

# INTRODUCTION TO AL HA'EITZ

## Al Ha'Eitz: Type and Volumes of Fruits

Say the after-blessing of al ha'eitz after eating at least 1.3 fl. oz. (39 ml, or 1/6 cup), within four minutes, of the Five Special Fruits:

- Olive,
- Date,
- Grape,
- Fig,
- Pomegranate.

**NOTE** The after-blessing of al ha'eitz also covers any non-special fruits that you ate while eating the Five Special Fruits.

**SITUATION** You ate at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes of the Five Special Fruits, such as figs, and any amount of non-special fruits, such as walnuts, at about the same time.

**WHAT TO DO** Say:

- Fore-blessing of borei pri ha'eitz, and
- After-blessing of al ha'eitz.