **Bracha Rishona: Hydroponic Vegetables**

Say she'hakol on hydroponic vegetables, including bean sprouts.

NOTE If you don't know how the vegetables were grown, you are not required to research the source of the vegetables: you may assume that they are not hydroponic and say the fore-blessing of <u>borei pri</u> ha'adama.

#### **Bracha Rishon: Olives**

There is no separate blessing on eating olives with a meal. If you eat olives by themselves (without other food), say *borei pri ha'eitz*.

## Bracha Rishona: Popcorn

Say borei pri ha'adama on popcorn.

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