

ROSH HASHANA: SYMBOLIC FOODS (SIMANIM)

Rosh Hashana: Symbolic Foods (Simanim): Which Foods

Eating the special symbolic foods (*simanim*) on Rosh Hashana evening is a universally accepted custom. These may include:

Apple Dipped in Honey
Beets
Black-eyed Peas
Carrots
Dates
Fish Head
Leeks
Pomegranate

Rosh Hashana: Symbolic Foods (Simanim): HaMotzi

On Rosh Hashana, before eating the symbolic foods (*simanim*):

- Make kiddush,
- Wash your hands,
- Say ha'motzi, and
- Eat bread.

Then eat the symbolic foods (*simanim*), saying the appropriate blessings (borei pri ha'eitz, borei pri ha'adama) before eating the *simanim*.

Rosh Hashana: Symbolic Foods (Simanim): God's Name

SITUATION You made up your own segulot for Rosh Hashana.

WHAT TO DO You may say them with God's name or without, in the *yehi ratzon*.