



## Kedushat shevi'it in the kitchen

The Torah commands us to safeguard the sanctity of *shemita* produce. Produce with *shemita* sanctity (*kedushat shevi'it*) can reach the kitchen in two ways:



*Kedushat shevi'it* applies to the produce itself and to any food it is mixed with. Ex: if oil with *kedushat shevi'it* is used to dress salad, the entire salad has *kedushat shevi'it*; if one *kedushat shevi'it* vegetable is in a soup, the entire soup has *kedushat shevi'it*.

### Handling *kedushat shevi'it* produce

#### Food processing

- ✓ It is permissible to process *shemita* produce in conventional ways, but not in ways that most people do not process that given fruit or vegetable. Ex: grating melons, squeezing eggplants.
- ✓ *Shemita* produce may be eaten in the usual way, even if some might be wasted. Ex: It is permissible to eat half of an apple, even though the other half will spoil; babies can be fed a *shemita* banana, even though they will not finish all of it. At the same time, it is best to try to eat all of the fruit or vegetable to minimize waste.

#### Leftovers

For peels, scraps, and leftovers of fruits and vegetables with *kedushat shevi'it*, proceed as follows:



**Small bits** that are insignificant and are generally discarded in the garbage (ex: leftover salad, soup, seeds) can be thrown away in the regular garbage. It is also permissible to wash bits of food stuck to the walls of a pot, on cutting boards, graters, etc.



**Significant amounts** (ex: plates with uneaten food, a significant amount of food left in a pot) of leftover food should be placed in a designated receptacle or bag (*pach shevi'it*, *shemita* bin), when each type of leftover is in a separate bag (uncooked, raw). When the food begins to rot (after a few days – raw food; two days – cooked food; liquids – keep out uncovered overnight), it is possible to discard the food in the regular in a plastic bag.



If it is impossible to keep leftovers until they spoil (ex: public kitchens), bag edible leftovers (some are stringent to double bag) and place it in the regular garbage.

#### Using leftovers



**Leftovers and scraps that are still fit for human consumption** should not be fed to animals or pets. However, it is permissible to place peels at a distance from animals, and they can approach the peels and eat them on their own. It is also permissible to feed animals peels and leftovers that are not meant for human consumption.



**Composters.** It is permissible to place *shemita* peels and scraps in your composter. Every time you add a new layer, first lay newspaper or clippings/leaves to separate them and the old peels that already began to rot. A week after adding the peels it is permissible to mix the composter.

#### Giving *shemita* produce to non-Jews

While it is forbidden to give non-Jews *shemita* produce, but one should not prevent them from taking produce with *kedushat shevi'it* on their own.

#### Taking *shemita* produce outside of Israel

*Shemita* produce is supposed to be eaten in the Land of Israel only. When flying abroad, avoid bringing food with *kedushat shevi'it*.

