



The Institute for Torah and the Land of Israel

ב"ס"ד

# Kedushat Shevi'it in the Kitchen

## Emunah

## Av 5781, August 2021



The Consumer's Guide to Shemita includes all of the laws pertaining to private individuals during the shemita year: caring for the home garden, growing plants at home, purchasing fruits and vegetables during the shemita year, kedushat shevi'it, bi'ur, remitting loans, and more.

This book is the fruit of the efforts of the rabbis and agronomists of Torah VeHa'aretz Institute, headed by Rabbi Yaakov Ariel. It was written following the practical experience of guiding the Israeli public through the past five shemita years.

The Consumer's Guide to Shemita is the first shemita guide translated into English by Torah VeHa'aretz Institute.

This book is dedicated to the exceptional Jews who made Aliya from the Diaspora who want to make the Torah of the Land of Israel an integral part of their lives.



The Consumer's Guide to Shemita

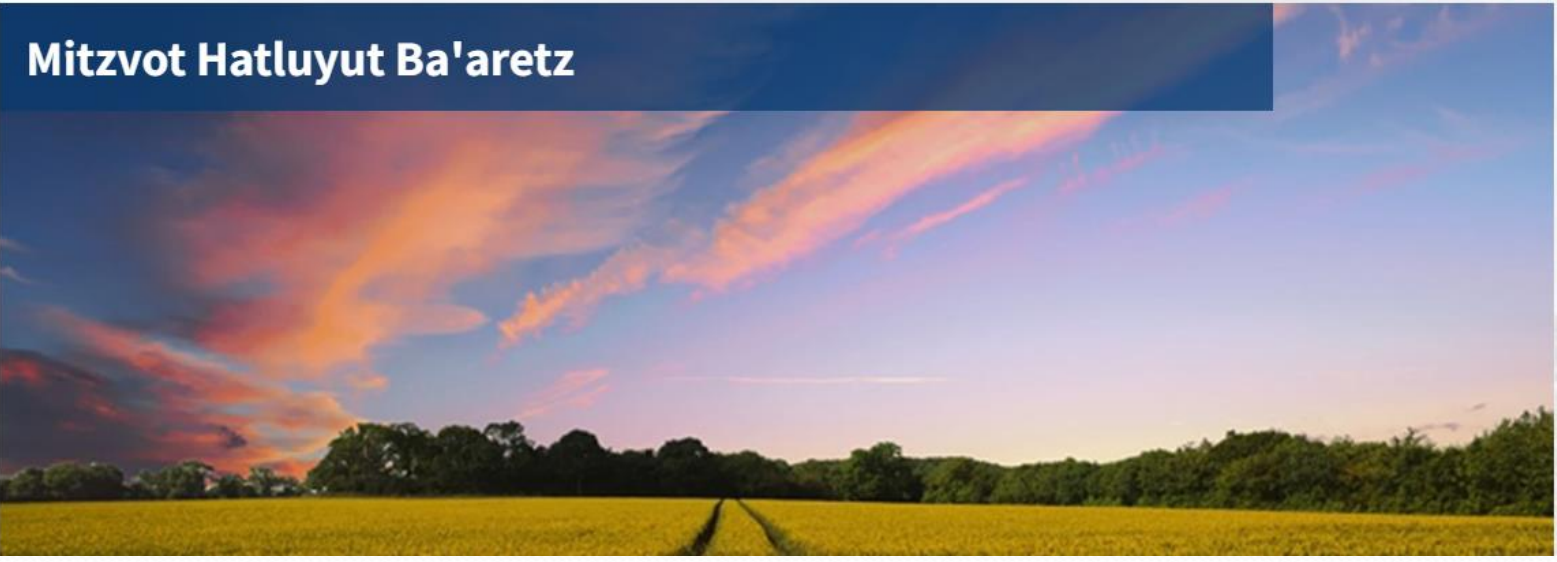


# The Consumer's Guide to Shemita



A concise halachic guide on the laws of shemita  
for the home and private garden in Israel





## Mitzvot Hatluyut Ba'aretz



# Hilchot Shemita

- Handling our Garden
- Buying fruits and vegetables
- Shemita in the kitchen

# Kedushat Shevi'it

- Garden
- Otzar Beit Din

<https://otzar-haretz.co.il/>

Direct marketing:

<https://www.braha.co.il/>



# Why should I subscribe?

## I like buying from the grocery near my house!

There are two reasons to join:

