

# Neshei ZNT Newsletter

Dear Neshei,

By the time Shvat rolls around, it already feels like we're halfway through the year. You could already see costumes out in storefronts and people are starting to think about Pesach plans.

As you could tell from the poll, everyone celebrates Tu B'shvat differently, some more than others, and some less, since there are no clear cut halachos or anything pertaining to this unique holiday. No matter how you celebrate it, Teva Ungar gives us a beautiful perspective to have in mind that could make Tu B'shvat more meaningful.

Now that the Rav is giving an in person, (or in Zoom) class about Kashrus, we could focus on more "theme" related questions in the Q & A section. This month's Q & A focuses on questions relating to fruits: when to make a שנה חייב, do cut up fruit platters need a hechsher etc. We are so lucky to have a Rav who provides so much clarity and is so available to all of us. If you have any questions that you want to put in the newsletter please send them to [hindyheisler@gmail.com](mailto:hindyheisler@gmail.com).

Thank you Gold Rim Plastics for the fantastic interview. They really give us a peek into their business. And it's a great read too!

Have a Gut Chodesh and a beautiful Shvat!

## Tu B'Shvat: A Walk in the Park

By Teva Ungar

My name is Teva, so I guess it is appropriate that I am writing an article about the Rosh Hashanah for the trees.

With most *yomim tovim*, we have special recipes, *minhagim*, and plentiful *divrei Torah* to enhance our Yom Tov and our personal development. However, Tu B'Shvat's appearance in the calendar can be brief and not entirely memorable, perhaps limited to preparing a platter of exotic fruits and the merry song "Tu B'Shvat Higi'ah". So it might be worthwhile to utilize this year's Tu B'Shvat to tinker on parts of our *middos* that may require some personal attention, and thus strengthen the day and ourselves.

I had been looking at an old high school newsletter which had featured a short article on Tu B'Shvat. I cannot recall its author's name, but the concept is certainly worth repeating. It is a concept which can be applied as you walk through Gan Chamishah Asar on the way to buying ingredients for dinner. Or picking up your child from *gan*. Or taking a nature stroll with an old friend. And while you are walking in the park, you can take one moment to look at a tree. Any tree will do.

Now imagine that the tree you are looking at is a fruit-bearing tree. Pomegranate, apple, *lo meshaneh*. There is a well-known pasuk in Sefer Dvarim which states "כי האדם עץ השדה", because man is like the tree of the field". Like each fruit tree possesses fruits which it altruistically bestows to the world, each of us are composed of various physical and spiritual belongings which can also be used to give to others. This Tu B'Shvat, when you are taking extra care to look at that tree (and imagining it's a fruit tree), question yourself: How can I contribute, with what Hashem has given me, to the people and world around me? (Note: Immediate family members counts as "people", and the home can count as "the world").

This Tu B'Shvat, we can recognize the possessions or positive *middos* with which Hashem has blessed us, and uplift these individual *brachos* to give to others. It can be a kind word, a freshly baked brownie, or an eye-squinch (If you're not *machmir* to wear a mask, you can bequeath an old-fashioned smile). In this way, your simple and hurried walk in the park this Tu B'Shvat can be transformed into a significant moment which will not only impact you, but others as well.

Happy Tu B'Shvat and tree-gazing!



### Volunteer Opportunities:

To help with the **Newsletter** (content & editing) please contact Hindy Thurm: [hindyheisler@gmail.com](mailto:hindyheisler@gmail.com).

To make **suppers** for community members who had a baby please contact Baila Briller: [cbparnes@gmail.com](mailto:cbparnes@gmail.com) or Whatsapp +1 (954) 579-1243

To help with the **ZNT Welcome Packages** please contact Breindy Kahn: [b.teichman1@gmail.com](mailto:b.teichman1@gmail.com) or Whatsapp +1 (917) 903-8869

### Inside this Issue

Tu B'Shvat: A Walk in the Park..	1
Q & A with the Rav .....	2
Recipes .....	2
Fruits and their Seasons.....	3
Interview .....	3
Ads.....	4
Game.....	4



# Q &A with the Rav

## 1) When does one make a **שהחיינו** on a fruit?

A **שהחיינו** is said on a fruit that is not available all year round, and only available during its season. Here in E"Y this includes: avocado, peaches, cherries, mango, apricot, grapes, strawberries etc. The minhag is to say the bracha when eating the fruit for the first time. There are different minhagim if the bracha is said before the bracha on the fruit or after. The general minhag is to say the bracha on the fruit, eat a little and then say **שהחיינו**. One has until he finishes eating this fruit to say **שהחיינו**. If one has two new fruits in front of him, one **שהחיינו** is enough for both fruits.

