

Bake

לאפות



Bless

Separating, burning and blessing a small piece of dough. This ritual reminds us that sustenance ultimately comes from God and transforms baking bread into a spiritual act.



Baruch ata Adonoy, Eloheinu melech ha-olam, asher kidishanu
bimitzvo'sav, vitzivanu lihafrish challah min ha-issa.

Blessed are You God, King of the Universe, Who made us holy with His commandments, and commanded us to separate challah from the dough.

Bless

Before eating

לברך



Baruch atah Adonai, Elohaynu, melech ha-olam ha-motzi lechem min ha-aretz.

Blessed are you, Lord, our God, king of the universe who brings forth bread from the earth.

Challah

חלה



Eat
לאכול



Grind

Break the wheat kernels into tiny pieces for flour

לטחון



Knead

לְלוּשׁ



Plow

Turn the soil



לְתַרוֹשׁ

Reap

Cut down and gather wheat sheaves

לְאַסֹּף



Rise

עליה



Soil

אֲדָמָה



Sow

Plant seeds

לזרוֹעַ



Thresh

Cleaning process to remove stalks and leave just
the wheat kernels

לְדוֹשׁ



Water, weed & tend

your seeds so they grow into wheat sheaves

להשקות, לנכש, לטפל



Winnow

Separate the wheat grains from the husks

לנפות



Yeast & Water

שֶׁמֶרִים וּמַיִם