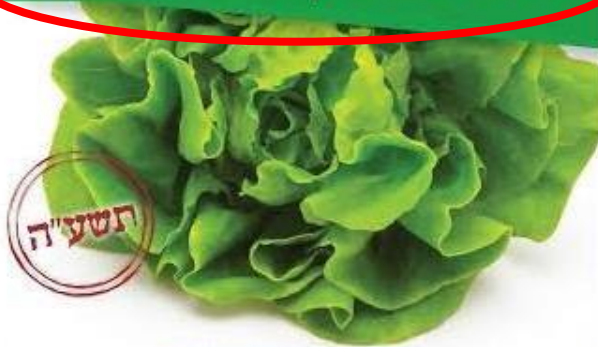
- To create a purchasing power for the Beit Din.
- When you buy this way, you do not violate the *issur* on dealing in commerce.
- Local groceries mainly in *Dati-Leumi* areas.
- **Direct marketing** - online order direct to your house.

# ושבתה הארץ שבת לה'

Time machine – takes us from the beginning of Shabbat to the end of Shabbat, so we will not sin



בס"ד  
ירקות ללא תולעים וחרקים  
וללא ריסוס כימי.  
ללא חשש קדושת שביעית



הדברה אורגנית

חברת "טבע הבריאה" משווקת את  
"עלי בודק" ירקות שגודלו בתהליך הידרופוני  
(על מצע מים) מנותק מהאדמה.

**בהכשר בד"צ רבנות ירושלים מהדרין**

כשר למהדרין בהשגחת הרבנות האזרית חבל מודיעין  
הרב אהרון בוסבול שליטא



ניתן להשיג:

כוסברה, פטרוזיליה, נענע, חסה, שמיר, סלרי,  
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כרוב קייל גוטה קולה

# Should I eat Kedushat Shevi'it produce?

- Ramban – Mitzvat Aseh:  
“The Sabbath produce of the  
land shall be yours to eat”  
(Vaikrah 25,6)

Is kedushat shevi'it similar to the *issur*  
of tevel and orlah?





# תירוש כרמל המקורי

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כשר לפסח

# Which plants

## DO have Kedushat Shevi'it?

- Those grown on the land of Eretz Yisrael  
(and are not on a detached platform or in Chutz La'aretz)
- Intended for human or animal consumption,  
including spices
- Designated for cosmetics
- Etrogim grown for *arba minim*
- Plants designated for their scents; mushrooms  
(both are holy, due to doubt)



# Which plants

## DO NOT have Kedushat Shvi'it?

- Flowers that are not grown for their scent.
- Hadasim (myrtles) for use on Sukkot
- Grass.
- Plants designated only to the medical world.
- Wild grasses (even though animals eat them, or some people eat them) – wild lettuces , wild mustard, Lambs-quarter, Mallow, etc. [even though it is a wild type of the same *min*]

# When is the produce holy?

- **Fruits-** *Chanata* between Rosh Hashana of Shemitah and Rosh Hashana of the eighth year. Fruit that their Chanata is at the end of the summer, we must be careful to remember what year are they from. Typical fruits: lemons and figs.

