



# 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/end*

May it be Your will, Adonai our G-d, to protect us and end negative influences.

## String Beans

*symbolizes increases*

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

## Beet

*symbolizes removal of harm*

May it be Your will, Adonai our G-d, that all harm is removed.

## Dates

*symbolizes ending/being finished*

May it be Your will, Adonai our G-d, to end negativity and adversity.

## Gourd (pumpkin)

*symbolizes the proclamation of one's merits*

May it be Your will, Adonai our G-d, for our good deeds to be recognized.

## 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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