Bake
למאוחה
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
הלה
Eat
לאכזל
Grind

Break the wheat kernels into tiny pieces for flour

לטוחן
Knead
לָלָוֹשׁ
Plow

Turn the soil

לַחֲרוֹשׁ
Reap
Cut down and gather wheat sheaves
לֶאֱסוֹף
Rise
עליה
Soil
אֲדָמָה
Sow
Plant seeds
לזרוח
Thresh
Cleaning process to remove stalks and leave just the wheat kernels
לדדנית
Water, weed & tend your seeds so they grow into wheat sheaves

לְטַפֵּל, לְנַכֵּשׁ, לְהַשָּׁכֹה, לְבֹאֵשׁ, לְצֹיפֶל
Winnow
Separate the wheat grains from the husks
לנפוח
Yeast & Water

שְׁמָרִים וּמִים