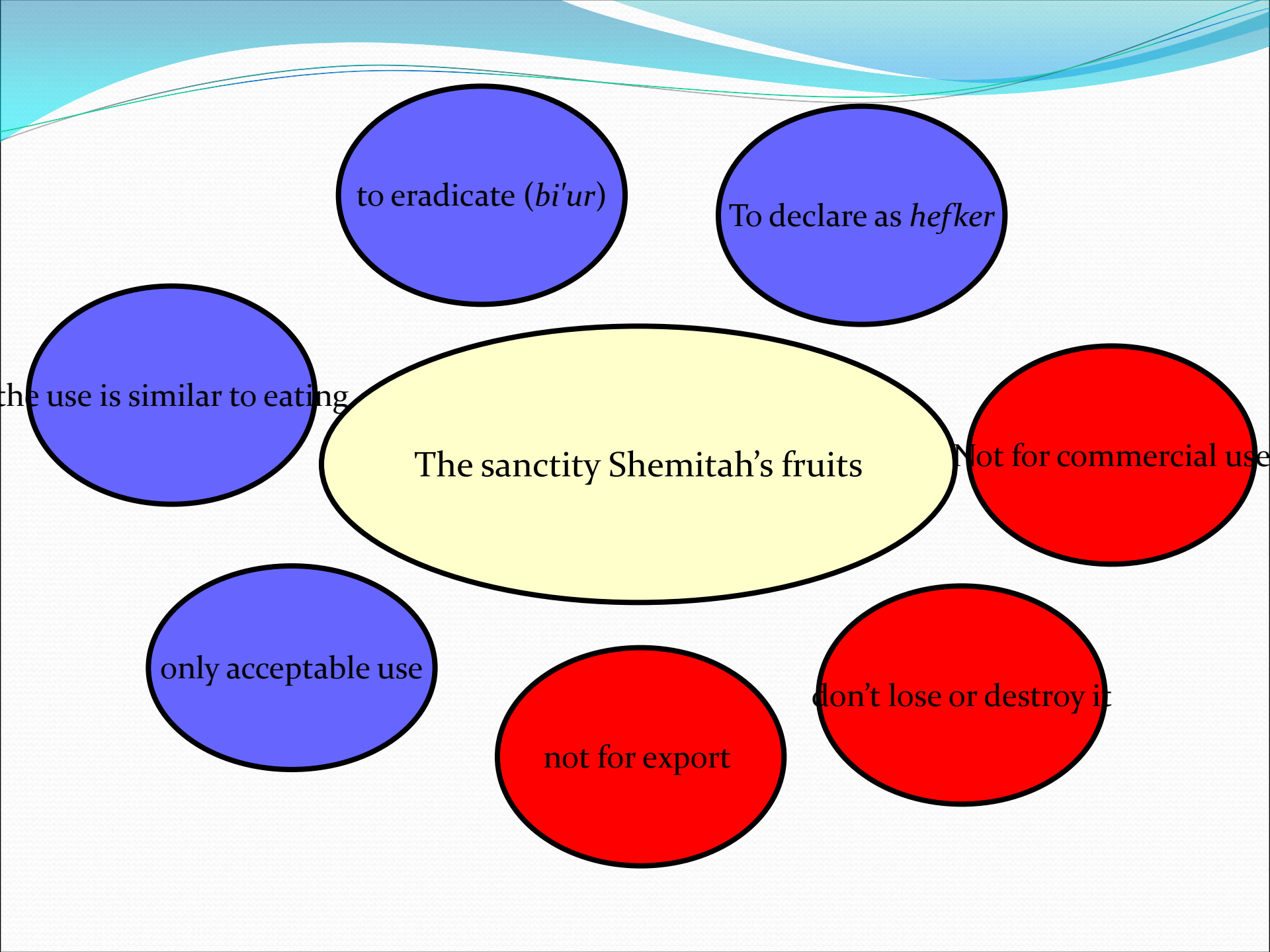


- **Vegetables** –sprouted in the sixth year, gathered in the seventh.



# Laws of Kedushat Shvi'it – continued

- **Legumes and grains** – reached a third of their growth in the seventh year (but are then forbidden, as they are *sefichin*).
- **Etrogim** that Chanata was in the sixth year, and picked in the seventh [similar to vegetables].



to eradicate (*bi'ur*)

To declare as *hefker*

The sanctity Shemitah's fruits

Not for commercial use

the use is similar to eating

only acceptable use

not for export

don't lose or destroy it



# Kitchen - only acceptable use

- Changing *shemitah* produce from its original form: the form of this produce should not be unconventionally altered by processing; this is true for each type of produce individually.
- Different types: peeling, mashing, squeezing, cooking and baking, pickling, drying, canning.

# Kitchen - only acceptable use

- It is permissible to process food in any way that is considered conventional for most Israelis, at least once in a while.
- If large sections of the population often process this food, even if a minority group – it is permissible.
- Methods for food processing considered conventional only among vegetarians and vegans, who employ these means for health reasons – needs further discussion.
- **If the fruit will be thrown if not changed – it is allowed to process it.**



# Cooking

- Fruits and vegetables that are generally only eaten cooked - may not be eaten raw (such as: potatoes, sweet potatoes, eggplants, beets, pumpkin, peanuts, corn, squash).
- Vegetables that are generally eaten raw - may not be cooked (watermelon, cucumbers).
- Vegetables that most people eat both cooked and raw – may be eaten in both ways (such as apples, apricots, peppers, onions, cabbage, carrots, and tomatoes).