## 2) Do I make a **שהחיינו** on a fruit that comes in season, if I've been able to buy it the entire year?

No

## 3) What happens if I get a fruit platter from a store with no hechsher in Eretz Yisroel? Do I need to take trumos and maasros? Can I buy fruits and vegetables from the shuk?

If you live in Eretz Yisroel or outside of Eretz Yisroel and are eating produce that was imported from Eretz Yisroel, one must fulfill the mitzvah of separating trumos and ma'aseros. When purchasing these products or served them in a restaurant or hotel, if there is a reliable hechsher you can assume trumos and ma'aseros were already taken and can eat the food.

If you buy the produce directly from a farm, or from a store that does not have a reliable hechsher, you are obligated to separate the trumos and ma'aseros. Sign up with the Keren Trumos and Ma'aseros, then remove slightly more than 1/100th of each kind of food and set it aside, recite the nusach hatefillah of ma'aser

(sometimes printed in the back of a siddur), wrap the food that was separated and dispose of it.

It is prohibited to separate trumos and ma'aseros on Shabbos and Yom Tov. In case one forgot to separate before Shabbos or Yom Tov ask a Rav.

## 4) Could I buy cut up fruit in America without a hechsher, like cantaloupe (Provided that they are not buggy fruit)?

If you can be sure that the store uses their knives only for cutting fruit, then it is okay to buy.

## 5) Should one do anything special on Tu Bishvat? If so, what?

Our minhag is to say brachos on fruits and to review the halachos of trumos and ma'aseros. Tu Bishvat is the day on which Hashem fills the tree with the sap that will put forth the new fruits; according to how thankful we are to Hashem for the fruits, is how much He will fill the trees.

## 6) When is a **שהחיינו** made as opposed to a **הטוב והמטיב**?

When purchasing something that gives you alone great joy, a **שהחיינו** is said; but if this is good also for others then **הטוב והמטיב** is said. For example, if you buy a car for business purposes say **שהחיינו**, if it's for the family say **הטוב והמטיב**

## 7) Do I make a Bracha on new jewelry or a new dress for Yom Tov?

It depends on how happy and excited it makes you.

## 8) I didn't make a bracha yet on my wedding jewelry, should I?

No

### Broiled Salmon

By: Rebbetzin Weiner

Salmon fillet

1 tsp. mustard

3 Tbsp mayo

2 Tbsp ketchup

2 tsp. sugar

1/4 tsp. paprika

1/8 tsp. black pepper

1/2 tsp. onion powder



Mix all sauce ingredients together. Cover salmon with sauce. Broil for around 15-20 minutes until sauce starts to blacken. DO NOT OVERCOOK.

\*\* Sauce can be made in bulk and kept in the fridge for a few weeks.

### Tuna Quiche

By: Yocheved Brukenstein

#### Crust:

1 Cup flour

1/2 cup oil

2 Tbsp water

Pinch salt

Mix all together, put into a square pan and bake for 10 minutes on 350 F/ 180 C.

Meanwhile fry an onion and put it on top of the crust (After it is had finished baking).

#### Filling:

1 Tbsp lemon juice

3 cans tuna

1 Tbsp mustard

2 eggs

1/2 cup water

1/3 cup mayonnaise

Mix the filling ingredients together. Put onto the crust and bake for another 20-30 minutes.



### Fried Sweet Potato and Grilled Pastrami Salad (Adopted from Kosher.com)

By: Chaya Katz

1 sweet potato + oil for frying

1/2 lb pastrami

Romaine lettuce

1 red onion cut into thin strips

#### Dressing:

1/3 cup vinegar

1 tsp salt

3/4 cup sugar

1 tsp mustard

4 cloves garlic

1 cup oil



Heat oil in saucepan. Peel sweet potatoes into thin strips. Drop a few sweet potatoes into the oil, fry until they curl up and are golden on the edges. Remove from pan and let oil drain on a plate.

Grease a grill pan, add pastrami and cook until crunchy.

Blend all ingredients together and then add oil

*Shiur given by **Rabbi Weiner** to help us understand Common Kitchen Shailos. Next shiur is scheduled for **Monday Jan 25**. Details to follow. All shiurim from this four part series are posted on [zntshul.org](http://zntshul.org).  
Rabbi Weiner: 0548404152 / [weinersr@gmail.com](mailto:weinersr@gmail.com)*

## Tried and True are the Best!

If you have a great **Finger Food** recipe we would love to feature it in next month's Newsletter.

