

HALACHIC AND HASHKAFIC ISSUES IN CONTEMPORARY SOCIETY

229 - SHEMITA 5782: PART 5 - SHEMITA PRODUCE IN THE HOME OU ISRAEL CENTER - SUMMER 2021

- In this shiur we will look at some of the practical issues affecting the use of Shemita produce in a private kitchen.
- We will be'H have the opportunity to look later in the year at other Shemita topics such as Biyur and Shemitat Kesafim.

A] KEDUSHAT SHEVI'IT

1. שאין מוסרין לעם הארץ זמי פירות שביעית – פי' הקונט' דהתורה אמרה 'לאכלה' ולא לסחורה ... דאיכא איסורי טווא שאין ע"ה נזכר לאסור לקנות בהן זבחה עמאה עצדים וקרקעות חלוק ועלית ומנעלים, ואין נותנין לא לבייר ולא לזלן ולא לספן ולא לספר. דשביעית לאכלה ולשחיה ולסיכה ולא לשאר דזרים, ואסור לפרוע מהן חובו. ואין מספר לדינים ולאיסורים שיש בפירות שביעית שפריך לנהוג בהן קדושת שביעית!

תוספות סוכה לט.

Tosafot list some of the many implications of K7 and tell us that there are countless details that we need to learn!

- In practice, it is rare that we have issues of K7 money. In the kitchen, the rules concerning K7 produce are not actually so complex and it is relatively simple to refocus the way we treat food to comply with hilchot Shemita.

A1] FOODS WITH SPECIAL KEDUSHA

2. כִּי יוֹבֵל הוּא קֹדֶשׁ תְּהִיָּה לָכֶם מִן־הַשָּׂדֶה תֹאכְלוּ אֶת־תְּבוּאָתָהּ.

ויקרא כה"ב

3. כתיב (ויקרא כה"ב) כִּי יוֹבֵל הוּא קֹדֶשׁ תְּהִיָּה לָכֶם וגו' - מה היא קודש אף תבואתה קודש.

תלמוד ירושלמי (וילנא) מסכת שביעית פרק ד

Chazal learn that the produce of the Yovel (and by extension Shemita) year has intrinsic kedusha.

- Shemita produce is not however the only food which has special kedusha. Consider:
 - TERUMA: eaten by Cohanim and their family and **MUST** be eaten in a state of tahara.
 - MA'ASER SHENI/REVAL: eaten in Yerushalayim and **MUST** be eaten in a state of tahara.
 - KODSHIM KALIM: eaten in Yerushalayim and **MUST** be eaten in a state of elevated tahara.
 - KODSHEI KODOSHIM: eaten by male Cohanim in the Mikdash and **MUST** be eaten in a state of elevated tahara.
 - SHEMITA: may be eaten by any Jew, anywhere¹ and even in a state of tuma.
- In this sense, Shemita produce is on lower level of kedusha than most other sanctified foods.
- However, note that Shemita produce is **MORE STRINGENT** than most since, even if is exchanged for money, the original food **RETAINS** its kedusha and the money also becomes kodesh! Ma'aser Sheni and hekdesch can be redeemed on money and the original food loses its kedusha.
- Rav Rimon suggests that this special quality of Shemita may be based on fact that its kedusha is inherent and not created by man. Like Shabbat, Shemita produce receives its kedusha from God, without any proactive human intervention. Shemita produce is also emblematic of God's ownership of the Land, in the way that Shabbat represents God's creation of the universe.²
- In this sense, other sanctified produce such as ma'aser sheni and kodashim represent us moving towards the sanctity of Mikdash etc. Shemita, like Shabbat, represents the idea of God's sanctity coming to us and into our homes.³

1. K7 produce should not be exported outside Israel. But, if it were exported, it should still be eaten with K7.

2. Rav Rimon presents a detailed comparison between Shemita and Shabbat in the Introduction to his sefer.

3. The idea of sanctity coming to us in our homes also reflects the special love that God has for the Jewish people. Note that when Chag falls on Shabbat, God's love is stressed in the amida באהבה מקרא קודש - באהבה

A2] NETILAT YADAYIM?

4. שמן של שביעית אין סכין אותו בידים טמאות

תוספתא מסכת שביעית (ליברמן) פרק ו הלכה ט

The Tosefta rules that one may not rub Shemita oil onto skin unless one first does netilat yadayim!

• Note that teruma, ma'aser sheni and kodashim must be eaten in a full state of tahara, which requires immersing in a kosher mikveh. **ADDITIONALLY**, Chazal instituted a rabbinic mitzva of netilat yadayim before eating certain produce with kedusha and also before eating chulin bread. The latter was enacted in order to ensure that the mitzva of netilat yadayim will not be forgotten by the time the Mikdash is rebuilt!

5. שמן של שביעית [ו]אין סכין אותו בידים טמאות. ונראה לי דר"ל גם בשביעית כן דלריך נטילת ידים. אבל אין לומר דכשהוא טמא חסור, דלפי זה יהיה פירות שביעית חסור בזמן הזה.

שערי צדק שער מצות הארץ חכמת אדם פרק יז סעיף יז

The Chayei Adam rules that one should wash netilat yadayim before eating K7 produce.

• In practice, almost all poskim rule that netilat yadayim is NOT required for K7 produce. On the contrary, there is a concern that requiring netilat yadayim may discourage people from eating K7 produce.
• Nevertheless, Rav Kook recommends⁴ the practice of washing for K7 produce, even when dry⁵.

A3] IS THERE A MITZVA TO EAT K7 PRODUCE?

6. וְהִיְתָה שֵׁבֶת הָאָרֶץ לָכֶם לְאֵכֶלָהּ - ודרשו לאכלה ולא לסחורה. וזה דבר תורה הוא ... ונכפלה זאת במלואו באמרו ית' וְאָכְלוּ אֶתֵינִי עִמָּךְ. שלא אמר 'לאציוני עמך תעזוב אותם' כמו שאמר (ר"פ קדושים) לעני ולגר תעזוב אותם בלקט ושכחה. אבל לשון אכילה מזכיר בהם הכתוב בכל מקום.

השגות הרמב"ן לספר המצוות לרמב"ם שכות העשין

The Ramban observes that the Torah stresses the importance of eating Shemita produce. According to some opinions, the Ramban's position is that it is a mitzva to eat Shemita produce which has K7⁶.

• However, the Rambam does not mention this as a mitzva and most poskim rule that it is not actually a mitzva, although has merit.