# Cooking

- It is permissible to add a slice of lemon to tea to enhance its flavor. After drinking the tea, the lemon should not be discarded.
- Frying, roasting, baking, toasting, and cooking are all considered the same form of food processing.
- It is permissible to prepare jam from fruits that are conventionally used for this, such as apricots and oranges.
- It is also permissible to candy orange peels.



# Cooking

- Herbs can be used as a spice. If the taste of the spice has expired, it is allowed to discard them. If their taste has not expired - they should be put in the Shemitah bin.
- Fruits that are used to eating fresh, but also as a spice for a stew - it is allowed to use as a spice for a stew (Tomatoes, peppers, almonds, raisins).

# Squeezing and juicing

- It is permissible to squeeze or juice fruits and vegetables when one of the ways that they are prepared is squeezing or juicing.
- The litmus test is if fruit and vegetable juice is available in the market from any particular type of produce.
- Today (as of 5781) there is an ever-growing practice of preparing smoothies and frozen yogurts, from a broad variety of fruits and vegetables that are generally not squeezed: pears, dates, avocado, kale, beets, melon, cucumbers, celery, among others.



# Squeezing and juicing

- When squeezing, one should try to squeeze the entire fruit and avoid straining the edible pulp.
- For this purpose, it is permissible to use home juicers with large holes.

# Mashing

- Total crushing, when the form of the original produce is no longer discernible, (tomato sauce) or grinding (flour from grains) - is permitted only if this is a conventional way to process this produce.
- Mashing and crushing produce in a way that its original form is still discernible - is permitted even when the manner of processing is unconventional (such as mashed potatoes, bananas, or dates).
- Baby food. Foods that are generally mashed for babies may be prepared for them in these ways even if they are not generally prepared in these ways for adults.
- Using a grater is allowed.



# Peeling

- It is permissible to peel fruits and vegetables such as cucumbers and carrots, even though their peels are edible. The same for potatoes.
- It is also permissible to remove less desirable parts: black or dirty parts, outer leaves of cabbage etc.
- Fruits and vegetables that are not usually peeled, such as peppers and apricots, may be peeled as long as part of the fruit is peeled with them and set aside in a designated place.
- The peels should go in a special “*Shemitah bin*”.

# Pickling, canning and drying

- It is permissible to pickle conventionally pickled vegetables (such as cucumbers).
- It is permissible to dry fruits and vegetables that are usually dried (tomatoes, grapes, figs, dates, plums).
- It is permissible to can fruits and vegetables that are usually canned (corn, apricots).



## Other Laws

- If someone processed produce in an unconventional way, it is nevertheless permitted to eat the processed produce.
- It is permissible to mix foods with *shemita* sanctity with other, non-*shemita* foods, even if the *shemita* sanctity becomes nullified in this way (1-60).  
If it is not nullified – the whole mixture has *kedusha*.
- Squeezed lemon or olive oil in a vegetable salad - makes the whole salad *kadush*.

# Hefsed – Damaging Shemitah Produce

- *Shemitah* produce may be eaten, and it is prohibited to spoil or otherwise ruin it. This prohibition is called *hefsed* (literally "loss").
- Only true owners – are allowed to destroy.
- Indirectly causing *hefsed* is permitted when the food would otherwise spoil on its own.
- The prohibition of *hefsed* includes:
  - Directly destroying the produce.
  - Use for a more degraded purpose than the usual, such as using human food for animal fodder.
  - Actions that make the produce disgusting to people (even if its form or appearance does not change).





## פח שמיטה

ביבול שביעית חלה קדושה גם על השאריות והקליפות. ולכן יש להניחם בכלי מיוחד ולא להשליכם עם שאר האשפה.

**מה נכנס לתוכו?**

✓ קליפות של פחת וירקות הקדושים בקדושת שביעית.

✓ גרעינים שעליהם שאריות הפרי שלהם.

✓ שאריות של סדרות וירקות.

**קיימים בקלות**

**מתי טורקים אותו?**

לאחר שהאשפה שהושלכה לוסכי נרקבה ולא ראויה לנאכל אדם.



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ישמחה הארץ שפה לחי



# Handling leftovers

- Not in the garbage.
- *Pach Kedushat Shevi'it* - *shemittah* garbage bin.
- After they begin to rot, they may be disposed of in the garbage.
- No mixing “old” leftovers with “new” ones in the bin:
  - Different bags.
  - Putting newspapers between the layers.
- From *shemittah* garbage bin to regular garbage:  
after 5-7 days (fresh items) or two days (cooked food)
- Better one next to the other, than one above the other.

