

A list of fruits for the Tu B'shevat Seder on January 31<sup>st</sup> at 4pm

The following list of fruits /nuts and drinks are suggested for the Seder are below. There are a couple of things to bear in mind; firstly **please be mindful of any allergies**, and secondly, you don't need to have all of these to hand, but one or two in each category would be great, and alternatives are fine eg. strawberries instead of raspberries or bananas instead of walnuts.

**To drink:**

White grape juice and red grape juice

**To eat:**

**1. Fruits with a non-edible shell**

Walnuts

Almonds

Pomegranates

Coconuts

Pistachios

**2. Fruits with a soft shell but a hard inedible centre**

Cherries

Olives

Plums

Apricots

Avocado

Grapes

**3. Fruits that can be eaten whole (more or less)**

Grapes

Apples

Pears

Blueberries

Raspberries

**To smell:**

Cinnamon, Rosemary, Bay Leaf, Cedar