A4] WHAT TYPES OF PRODUCE HAVE K7?

• K7 applies to produce that is grown from the Land specifically for human or animal food, or even for other human uses such as anointing, lighting a fire, makeup, etc. According to many poskim, it also applies to scent-bearing flowers.
• K7 does not apply to decorative flowers that have no scent.

A5] WHEN DOES PRODUCE ACQUIRE K7?

• The Shemita Year runs from Rosh Hashana of the 7th year (Sept 7 2021) until Rosh Hashana of the 8th year (Sept 26 2022). This Shemita is actually longer than normal because 5782 is also a leap year. However, the K7 of produce is not decided by the calendar, but applies to the produce according to when it grew or when it was picked, as set out below.

1. Vegetables

Vegetables have K7 according to when they were picked - *lekita*. So vegetables picked during Shemita year (ie from Sept 7 2021) will have K7. Vegetables which were picked before or after Shemita year do NOT have K7. This will mean that most canned vegetables through 2021 and into 2022 will not be affected by Shemita. But they WILL be affected as they come onto the market during and after Shemita year. However, fresh vegetables are affected by Shemita almost immediately after Rosh Hashana since they are picked and come to the shops quickly.

4. Shabbat HaAretz 5:7:2; Kuntres Acharon 25.

5. Where any food is wet from one of the 7 halachic liquids - wine, honey, olive oil, milk, dew, blood or water - the halacha, at least in principle, requires netilat yadayim. Some are particular about this practice and wash (without a beracha) before eating any food which is wet with, or dipped in, any of these liquids, although many poskim rules that this is no longer required today.

6. The Ramban is explained in this way by the Megillat Esther. Rav Kook takes this position (Da'at Kohan 240; Mishpat Kohan 85; Shabbat HaAretz 5:1:1, 6:1:2; Kuntres Acharon 21.) Other poskim (Seridei Eish 2:116:1 (2:90 - new ed) and Chazon Ish (14:1) understand that the Ramban does not understand that eating Shemita is a positive Torah mitzva but rather the mitzva is expressed through the prohibitions against treating the produce inappropriately.

2. Olives, Grapes, Grain and Legumes

The status of olives, grapes, grains and legumes (such as beans, peas, corn, peanuts etc.⁷) is not determined by picking but by when they achieved the first third of their growth - *gidul shelish*. That is, they have K7 if the first third of their growth occurs during the Shemita year.

3. Fruit

The determining stage for fruit is the formation of the young fruit on the tree – *chanata*.⁸ As such, it does not matter when the fruit is picked, but when it first began to develop. As such, all fruit on the trees at the start of the Shemita year – figs, pomegranates etc – will NOT have K7 because they formed in the sixth year. But the fruit on the trees at the start⁹ of the eighth year – ie September 2022 – WILL have K7, even though it is picked after Shemita.

4. Etrogim and Citrus Fruit

7. דרכיה דאתרוג כירק - מה ירק דרכו ליגדל על כל מים ובשעת לקיטתו עישורו, אף אתרוג דרכו ליגדל על כל מים ובשעת לקיטתו עישורו.

קידושין ג.

The Gemara rules that Etrogim are compared to vegetables since they need so much watering. As such, their determining time for ma'aserot is when they are picked and not the chanata.

8. תנו רבנן: (ויקרא כג) פרי עץ הָדָר - עץ שטעם עצו ופריו שוה, הוי אומר זה אתרוג רבי אבהו אמר: אל תקרי הָדָר אלא (הָדָר) - דבר שדר באילנו משנה לשנה. בן עזאי אומר: אל תקרי הדר אלא (אידור) (הָדָר) שכן בלשון יווני קורין למים אידור (ἕθωρ - heethor) ואיזו היא שגדל על כל מים - הוי אומר זה אתרוג.

סוכה לה.

Parenthetically, in linking the textual expression הדר with the etrog, Chazal use a number of hints, including one relating the word to the Greek for water - hudor! The identity of the Etrog was never in question. Chazal simply wished to make the textual connection.

9. ... העיד ר' אבטלס משם חמשה זקנים שאתרוג כשעת לקיטתו ורבותינו נמנו עליו ואמרו באושא שאתרוג בשעת לקיטתו למעשר ולביעור ...

תוספתא מסכת שביעית (ליברמן) פרק ד' ה'כ"ה כ"א

The Tosefta rules that this is also the case for Biyur during Shemita.

10. אתרוג שוה לאילן בשלשה דרכים ולירק בדרך אחד. שוה לאילן בערלה וברבעי ובשביעית. ולירק בדרך אחד - שבשעת לקיטתו עשורו דברי רבן גמליאל. רבי אליעזר אומר שוה לאילן בכל דבר.

משנה מסכת ביכורים פרק ב' משנה ו'

The Mishna however explicitly rules that the etrog is considered like all other fruit for Shemita. This is also the position of the Bavli (Rosh Hashana 15b).

- Most Rishonim follow the position of the Mishna that K7 for etrogim follows the *chanata* BUT the Rambam¹⁰ rules like that the relevant time for K7 is picking!
- The practice is to be stringent for both opinions. As such, etrogim picked after Rosh Hashana during Shemita year will have K7, even though they grew previously, and etrogim picked AFTER Rosh Hashana in the eighth year will also have K7 since their *chanata* was during Shemita year. Practically, all Israeli etrogim for the coming Succot will be picked before Rosh Hashana and will not have K7¹¹.
- All other citrus fruits follow the normal rules for fruits¹² and their K7 is determined by their *chanata*.

7. In most cases this applies to produce where the main part eaten is the seed itself.

8. There is a major debate in the Rishonim as to when the halachic point of *chanata* occurs. Tosafot (Rosh Hashana 12b s.v. hatevu'a) and Rash (Mishna Shevi'it 2:7) rule that it occurs when the blossom falls away and the fruit begins to emerge. Rambam (Hilchot Shemita 4:9) rules that the relevant time is much later - when the fruit become slightly fit to eat - around one third grown. The practical halachic position is disputed and there can be important ramifications for winter fruits, such as avocado and kiwi which shed their flowers at the end of the sixth year, but only develop fruit in the Shemita year. Many poskim are machmir for both positions.

