

FORE-BLESSINGS: UNUSUAL FRUITS AND VEGETABLES

Bracha Rishona: Coconut Water

To drink coconut water:

- Say borei pri ha'eitz if you drink coconut water directly from the coconut.
- Say she'hakol if you pour the water out of the nut into a utensil.

Bracha Rishona: Fiddleheads

Say borei pri ha'adama on fiddleheads (unfurled fern tops in early spring).

Bracha Rishona: Hydroponic Vegetables

Say she'hakol on hydroponic vegetables, including bean sprouts.

NOTE If you don't know how the vegetables were grown, you are not required to research the source of the vegetables: you may assume that they are not hydroponic and say the fore-blessing of borei pri ha'adama.

Bracha Rishon: Olives

There is no separate blessing on eating olives with a meal. If you eat olives by themselves (without other food), say borei pri ha'eitz.

Bracha Rishona: Popcorn

Say borei pri ha'adama on popcorn.