

Handling produce with *kedushat shevi'it*

Using and processing

- ✓ Cooking, baking, grilling, roasting, and mashing foods generally processed this way.
- ✓ Squeezing/juicing produce generally squeezed/juiced.
- ✓ Juicing produce at home that is juiced on an industrial level.
- ✓ Mashing foods for babies, even if these foods are not mashed for adults.
- ✓ Feeding babies *kedushat shevi'it* produce (even if some spoils or is wasted).
- ✓ Freezing fruits, juices, and soups if this does not cause them to spoil.
- ✓ Mixing *kedushat shevi'it* food with other foods; the mixture now has *kedushat shevi'it*.
- ✓ Peeling produce that is often peeled, even if the peels are edible.
- ✗ Peeling the flesh of the fruits or vegetables, when possible.
- ✗ Directly spoiling or wasting the food.
- ✓ Indirectly causing food to spoil.

Handling peels and leftovers

- ✓ Store leftovers and peels in a *shemitah* bin until they are no longer edible for humans (raw food: 5–7 days; cooked food: two days). Afterwards they can be discarded in the regular garbage bin.
 - ➡ Some are lenient and bag (preferably double bag) the leftovers and place them directly in the regular garbage bin.
 - ✗ Avoid mixing solid and liquid leftovers.
 - ✓ It is permissible to mix leftover *kedushat shevi'it* produce with fish and chicken scraps, if it does not make the fruits/vegetables disgusting.
- ➡ Some are stringent and double bag rotten *kedushat shevi'it* leftovers before discarding them.
- ✓ Liquid leftovers with *kedushat shevi'it* can be kept out all night, and then discarded.
- ✓ Wash small bits of produce stuck to pots, dishes, and cutting boards.



Courtesy of Torah VeHa'aretz Institute