9. There is another major halachic debate as to whether Tu Bishvat plays any role in the designation of fruit as K7. There are 3 positions: (i) The Rambam (Hilchot Shemita 4:9): that Tu Bishvat is irrelevant and the determining dates for *chanata* are 1 Tishrei in the seventh year to 1 Tishrei in the eighth year; (ii) Rabbeinu Chananel (Rosh Hashana 15b s.v. eitvivei, in accordance with the Torat Cohanim Behar 1:4): that Tu Bishvat is the ONLY relevant date and the the determining dates for *chanata* are 15 Shevat in the seventh year to 15 Shevat in the eighth year; (iii) the Rash (Mishna Shevi'it 5:5) and the Ra'avad on Torat Cohanim: that we take the stringencies of BOTH dates and the determining dates for *chanata* are 1 Tishrei in the seventh year to 15 Shevat in the eighth year. Although R. Chaim Berlin ruled like the third position, the Chazon Ish (7:13) and Rav Kook (Shabbat Ha'Aretz 4:9) rule like the Rambam and the first position.

10. Hilchot Ma'aser Sheni 1:5.

11. We will be'H have a shiur later in the year on the implications of K7 etrogim for Succot.

12. The Chazon Ish rules this way due to a sfeik sfeika - double doubt; maybe citrus are like etrogim and maybe etrogim also follow the *chanata*. Rav Kook rules this way since he

5. Flowers

Not all flowers have K7. Those which have scent (as most flowers do) are (according to many poskim) subject to the laws of Shemita. The kedusha (for annual flowers) is based on when the flowers were picked. As such, when one buys any scented flowers during Shemita year one should preferably buy them from a store with a hechsher.

- As consumers, it is very difficult to know exactly when the produce coming onto the market reaches any of the above stages and potentially has K7. Therefore, many kashrut authorities produce and update calendars through and after the Shemita year showing from which date each different vegetable and fruit (fresh and canned) is affected by K7.
- In the Appendices to this shiur, we have included calendars produce by the Machon HaTorah VehaAretz.
- In practice, many shops will also sell other produce which has NO K7. These dates will therefore not apply to such produce.

B] NAVIGATING KEDUSHAT SHEVI'IT IN THE KITCHEN¹³

B1] GENERAL PRINCIPLES

11. רבי אילעאי קץ כפנייתא דשביעית. היכי עביד הכי? לאכלה אמר רחמנא, ולא להפסד!

פסחים נב.

The Gemara rules that Shemita fruits are permitted to us to eat, but NOT to be wasted!

- Rav Rimon explains that, since the ownership of the produce is not ours, but God's, we have no permission to destroy or waste it.
- Destroying/wasting includes:
 - directly destroying the produce.
 - using it for a more degraded purpose than usual, such as using human food for animal fodder or to prepare medication.
 - making the produce appear disgusting to other people
 - according to some poskim¹⁴ - eating it in a gluttonous fashion!
- Feeding small children K7 produce is permitted even though some will be spoilt or wasted.
- Most poskim rule that to throw K7 leftovers directly into a garbage bag with other garbage is considered to be directly ruining them (and not an indirect grama). As such K7 produce for each day¹⁵ should be placed in a separate 'Shemita bag' to allow it to degrade on its own. Once the leftovers are no longer fit for human consumption¹⁶ (usually after a few days, depending on the temperature etc) the bag can be thrown into the regular garbage.
- Most people have a special 'bin' for Shemita leftovers in which the leftovers for that day are kept. Shemita bags from previous days should be removed and left aside until the produce has spoilt. It is appropriate to decorate the 'pach Shemita' in some way so that it does not look like a regular garbage bin.

12. מותר לקצץ את העליון ואף אחר יליאת הפרי מותר לקרעם בעליון. ואף על פי שעל ידי כן הפירות מתיבשות ונושרות אין צוה משום 'לאכלה ולא להפסד', הואיל וגרמא הוא ואינם מפסידן ציד. כדמוכח בירושלמי ... 'קינסתא דירקא מסקין לה לאגרא והיא יבשה מגרמא'. כלומר שמאכל אדם הוא ואי אפשר להאכילה לבהמה אצל לאחר שיבשה ולא חזיא לאדם - שרי.

ש"ת מהרי"ט חלק א סימן פג

The Maharit quotes a Yerushalmi which rules that certain vegetables could be brought to the roof, where they would dry out by themselves¹⁷.

- Where it is not possible to use a special Shemita bin, K7 leftovers can be placed in a bag which is tied shut and thrown into the regular garbage. Although this approach is acceptable for terumot, it is less ideal for Shemita produce due to the concerns of *geram hefseid* - causing additional wastage to K7 produce¹⁸, and also because this can cause the sanitation workers to actively destroy K7 when they crush it in their truck. However, bedieved, this approach is acceptable.

determines definitively that citrus fruit are NOT like etrogim.

13. I have generally followed the rulings of Rav Rimon, as set out in his sefer, with additional reference to some details ruled by Machon HaTorah VehaAretz.

14. Torat Ha'Aretz 8:46.

15. To throw K7 into a previous day's rotting leftovers would also accelerate its spoiling.

16. See below regarding pits and peels and whether K7 must be unfit for human or animal consumption before being thrown out.

17. The Maharit understands that this is permitted even though the produce became inedible, since it was done indirectly - by *grama*. However, other mefarshim understand the Yerushalmi as referring to vegetables which will IMPROVE through drying out. As such, this is not a source to permit *geram hefseid*.

18. There is a halachic debate as to whether it is permitted to indirectly cause K7 produce to spoil, for instance leaving it in a bag surrounded by other waste (throwing it directly onto garbage is considered DIRECT spoiling). While some poskim are stringent and prohibit even *geram hefseid*, most poskim are lenient in a situation where the leftovers will in any event be discarded.

B2] LIQUIDS

13. חרובין של שביעית שכבשן ביין ששית או ביין מוצאי שביעית - חייב לבער היין, שהרי טעם פירות שביעית בו. זה הכלל - פירות שביעית שנתערבו בפירות אחרות מין במינו בכל שהוא ושלא במינו בנותן טעם.

רמב"ם הלכות שמיטה ויובל פרק ז הלכה כב

The Rambam rules that K7 produce mixed into other produce will give the entire mixture K7. If it is 'min bemino' - ie the same food (eg K7 wine into regular wine) it will give K7 in the tiniest amount. If it is 'min beshe'eino mino' - ie different foods (eg K7 spices into a soup) it will give K7 if the K7 food can be tasted.

- Where soups and other liquids can be left to degrade in a sealed Shemita bag as with other foods, that is ideal. However, where this is not practical, one may rely on the opinion that food left out (unrefrigerated) overnight is considered to be inedible¹⁹ and may be discarded normally the following morning.