# Handling leftovers

- Liquid – leave outside the refrigerator over night without a top (open), and than to the garbage [*linat lila*].
- Soup with chicken bones – the soup is *kadush*, but not the bones (if usually one doesn't eat them).
- One may put not sacred leftovers in the shemitah bin.



# Handling leftovers

- What exactly is a significant “leftover”, we need to put in the Shemitah bin? How big?
- Do I usually eat it?
- *Hefsad* – depends on the way one deals the produce all year.
- Eating the apple till the end.

# Hefsed – Peels and pits

- Fruit seeds or pits that have residues of the fruit still attached (date, olive, peach and plum pits, apple) have *shemitah* sanctity.  
BUT, if it's a very small amount of "flesh" that every year you through – no *kedusha*.
- Fruit seeds that can be eaten **on their own** (such as pumpkin or watermelon seeds) have *shemitah* sanctity.
- Fruit seeds that **are not eaten on their own** (Citrus seeds, grape pips) are not *kadush*.



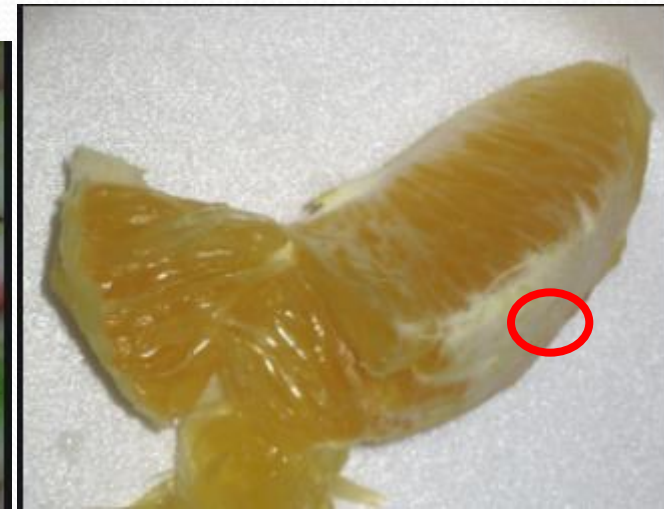
# Hefsed – Peels and pits

- Peels that are fit for human consumption (such as apple, cucumber, and carrot peels) or animals (such as peanut shells) have *shemitah* sanctity, even if one doesn't want to eat them.
- Orange peels?



# Hefsed – Peels and pits

- Red and white parts on the watermelon peel.
- Orange inner part of the peel.





Can we always keep *Kedushat Shevi'it*?



# Hefsed

- Feeding a baby or a small child.
- Havdala cup.
- Wine for the 2<sup>nd</sup> cup on *pesach* (a few drops on the plate during the 10 plagues)
- Eating, or prepare food, even if by doing so some of the food might become spoiled.
  
- It is permissible to place produce in a clean place, even though it will certainly spoil or rot there in the future, because no direct action is involved.



# Compost

- Using compost in the garden.
- Preparing compost.
- Directly causing peels and leftovers to rot.
- Adding leftovers when they are in a paper bag or newspaper, and not directly.  
Mixing and adding worms - after a week.

# Animals

- Only when not fit for humans.
- Peels that no normal person will eat.
- Edible leftovers – some rabbis allow to put them at a certain distance from the animals, and they will come and eat it (*gerama*)



# Olive Oil

- Only at the beginning of the 8<sup>th</sup> year.
- Allowed for Shabbat candles, but not for Chanukah candles (you are not allowed to benefit from their light).
- Allowed for smoothening one's skin.



# Buying Flowers



# Summery

- Big kitchens -double bag and directly to the garbage.
- If one is afraid – he can be lenient also in his house.
- If the alternative is not to buy holy fruit and vegetables – it is better to be *meikel* (Rav Yaakov Ariel & Rav Yosef Tzvi Rimon).
- Kedushat Shevi'it in the IDF.

# Summery

- One should try and eat the whole fruit or vegetable.
- What is left (a bit of flash on the apple stem, a bit of grape juice in the cup, leftovers stuck to the put) – is not *kadush*.
- Leftovers in big quantities – are *kadush*.



# Summery

- Pach Shevi'it:

Better to put everyday in a separate bag.

Fresh – 5-7 days.

Cooked – 2 days.

Lizued – leave open over night.

After that – put in the regular garbage.





## ◆ Shemita

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