Send your recipe to [Hindyheisler@gmail.com](mailto:Hindyheisler@gmail.com).

## Which Fruits are in Season When?

- STRAWBERRIES— Winter
- PEACHES/NECTARINES --Late April
- WATERMELON— Late April throughout the Summer
- MANGOS— July
- GRAPES— Summer
- POMEGRANATES— From Rosh Hashana until around Purim time
- PERSIMMON— October
- GARLIC— Pesach time
- CITRUS FRUITS— Winter is prime time



## Interview with Rachayli of Gold Rim Plastics

*Rachayli Fuchs lives with her family in Machal. They lived here for 7 years and counting. She felt there was a need in the community and filled it with GoldRim Plastics.*



**What's it like to run a business?** It is exciting, fun, challenging, and a lot of responsibility.

**Did you ever picture yourself running a business?** No! Not at all. It really feels like it was an idea my husband and I spoke about a few times and then it just turned into a reality.

**How do you choose what to order?** That's a great question! Most of our products are suggested by me or the other partners (there are 3 of us), friends, and the community. We love hearing from the community which products they'd be interested in and then we try to get them.

**Is it hard to import certain products?** At this point in time, we don't actually deal with the importing. We buy our products from importers. But I hope to be big enough one day so that we can import our own products. But yes, from dealing with the importers I understand that it is very difficult to import certain products.

**What's your favorite part of the job?** I really enjoy the challenges it brings, even side challenges such as developing and expanding my Hebrew vocabulary. But mainly I enjoy picking out the products and designing the graphics and the website.

**How did you get into the business?** It's a very funny story actually. It started out with my husband and I looking for a home to buy. We've been in Israel for 7 years now and we plan to stay here long term, so we were looking for our "forever home". In one of the homes we went to look at, the lady showed us her machsan and it was filled from floor to ceiling with plastic goods: plastic plates,

and she said she buys everything in bulk and stores it in her huge machsan, and this way she saves a lot of money. Saving a lot of money were the magical words to my ears. I'm always looking to save money. But we don't have a machsan that size! But from then on my husband and I joked about it on and off, until my husband said maybe we should really start something.

**How would you compare your prices to stores?** Our mission is to give really great prices. We are cheaper than many stores. In Osher Ad for example, we are cheaper or the same as a lot of products, and other items we are slightly higher. However our basic plasticware products are cheaper than anywhere else I've looked.

**Do your hours work around family time?** Yes, very much so. I do work MANY hours, but I don't HAVE to be on call 24/7 for this job. There are random times an emergency will come up, like this one time that the pipes in the restaurant above our warehouse burst and flooded our warehouse. But typically, we work around family time. So, all the partners know that typically between 4pm and 8:30pm no one is looking at their phones or working on the business because that's when all our kids are home and we want to be there for them.

**How can one access your products?** Online at [www.GoldRimPlastics.com](http://www.GoldRimPlastics.com)! We also have a Facebook page and an Instagram account.

**Do you have a pick up option or only delivery?** Initially, we did have a pick up option but it was a nightmare. People would forget to pick up or they'd want to come at strange hours. It wasn't working out, so we tried very hard to lower our delivery rates and now we only do delivery. Though, who wouldn't want a package to show up right at their doorstep THE SAME or THE NEXT DAY!!! In Jerusalem our deliveries are typically either that day or the next day and we pride ourselves on getting it to the customer almost as fast as AMAZON lol! We give American style customer service and

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## Poll Results

Do you do anything different for Tu B' Shevat now that you live in E.Y?

75% No  
25% Yes



### How Do You Celebrate Tu B'Shevat?

Try to eat extra fruit especially Shivas Haminim **55%**

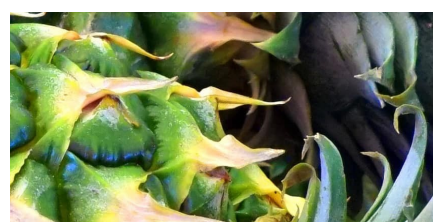
It's a regular day **35%**

Try to have 15 fruits, the gematria of 10 **30%**

# GUESS THE FRUIT



1. The third most popular fruit in America.



2. Only one of these fruit is produced in a single plant a year!



3. This could be eaten fresh, dried, or in a jam.



4. These can be stored up to two months in the fridge.



5. In season now (Between Dec-Jan)!



6. This fruit could grow in many colors including purple, red, yellow, green or white.