B3] PEELS AND PITS

- Non-edible peels (eg nut shells) may be removed and discarded in the normal manner.
- Non-edible peels which are often processed into edible foods will still have K7 (eg orange rinds which are often candied).
- Edible peels may be removed where necessary but should be placed in a Shemita bin.

14. כלל גדול אמרו בשביעית - כל שהוא מאכל אדם או מאכל בהמה יש לו ולדמיו שביעית

רמב"ם הלכות שמיטה ויובל פרק ז הלכה יג

The general rule is that K7 applies to produce which is edible EITHER by humans OR by animals.

- Rav Kook rules²⁰ that all K7 produce must be unsuitable for ANIMAL consumption before discarding it. However, the Chazon Ish rules²¹ that, since we no longer normally give our leftovers to animals, they are effectively useless once unfit for human consumption and can be discarded normally. This is the normal practice²².
- What is the status of EDIBLE K7 fruit which is stuck to peels or rinds, but which the person does not intend to eat?

15. גרעיני תרומה - בזמן שהוא מכנסן אסורות ואם השליכן מותרות. וכן עצמות הקדשים - בזמן שהוא מכנסן אסורין ואם השליכן מותרין

משנה מסכת תרומות פרק יא משנה ה

The Mishna addresses the case of pits of teruma with a little fruit attached to them or bones of korbanot with a little meat still on them. If the Cohen intends to keep them, they retain sanctity, but if he intends to throw them away, they do not.

- Based on this, some poskim (such as Rav Eliyashiv) are lenient to permit discarding K7 pits and rinds, even if there is a little edible fruit attached to the them. Other poskim are stricter and require these to be placed in a Shemita bin. If larger amounts of fruit are still attached in a quantity that normal people would eat, the fruit should be eaten or the peels must be placed in a Shemita bin.
- So too, with food residue on plates. Pieces of edible food that would normally be removed before washing the plate must be put in a Shemita bin. Smaller residues that would normally be washed down the sink need not be removed.

B4] UNUSUAL PROCESSING OR CONSUMPTION OF K7 FOODS

16. אין עושין תמרים דבש ולא תפוחים יין ולא סתוניות חומץ. ושאר כל הפירות אין משנין אותם מברייתן בתרומה ובמעשר שני אלא זיתים וענבים בלבד.

משנה מסכת תרומות פרק יא משנה ג

The rule for teruma produce is that fruits may not be transformed into other foods which are not the normal mode of their consumption eg dates into date syrup. Olives and grapes, which are normally processed into oil and wine, may be processed in this way.

- Rav Kook²³ learns that we can draw analogies from other areas of halacha - including hilchot berachot - to Shemita (see below).

19. This is based on the Rash (Mishna Shevi'it 8:2), although some poskim are stringent and require the soup to become actually inedible.

20. Shabbat Ha'Aretz 7:13:3.

21. 14:10 s.v. *venir'e*

22. See Minchat Shlomo 3:132:10. In fact, it may be permitted to discard the produce even according to Rav Kook's stricter approach, since most of the K7 produce that is thrown out remains edible by animals even when in the Shemita bin.

23. Mishpat Kohen 85.

17. ולא ישנה פירות מבריייתן כדרך שאינו משנה בתרומה ומע"ש. דבר שדרכו ליאכל חי לא יאכלנו מבושל, ודבר שדרכו להאכל מבושל אין אוכלין אותו חי.

רמב"ם הלכות שמיטה ויובל פרק ה הלכה ג

The Rambam rules that this also applies to K7 produce.

18. מאימתי אוכלין פירות האילן בשביעית? הפגים משיזריחו אוכל בהם פתו בשדה. ביחלו כונס לתוך ביתו.

משנה מסכת שביעית פרק ד משנה ז

So too, fruits should not be picked and eaten until the normal time, based on their ripeness.

- Some Rishonim²⁴ understand that the prohibition is based a concern that unusual consumption is a form of destruction of the food.
- However, the Rambam²⁵ rules that there is an actual prohibition to eat the food unless it is in its normal state!
- In practice, Rav Kook²⁶ and most other poskim²⁷ rules that, if K7 food was processed incorrectly²⁸, it SHOULD still be eaten. As Chazal express it (Berachot 51a) - 'if someone ate garlic (and smells bad), should they eat more garlic to remove the smell!?'

B5] COOKING, FRYING AND BAKING²⁹

- Fruits and vegetables that are generally eaten only when cooked (eg potatoes, sweet potatoes, eggplants, beets, pumpkin, peanuts, corn, squash) may not be eaten raw.
- Fruits and vegetables that are generally eaten raw (watermelon, cucumbers) may not be cooked.
- Fruits and vegetables that most people eat both cooked or raw (eg apples, apricots, peppers, onions, cabbage, carrots, and tomatoes) may be cooked.
- Fruits or vegetables generally eaten raw but also conventionally used as seasoning (such as tomatoes, pepper, almonds, raisins) may be used for this purpose. After the cooking process is complete, these fruits and vegetables must be placed in Shemita bin.
- A slice of lemon may be added to tea to enhance its flavor and the lemon should then be eaten or placed in a Shemita bin.
- Herbs (such as tea leaves, mint, etc) that grow in Israel may be used as seasoning for a dish or to prepare tea.
- Frying, roasting, baking, toasting, and cooking are all considered the same manner of food processing. Any food that is generally prepared in one of these manners can be prepared in any of the other methods.
- It is permissible to prepare jam from fruits that are conventionally used for jam, such as apricots and oranges. It is also permissible to candy orange peels.

