



LAB/SHUL

Fruit Feast Tu B'Shvat

MENU OF INSPIRATION



In the 17th century, Kabbalists crafted a sumptuous seder for Tu B'Shvat, with a mystic menu consisting of three platters of fruit.

Some traditions call for a total of 15 fruits, if you feel so inspired fill each platter with 5 fruits, we've listed some examples to get you started.

Think of your tabletop as a mandala, an altar to the earth – be inspired by these platters and fruits as you craft a tablescape that resonates with you.

PLATTER 1

Fruits with an inedible shell.

Tangerine, kiwi, walnut, pomegranate, pistachio, coconut, grapefruit, peanut, almond

PLATTER 2

Fruits with an inedible pit or seed.

Peach, avocado, olive, apricot, plum, date, cherry, mango

PLATTER 3

Fruits which are edible inside and out.

Grape, fig, apple, strawberry, raisin, cranberry, pear, carob

DRINKS

Juice or wine, one dark one light