

III. AL HA'EITZ

INTRODUCTION TO AL HA'EITZ

Al Ha'Eitz: Type and Volumes of Fruits

Say the after-blessing of al ha'eitz after eating at least 1.3 fl. oz. (39 ml, or 1/6 cup), within four minutes, of the Five Special Fruits:

- Olive,
- Date,
- Grape,
- Fig,
- Pomegranate.

NOTE The after-blessing of al ha'eitz also covers any non-special fruits that you ate while eating the Five Special Fruits.

SITUATION You ate at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes of the Five Special Fruits, such as figs, and any amount of non-special fruits, such as walnuts, at about the same time.

WHAT TO DO Say:

- Fore-blessing of borei pri ha'eitz, and
- After-blessing of al ha'eitz.

AL HA'EITZ: FIGURING VOLUME

Al Ha'Eitz: Figuring Volume: Eating Special and Non-Special Fruits Sequentially

You may not eat non-special fruits sequentially with or even interspersed with the Five Special Fruits in order to make the minimum volume for saying the after-blessing of al ha'eitz.

SITUATION You ate a date and then ate the remainder of 1.3 fl. oz. (39 ml, or 1/6 cup) of cherries.

WHAT TO DO Say:

- Fore-blessing of borei pri ha'eitz over the date (and cherries).
- After-blessing of borei nefashot on all the fruits.

Al Ha'Eitz: Figuring Volume: Eating Special and Non-Special Fruits As a Unit

The volume of special and non-special fruits DO combine for the after-blessing if:

- They are considered to be one food, AND
- The main component is the Special Fruit.

SITUATION You eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes of dates stuffed with almonds.

WHAT TO DO

Say the after-blessing of al ha'eitz over both types of fruits.

Al Ha'Eitz: Figuring Volume: Eating Special Fruits Mixed with Other Foods

SITUATION You say borei pri ha'eitz and eat a few olives, but less than 1.3 fl. oz. Then, you say borei pri ha'adama and eat lettuce mixed with enough olives to constitute the minimum volume when combined with the first olives. You eat them all within four minutes. It is time to say the after-

blessing.

WHAT TO DO You may not combine all the olives in order to say the after-blessing of al ha'eitz unless the olives remain distinct from the lettuce and you continue to eat them separately. Say borei nefashot after finishing eating as long as the total food eaten was at least 1.3 fl. oz.

AL HA'EITZ: VE'AL HAPEIROT OR VE'AL PEIROTEHA

Al Ha'Eitz Ve'al HaPeirot or Ve'al Peiroteha

SITUATION You ate some of the Five Special Fruits and they were grown in Eretz Yisrael.

WHAT TO DO End the after-blessing al ha'eitz with al ha'aretz ve'al peiroteha instead of ve'al ha'peirot.