B6] JUICING

- In today's world, MOST fruits and many vegetables are commonly juiced and squeezed. Is this permitted with K7 produce?
- In hilchot berachot, the general ruling is that the juice of a fruit is downgraded to the beracha *shehakol*. The exceptions are grapes (which are upgraded to *hagafen*) and olives (where olive oil in principle³⁰ remains *haetz*). This follows the position of Tosafot³¹, the Rosh and others. However, this rule is not agreed on by all!
- The Rashba³² rules that where any fruit is NORMALLY juiced, it is NOT considered to be 'downgraded' by juicing and its beracha remains *ha'etz*.
- For K7 produce, there is a halachic dispute. The Chazon Ish rules that the halacha follows the Rashba and any fruit which is normally juiced may also be juiced with K7. If the pulp is kept in the juice, there are even further grounds for leniency. However other poskim are stricter and prohibit juicing any K7 fruits other than grapes and olives.
- In practice, many poskim are lenient³³ for oranges, grapefruit and similar as long as the fruit is juiced as thoroughly as possible so as to waste the minimum.³⁴

24. See Rash (Shevi'it 4:4, Rashi Yoma 86b).

25. Commentary to Mishna Shevi'it 4:7.

26. Mishpat Cohen 85 s.v. *u'ma*.

27. See Chazon Ish 19:27 and Pe'at Hashulchan 24:4.

28. Machon HaTorah VahaAretz rules that it is permissible to process food in any way that considered conventional for most Israelis, at least once in a while, and in ways that large sections of the population often process this food, even if a minority group. The standard convention needs to be reevaluated each Shemita. It is also possible to be lenient concerning standard processing methods for ethnic dishes prepared only in specific sections of the population. Methods for food processing considered conventional only among vegetarians and vegans, who employ these means for health reasons, will not however be considered a conventional use K7 produce.

29. Most of this section was taken from the guide produced by Machon HaTorah VahaAretz.

30. In most situations olive oil will be a subsidiary food and will not get its own beracha.

31. Berachot 39a s.v. *maya* and Rosh *ibid*.

32. Berachot 38a.

33. R. Shlomo Zalman Auerbach (Minchat Shlomo 46) is lenient for fruit that is normally squeezed. There is a major debate as to whether we follow what 'most' people do, or what 'many' people do. In hilchot Shemita, Rav Rimon is lenient to follow the practice of the 'many', even if this is not of the majority. Some of these issues are also relevant to the prohibition of squeezing fruit on Shabbat.

34. Machon HaTorah VahaAretz rule that the relevant factor is whether a certain type of juice is sold in regular grocery stores and today there are more and more juices like this. They permit juicing: apples, carrots, tomatoes, cranberries, pears, passion fruit, grapefruits, tangerines, peaches, mango, strawberries, kiwi, mint (lemon-mint), pineapples, bananas, and cherries (and perhaps dates). Furthermore, they permit preparing smoothies and frozen yogurts from a broad variety of fruits and vegetables that are generally not squeezed.

B7] MASHING

19. תמרים שמיעכן ביד ועשה מהם עיסה והוציא מהם גרעיניהם - אפילו הכי לא נשתנית ברכתך ומברך עליהם 'בורא פרי העץ' ולבסוף ברכה מעין שלש. הגה: ... ויש אומרים לצרף עליהם שהכל (ת"ח סי' כ"ט וצ"י בשם הטור) ועוד לחוש לכתחלה לצרף שהכל. אבל אם צירף צפה"ע ילא, כן נראה עיקר.

שולחן ערוך אורח חיים הלכות ברכת הפירות סימן רב סעיף ז

In the Shulchan Aruch, the Mechaber rules that dates which are totally³⁵ mashed to the point that they are like dough still retain the beracha 'haetz'. The Rema is concerned that mashing to such a degree may downgrade the beracha to 'shehakol'. In practice, he recommends saying 'shehakol', although fundamentally agrees that the food is still 'haetz'.

- Since all opinions fundamentally rule that mashed food retains its original beracha, most poskim are lenient for hilchot Shemita and permit mashing food, even where that food is not normally mashed (as with dates). Where the food IS normally mashed, all will agree that this is permitted for K7 produce.
- Totally liquifying the food may be prohibited, unless this is a normal way to prepare it. Rav Rimon permits using a blender for foods which are normally mashed but permits mashing by hand for all foods.
- As such, mashing potatoes, bananas and dates will be permitted.
- Mashing food for an infant is permitted.

B8] OTHER USES

- It is normally prohibited to prepare alcoholic liquor by fermenting K7 fruit, with the exception of wine from grapes and raisins. However, it is permissible to prepare liquor from citrus peels, myrtle berries etc. since this is the normal use of these foods.
- Freezing K7 produce is permitted as long as the produce is not spoilt.
- Drying fruits and vegetables which are normally dried (eg figs) is permitted.
- Pickling produce which is normally pickled is permitted.
- Sprouting beans and vegetables in a bowl is permitted.

B9] MITZVA USES

- Wasting K7 food is prohibited even if the motivation is for a mitzva. As such, K7 wine may not be spilt for havdala and the candle may not be extinguished in that wine. Drops of K7 wine may not be spilled out during the Hagada for the 10 Plagues.

These include: pears, dates, avocado, kale, beets, melon, cucumbers, celery, spinach, wheat grass, and ginger, among many others. People may therefore blend K7 fruits and vegetables to prepare shakes or frozen yogurt. However, other unconventional methods of crushing or otherwise processing such types of produce remains forbidden.

35. If fruit is just squashed but still clearly recognizable as the original fruit, all opinions will agree that the beracha is 'haetz'.

APPENDIX A - DATES OF K7 FOR FRUITS³⁶

FRUIT*	KEDUSHAT SHEVI'IT STARTS	KEDUSHAT SHEVI'IT ENDS
Almond (dry)	Early Sept. end of Shemita (Early Elul 5782-2022)	Mid-Sept. end of eighth year (Late Elul 5783-2023)
Almond (green)	Early May Shemita (Early Iyar 5782-2022)	Early May Shemita (Early Iyar 5782-2022)
Apple	Mid-May Shemita (Mid-Iyar 5782-2022)	Mid-Jan. eighth year (Late Tevet 5783-2023)
Apricot	Early April Shemita (Late II Adar 5782-2022)	Early May eighth year (Early Iyar 5783-2023)
Avocado	Early Aug. Shemita (Early Av 5782-2022)	Late June eighth year (Mid-Tamuz 5783-2023)
Blueberry	Late Dec. Shemita (Late Tevet 5782-2021)	Late Dec. eighth year (Early Tevet 5783-2022)
Carob	Mid-Sept. end of Shemita (Late Elul 5782-2022)	Late Oct. ninth year (Mid-Cheshvan 5784-2023)
Cherry	Mid-April Shemita (Mid-Nisan 5782-2022)	Early June eighth year (Mid-Sivan 5783-2023)
Clementine (tangerine)	Early Sept. end of Shemita (Early Elul 5782-2022)	Early Sept. end of eighth year (Mid-Elul 5783-2023)
Date	Early Aug. Shemita (Early Av 5782-2022)	Late Sept. beginning of ninth year (Mid-Tishrei 5784-2023)
Etrog	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-April eighth year (Late Nisan 5783-2023)
Feijoa	Mid-Oct. eighth year (Late Tishrei 5783-2022)	Mid Oct. ninth year (Late Tishrei 5784-2023)
Fig	Late April Shemita (Late Nisan 5782-2022)	Late May eighth year (Early Sivan 5783-2023)
Grapefruit	Early Sept. end of Shemita (Early Elul 5782-2022)	Mid-Nov. ninth year (Early Kislev 5784-2023)
Guava	Mid Aug. end of Shemita (Mid-Av 5782-2022)	Late Aug. end of eighth year (Mid-Elul 5783-2023)
Hazelnut**	No K7	-
Kiwi	Mid-Sept. end of Shemita (Mid. Elul 5782-2022)	Mid-Sept. end of eighth year (Late Elul 5783-2023)
Kobo	Late Dec. Shemita (Late Tevet 5782-2021)	Late Dec. eighth year (Early Tevet 5783-2022)
Kumquat	Mid-Oct. beginning of eighth year (Late Tishrei 5783-2022)	Mid-Oct. beginning of ninth year (Late Tishrei 5784-2023)
Lemon	Early May Shemita (Early Iyar 5782-2022)	Early May eighth year (Early Iyar 5783-2023)
Lime	Mid-July Shemita (Mid-Tamuz 5782-2022)	Mid-July eighth year (Late Tamuz 5783-2023)
Longanberry	Early June Shemita (Early Sivan 5782-2022)	Early June eighth year (Mid-Sivan 5783)

