



# Rosh Hashanah Simanim

Simanim are special symbolic foods eaten during a Rosh Hashanah seder. What started mainly as a Sephardic and Mizrahi tradition has now been adopted by many Jewish families looking to include some added meaning to their Rosh Hashanah dinners.

Each of the simanim foods has its own symbolic meaning and blessing.

## Apples Dipped in Honey

*symbolizes the wish for a sweet new year*

May it be Your will, Adonai our G-d, that this be a good and sweet new year for us.

## Carrot

*symbolizes blessings*

May it be Your will, Adonai our G-d, that our blessings increase.

## Leek

*symbolizes cut off*

May it be Your will, Adonai our G-d, that those who wish bad things for us be cut off.

## String Beans

*symbolizes increases*

May it be Your will, Adonai our G-d, that opportunities increase.

## Beet

*symbolizes removal of enemies*

May it be Your will, Adonai our G-d, that our enemies be removed.

## Dates

*symbolizes enemies being finished*

May it be Your will, Adonai our G-d, that our enemies perish.

## Gourd (pumpkin)

*symbolizes decrees against us be ripped from our midst*

May it be Your will, Adonai our G-d, that decrees against us be ripped from our midst.

## Pomegranate

*symbolizes mitzvot*

May it be Your will, Adonai our G-d, that we accomplish many mitzvot in the new year.

## Fish Head or Head of Lettuce

*symbolizes progress and acting like a head*

May it be Your will, Adonai our G-d, that we act like a head, not a tail.

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