

# Dorot Tu B'Shevat 2024/5784

Tu B'Shevat marks the beginning of a "new year" for trees, when the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle.

Here are some tips on how to celebrate Tu B'Shevat 5784 while protecting God's miracle of creation:

- 1** Plant a fruit tree in your garden or in your shul's outside space. Fruit trees provide you with organic, pesticide free, zero carbon footprint, fruit. They also suck pollution out of the air and provide habitats and food for birds and insect life. Click here for the [Royal Horticultural society's advice](#) on best fruit trees to plant in UK gardens.
- 2** Looking to plant a large number of trees in your shul or school? The Woodland Trust is giving away free trees to schools and communities. [Click here](#) to get your free trees.
- 3** No room for a tree? Buy a tree to be planted in the first United Synagogue forest, set in a stunning Woodland Trust nature reserve. Visit [theUS.org.uk/trees](http://theUS.org.uk/trees) to gift a tree.
- 4** Lower your Tu B'Shevat seder food miles by checking how far your fruits have travelled to get to your table. UK-grown fruit and nuts will have significantly lower CO<sub>2</sub> footprint than fruits imported from South Africa, South America, Asia and New Zealand. Currently, Sainsbury's currently stocks UK-grown apples, pears, hazelnuts, walnuts, chestnuts, strawberries, dried cherries and dried prunes. Sainsbury's also stocks citrus and tropical fruit like oranges, lychees, dates and mangoes from Israel and Spain with relatively lower food miles. (If choosing Israeli grown produce please [click here](#) for information on taking the 'tithes' of Terumah and Ma'aser.)
- 5** Choose whole fresh fruits without plastic wrapping or boxes. Plastic pollution is responsible for over 100 million marine animal deaths a year.
- 6** Reduce food waste by using dried fruit, where possible, to make up 15 fruits for your Tu B'Shevat seder. You can portion exactly what you need and any leftovers can be easily stored. Dried Israeli figs, dates, raisins and olives remind us of the 7 species from the land of Israel. These are available at kosher supermarkets where Terumah and Ma'aser have been taken.
- 7** What to do with leftover fresh tropical fruit? Try this [tropical fruit crumble recipe](#) or whizz it all up for a delicious smoothie!