36. From <https://en.toroland.org.il/beit-midrash/articles/shemita/shemita-calendars/shemita-calendar-for-fruit/>

FRUIT*	KEDUSHAT SHEVI'IT STARTS	KEDUSHAT SHEVI'IT ENDS
Loquat	Early Feb. Shemita (Early I Adar 5782-2022)	Early March eighth year (Early Adar 5783-2023)
Lychee	Mid-June Shemita (Mid-Sivan 5782-2022)	Mid-June eighth year (Late Sivan 5783-2023)
Mandarin orange	Early Sept. end of Shemita (Early Elul 5782-2022)	Mid-Sept. end of eighth year (Late Elul 5783-2023)
Mango	Mid-June Shemita (Mid-Sivan 5782-2022)	Mid-June eighth year (Late Sivan 5783-2023)
Mulberry	Early May Shemita (Early Iyar 5782-2022)	Early May eighth year (Early Iyar 5783-2023)
Nectarine	Early Feb. Shemita (Early I Adar 5782-2022)	Early Feb. eighth year (Early Shevat 5783-2023)
Oil olives	Mid-Oct. eighth year (Late Tishrei 5783-2022)	Late Oct. ninth year (Mid-Cheshvan 5784-2023)
Orange	Mid-Sept. end of Shemita. (Late Elul 5782-2022)	Late Nov. ninth year (Mid-Kislev 5784-2023)
Passionfruit	Late Oct. Shemita (Late Cheshvan 5782-2021)	Mid-Dec. eighth year (Late Kislev 5783-2022)
Peach	Early Feb. Shemita (Early I Adar 5782)	Early Feb. eighth year (Mid-Shevat 5783-2023)
Pear	Late June Shemita (Late Sivan 5782-2022)	Late June eighth year (Mid-Tamuz 5783-2023)
Pecan	Mid-Oct. eighth year (Late Tishrei 5783-2022)	Mid-Nov. ninth year (Early Kislev 5784-2023)
Peelables (citrus: Or, Ora, Nova)	Early Sept. end of Shemita (Early Elul 5782-2022)	Early Sept. end of eighth year (Mid-Elul 5783-2023)
Persimmon	Mid-Sept. end of Shemita (Mid-Elul 5782-2022)	Mid-Sept. end of eighth year (Late Elul 5783-2023)
Pistachio**	No K7	-
Pitaya	Late Dec. Shemita (Late Tevet 5782-2021)	Late Dec. eighth year (Early Tevet 5783)
Plum - European (oval)	Early Aug. Shemita (Early Av 5782-2022)	Late Sept. end of eighth year (Mid-Elul 5783-2023)
Plum - Japanese (round)	Early May Shemita (Early Iyar 5782-2022)	Mid-May eighth year (Late Iyar 5783-2023)
Pomegranate	Late July Shemita (Early Av 5782-2022)	Mid-Aug. eighth year (Late Av 5783-2023)
Pomelo	Early Sept. end of Shemita (Early Elul 5782-2022)	Mid-Nov. ninth year (Early Kislev 5784-2023)
Quince	Late Sept. end of Shemita (Late Elul 5782-2022)	Early Sept. end of eighth year (Mid-Elul 5783-2023)
Sabra (prickly pear)	Mid-May Shemita (Mid-Iyar 5782-2022)	Late June eighth year (Mid-Tamuz 5783-2023)
Star fruit (carambola)	Late Sept. end of Shemita (Late Elul 5782-2022)	Early Sept. end of eighth year (Mid-Elul 5783-2023)
Sweet cherry (Hackberry)	Mid-April Shemita (Mid-Nisan 5782-2022)	Mid-May eighth year (Late Iyar 5783-2023)

FRUIT*	KEDUSHAT SHEVI'IT STARTS	KEDUSHAT SHEVI'IT ENDS
Sweetsop (sugar apple)	Mid-July. Shemita (Mid-Tamuz 5782-2022)	Late June eight year (Mid-Tamuz 5783-2023)
Table grapes	Late March Shemita (Late II Adar 5782-2022)	Early April eighth year (Early Nisan 5783-2023)
Table olives	Mid-Aug. end of Shemita (Mid-Av 5782-2022)	Mid-Aug. end of eighth year (Late Av 5783-2023)
Walnut**	No K7	-
Wine grapes	Early July Shemita (Early Tamuz 5782-2022)	Early June eighth year (Mid-Sivan 5783-2023)

* The sefichin prohibition does not apply to fruit. The list is based on the solar calendar. Since the stage that determines Shemita sanctity for fruit is chanatah, the beginning of the fruit's formation, we follow the solar calendar. This is because the processes of growth for both fruits and vegetables follow the solar calendar (Tosafot, Rosh Hashanah 15a, s.v. dechadashim). The dates in parenthesis (Gregorian and Hebrew) are correct for this Shemita year only.

