

## The Seven Species

*What are the seven species and why do we eat them on Tu B'Shevat?*

There are *seven species* of food that the Torah mentions as being very important to the land of Israel and its agriculture. Almost all of the items either grow on trees/vines or are made from fruits that grow on trees and because of that, we traditionally eat them on Tu B'Shevat when we are celebrating the New Year of the Trees. It is customary to have a Tu B'Shevat seder that includes these seven species. So — what are they and what do they represent?



According to this article by [My Jewish Learning](#):

1. **Wheat** represents *chesed*, kindness, because it is so nourishing and accessible.
2. **Barley** is the embodiment of the Jewish value of *gevurah*, restraint, due to its thick hull.
3. **Grapes** signify *tiferet*, beauty, due to their color and manner of growing.
4. **Figs** represent *netzach*, endurance, for their lengthy ripening stages.
5. **Pomegranates** symbolize *hod*, majesty or glory, for their crown shape.
6. **Olive oil** represents *yesod*, foundation, for the role that the ingredient plays in many foods.
7. **Dates** denote *malchut*, kingdom, thanks to their digestive benefits.