** This fruit is not grown in Israel (as of 5782); since all such fruits are imported, the laws of Shemita do not apply.

APPENDIX B - DATES OF K7/SEFICHIN FOR VEGETABLES³⁷

VEGETABLE	KEDUSHAT SHEVI'IT STARTS	SEFICHIN PROHIBITION STARTS*	SEFICHIN PROHIBITION ENDS
Artichoke**	3 Tishrei Shemita (Sept. 9, 5782-2021)	Not sefichin	-
Arum	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Feb. Shemita (Late Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Asparagus**	3 Tishrei Shemita (Sept. 9, 5782-2021)	Not sefichin	-
Baby radish (cherry belle/ cherriette)	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Oct. Shemita (Late Cheshvan 5782-2021)	Late Oct. eighth year (Early Cheshvan 5783-2022)
Bamiah (okra)	No K7	Not sefichin	-
Banana**	3 Tishrei Shemita (Sept. 9, 5782-2021)	Not sefichin	-
Beet	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Jan. Shemita (Mid-Shevat 5782-2022)	Late Dec. eighth year (Early Tevet 5783-2022)
Beet leaves	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Dec. Shemita (Late Kislev, 5782-2021)	Early Jan. eighth year (Early Tevet 5783-2023)
Broccoli	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Jan. Shemita (Early Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Butternut squash	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Jan. Shemita (Mid-Shevat 5782-2022)	Late July eighth year (Early Av 5783-2023)
Carrot	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Jan. Shemita (Late Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Cauliflower	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Dec. Shemita (Early Tevet 5782-2021)	Chanukah eighth year (Dec. 19, 5783-2022)
Chard	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Dec. Shemita (Late Kislev 5782-2021)	Early Jan. eighth year (Early Tevet 5783-2023)
Coriander (cilantro)	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Nov. Shemita (Early Kislev 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Cucumber	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Oct. Shemita (Mid-Cheshvan 5782-2021)	Mid-Nov. eighth year (Late Cheshvan 5782-2022)
Dill	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Nov. Shemita (Mid-Kislev 5782-2021)	Mid-Nov. eighth year (Late Cheshvan 5782-2022)
Dry onion	Early Dec. Shemita (Late Kislev 5782-2021)	Early Feb. Shemita (Late Shevat 5782-2022)	Late Jan. eighth year (Early-Shevat 5783-2023)
Eggplant***	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Jan. Shemita (Mid-Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Fava beans in a pod	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Jan. Shemita (Late Tevet 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Fennel	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Jan. Shemita (Late Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Garlic	Mid-Feb. Shemita (Mid-Adar I 5782-2022)	Mid-March Shemita (Mid-Adar II 5782-2022)	Mid-March eighth year (Late Adar 5783-2023)

37. From <https://en.torland.org.il/beit-midrash/articles/shemita/the-consumers-guide-to-shemita/shemita-appendix-c-kedushat-sheviit-schedule-for-vegetables/>
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VEGETABLE	KEDUSHAT SHEVI'IT STARTS	SEFICHIN PROHIBITION STARTS*	SEFICHIN PROHIBITION ENDS
Green beans (or yellow) in a pod	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Nov. Shemita (Late Kislev 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)
Horseradish	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Oct. Shemita (Late Tishrei 5782-2021)	Chanukah eighth year (Dec. 19, 5783-2022)
Hot pepper	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Jan. Shemita (Late Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Kohlrabi (turnip cabbage)	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Dec. Shemita (Early Tevet 5782-2021)	Chanukah eighth year (Dec. 19, 5783-2022)
Lettuce****	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Oct. Shemita (Early Cheshvan 5782-2021)	Late Oct. eighth year (Early Cheshvan 5783-2022)
Melon***	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Jan. Shemita (Late Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Mint**	3 Tishrei Shemita (Sept. 9, 5782-2021)	Not sefichin	-
Mushroom*****	No K7	Not sefichin	-
Paprika	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Aug. Shemita (Mid-Av 5782-2022)	Mid-Aug. Shemita (Mid-Av 5782-2022)
Parsley leaves	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Nov. Shemita (Late Cheshvan 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)
Parsley root	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Jan. Shemita (Mid-Shevat 5782-2022)	Late Nov. eighth year (Early Kislev 5783-2022)
Peas in a pod	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-March Shemita (Mid-Adar II 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Pepper	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Jan. Shemita (Late Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Pineapple**	3 Tishrei Shemita (Sept. 9, 5782-2021)	Not sefichin	-
Potato	Late Oct. Shemita (Late Cheshvan 5782-2021)	Early Jan. Shemita (Late Tevet 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Pumpkin	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Feb. Shemita (Late Shevat 5782-2022)	Late July eighth year (Early Av 5783-2023)
Radish	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Nov. Shemita (Mid-Kislev 5782-2021)	Mid-Nov. eighth year (Late Cheshvan 5782-2022)
Raspberry**	3 Tishrei Shemita (Sept. 9, 5782-2021)	Not sefichin	-
Red cabbage	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Jan. Shemita (Late Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Scallions	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Nov. Shemita (Mid-Kislev 5782-2021)	Mid-Nov. eighth year (Late Cheshvan 5783-2022)
Spinach	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Nov. Shemita (Mid-Kislev 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)
Spring onion	Late Nov. Shemita (Late Kislev 5782-2021)	Late Jan. Shemita (Late Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)

VEGETABLE	KEDUSHAT SHEVI'IT STARTS	SEFICHIN PROHIBITION STARTS*	SEFICHIN PROHIBITION ENDS
Squash	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Nov. Shemita (Late Cheshvan 5782-2021)	Mid-Oct. eighth year (Late Tishrei 5783-2022)
Strawberry	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Jan. Shemita (Late Tevet 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Sweet potato	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-July Shemita (Mid-Tamuz 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Tomato	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Dec. Shemita (Late Tevet 5782-2021)	Chanukah eighth year (Dec. 19, 5783-2022)
Turnip	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Jan. Shemita (Mid-Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
Watermelon	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Jan. Shemita (Mid-Shevat 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)
White cabbage	3 Tishrei Shemita (Sept. 9, 5782-2021)	Mid-Dec. Shemita (Mid-Tevet 5782-2022)	Chanukah eighth year (Dec. 19, 5783-2022)

* The start date for sefichin is based on the normal practice to be lenient with vegetables that grew BEFORE Shemita but were picked on Shemita. Such vegetables will not be sefichin but they may have K7 (for instance when gathered and distributed by an Otzar Beit Din).

** Perennial plant not subject to the prohibition of sefichin.

*** Winter crop mostly grown in the Arava within Olei Mitzrayim borders.

**** Where lettuce and other vegetables are grown as *matza menutak* - raised from the ground - they will not have K7 or be sefichin.

***** Mushrooms are not considered a plant in halacha.

APPENDIX C- DATES OF K7/SEFICHIN FOR HERBS AND SPICES³⁸

HERB *	K7 STARTS	K7 ENDS	SEFICHIN PROHIBITION STARTS	SEFICHIN PROHIBITION ENDS
Anise**	No K7	-	-	-
Basil	3 Tishrei Shemita (Sept. 9, 5782-2021)	3 Tishrei eighth year (Sept. 28, 5783-2022)	Early Dec. Shemita (Early Tevet 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)
Bay leaf (Laurel)	Mid-April Shemita (Mid-Nisan 5782-2022)	Mid-May eighth year (Late Iyar 5783-2023)	Not sefichin	-
Bible Hyssop (Lebanese/Syrian oregano, a.k.a. za'atar)	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Dec. eighth year (Late Kislev 5783-2022)	Not sefichin ****	-
Black pepper**	No K7	-	-	-
Caper	Late May Shemita (Late Iyar 5782-2022)	Late May eighth year (Early Sivan 5783-2023)	Not sefichin ****	-
Caraway	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Jan. eighth year (Early Shevat 5783-2023)	Mid-Feb. eighth year (Late Shevat 5783-2023)	-
Cardamom (Cardamon)**	No K7	-	-	-
Chives	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)	Not sefichin ****	-
Cinnamon**	No K7	-	-	-
Clove**	No K7	-	-	-
Cumin**	No K7	-	-	-
Fenugreek**	No K7	-	-	-
Ginger**	No K7	-	-	-
Hawaij – coffee mix**	No K7	-	-	-
Hawaij – soup (Yemenite soup mix)**	No K7	-	-	-
Hyssop (medicinal plant, Hyssopus officinalis)	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Dec. eighth year (Late Kislev 5783-2022)	Not sefichin ****	-
Lemon balm	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)	Not sefichin ****	-
Lemon grass	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)	Not sefichin ****	-
Lemon verbena	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)	Not sefichin ****	-
Mint and peppermint	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)	Not sefichin ****	-
Mustard**	No K7	-	-	-

38. From <https://en.torland.org.il/beit-midrash/articles/shemita/the-consumers-guide-to-shemita/shemita-appendix-d-kedushat-shevit-schedule-for-herbs-and-spices/>
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HERB *	K7 STARTS	K7 ENDS	SEFICHIN STARTS	PROHIBITION	SEFICHIN ENDS	PROHIBITION
Nigella (black cumin, kalonji)***	No K7	-	-	-	-	-
Oregano (wild marjoram)	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Dec. eighth year (Late Kislev 5783-2022)	Not sefichin ****	-	-	-
Poppy**	No K7	-	-	-	-	-
Rosemary	Late Sept. Shemita (Mid-Tishrei 5782-2021)	Late May eighth year (Early Sivan 5783-2023)	Not sefichin	-	-	-
Saffron crocus (autumn crocus)**	No K7	-	-	-	-	-
Sage	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)	Not sefichin ****	-	-	-
Sesame**	No K7	-	-	-	-	-
Tarragon	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Jan. eighth year (Early Shevat 5783-2023)	Not sefichin ****	-	-	-
Thyme	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Kislev eighth year (Late Nov. 5783-2022)	Not sefichin ****	-	-	-
Tree wormwood	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Kislev eighth year (Late Nov. 5783-2022)	Not sefichin ****	-	-	-
True watercress	3 Tishrei Shemita (Sept. 9, 5782-2021)	Early Kislev eighth year (Late Nov. 5783-2022)	Not sefichin ****	-	-	-
Turmeric**	No K7	-	-	-	-	-
Wormwood	3 Tishrei Shemita (Sept. 9, 5782-2021)	Late Nov. eighth year (Early Kislev 5783-2022)	Not sefichin ****	-	-	-

* Herbs are K7 from the time there is new growth. If the beginning of the plant growth occurred after Rosh Hashanah, the plant has K7.

** Normally imported so no K7. If one grows these in a garden they WILL have K7.

*** Produced by non-Jews - Shemita laws do not apply.

**** Perennial plant - not subject to the prohibition of sefichin.

APPENDIX D - DATES OF K7/SEFICHIN FOR GRAINS, LEGUMES AND SEEDS³⁹

GRAIN/LEGUME/SEED	KEDUSHAT SHEVI'IT AND SEFICHIN PROHIBITION STARTS	SEFICHIN PROHIBITION ENDS
Barley	Early May Shemita (Early Iyar 5782-2022)	Early May eighth year (Early Iyar 5783-2023)
Black-eyed peas	No K7*	-
Caraway	No K7	-
Coriander (seeds)	Early June Shemita (Early Sivan 5782-2022)	Early June eighth year (Mid-Sivan 5783-2023)
Corn on the cob	3 Tishrei Shemita (Sept. 9, 5782-2021)	Chanukah eighth year (Dec. 19, 5783-2022)
Dried beans	No K7	-
Ful (fava beans)	Early April Shemita (Late II Adar 5782-2022)	Early April eighth year (Mid-Nisan 5783-2023)
Ginger	No K7	
Hummus	Early June Shemita (Early Sivan 5782-2022)	Early June eighth year (Mid-Sivan 5783-2023)
Lentils	No K7	-
Millet	Early Aug. Shemita (Early Av 5782-2022)	Mid-Aug. eighth year (Late Av 5783-2023)
Oats	No K7	-
Peanuts	Mid-Sept. end of Shemita (Mid. Elul 5782-2022)	Mid-Sept. end of eighth year (Late Elul 5783-2023)
Peas	No K7	-
Popcorn	Early July Shemita (Early Tamuz 5782-2022)	Early Aug. eighth year (Mid-Av 5783-2023)
Poppy	No K7	-
Pumpkin seeds	No K7	-
Rice	No K7	-
Soy	No K7	-
Sunflower seeds	Mid-Aug. Shemita (Mid-Av 5782-2022)	Mid-Aug. eighth year (Late Av 5783-2023)
Watermelon seeds	Early July Shemita (Early Tamuz 5782-2022)	Early July eighth year (Mid-Tamuz 5783-2023)
Wheat	No K7	

* Where there is no K7 this is usually because these plants do not grow in Israel (as of 5782) and are all imported – so the laws of Shemita do not apply to them. Almost all wheat for human consumption is imported. Locally grown wheat is used for animal fodder.