

פרוטיקאס

FRUTIKAS  
TU BISHVAT SEDER

Tu BiShvat, also known as “*Frutikas*” in Ladino, is the fifteenth day of the month of Shevat. It is designated as the “New Year of Trees,” and in the Land of Israel, this time marks the beginning of the annual growth cycle. In many cultures and traditions, when the sap begins to rise within the trees, it’s seen as a signal of new life stirring just beneath winter’s surface.

Among Sephardic communities, *Frutikas* is often celebrated with a home ceremony that can vary in custom from family to family or region to region. Some families host an intimate gathering at home, enjoying symbolic fruits and blessings as a separate service. Others hold a communal celebration, where participants read texts, sing songs, and share in tasting the seven fruits mentioned in Jewish tradition, plus various other symbolic produce.

However it is observed, *Frutikas* resonates with the universal themes of renewal, gratitude, and responsibility toward the natural world. While the earth quietly prepares for spring, we pause to recognize how deeply human life is intertwined with the cycles of nature. We celebrate not only the trees’ awakening, but also our role in protecting and nurturing the environment for present and future generations.

*May this gathering bring us closer to the trees, closer to the earth, and closer to one another in shared gratitude for nature’s gifts. In so doing, we continue the age-old practice of celebrating Tu BiShvat—keeping the flame of tradition alive while planting seeds of hope for the future.*



אֶרֶץ חִטָּהּ      Erets hita  
וּשְׁעֵרָה וְגִפְנֵי      ush'ora vegefen  
וְתַאֲנָה וְרִמּוֹן      ut'ena verimon  
אֶרֶץ-זֵית שֶׁמֶן וְדִבְשׁ:      erets-zet shemen udevash

*Una tyera de trigo i sebada,  
de vinyas, igos i agranadas;  
una tyera de azetuna de oliva i myel.*

*A land of wheat and barley,  
of vines, figs, and pomegranates,  
a land of olive trees and honey.*



**NEROT:  
THE FESTIVAL CANDLES**

**בְּרוּךְ הָאוֹר** **Baruch ha'or**  
**בַּמְסוֹרֶת הַנּוֹתֵן** **bamasoret hanoten**  
**לָנוּ שִׂשׂוֹן וְשִׂמְחָה** **lanu sason vesimḥa**  
**בְּהַדְלַקַּת נֵר** **behadlakat ner**  
**שֶׁל רֹאשׁ הַשָּׁנָה** **shel Rosh Hashana**  
**לְאִילָן:** **la'ilan.**

*Blessed is the light in our tradition  
which gives us joy and happiness  
in the kindling of the candles for the  
New Year of the Tree*

*May these flames symbolise the spark of renewal in nature and  
in ourselves, as we honour the trees and the fruits of the Earth.*

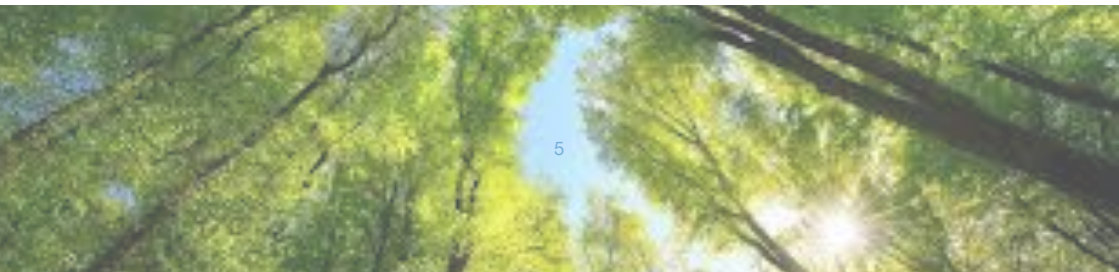


# SHEHEHEYANU

As this is the first time we have observed the tradition of the Tu  
BiShvat Seder together, let us say the Sheheheyanu:

נְבָרֵךְ אֶת הַכֹּחַ    Nevarech et hako'ah  
בְּתוֹכֵנו שֶׁהֵחֵינּוּ    betochenu sheheheyanu  
וְקִיָּמָנוּ וְהִגִּיעָנוּ    vekiyemanu vehigi'anu  
לְזִמַּן הַזֶּה!    lazzeman hazzeh!

*Let us bless the strength  
within us  
that has kept us alive,  
sustained us,  
and brought us to this time!*



## FIRST CUP

### WHITE: THE CUP OF WINTER

*Azufreme kon las redomas de vino, afloshame kon las  
mansanas, ke doloryoza de amor yo.*

*Sustain me with bottles of wine, comfort me with apples;  
for I am sick with love.*

Song of Songs 2:5

This cup of white wine symbolises the dormancy and hidden potential beneath the surface. Just as the Earth rests, yet saps begin to rise in the trees, so too we recognise the hidden potential within our own selves.

בָּרוּךְ הָאֹר בְּחַיִּים Baruch ha'or bahayim  
וּבְרוּךְ פְּרֵי הַנֶּגֶף אֱמֵן uvaruch perí hagefen

*Blessed is the light in life  
and blessed is the fruit of the vine!*



## WHEAT

Wheat represents fundamental nourishment and is also symbolic of abundance, life, and fertility.

בְּרוּךְ הָאֹר בְּחַיִּים, **Baruch ha'or baḥayim**  
בְּרוּךְ הָאֹר בְּטַבֵּעַ, **Baruch ha'or bateva',**  
וּבְרוּכִים מִיְיָ **uvruchim miné**  
הַמְזֹנֹת **hamezonot**

*Blessed is the light in life,  
Blessed is the light in nature,  
And blessed are all kinds of nourishment*

**Typically sweet cookies are eaten at this point**

*Tu ombligo, komo una taza redonda ke nunka falta vino  
mezklado; tu vyentre komo monton de trigo serkado de liryos.*

*Song of Songs 7:3*

*Your navel is a rounded goblet; It lacks no blended beverage.  
Your waist is a mound of wheat encircled by lilies.*

## BARLEY

Barley grows in harder climates and is symbolic of resilience.

בְּרוּךְ הָאֹר בְּחַיִּים, **Baruch ha'or bahayim**

בְּרוּךְ הָאֹר בְּטַבֵּעַ, **Baruch ha'or bateva',**

וּבְרוּכִים מִיְּנֵי **uvruchim miné**

הַמְּזֹנֹת **hamezonot**

*Blessed is the light in life,  
Blessed is the light in nature,  
And blessed are all kinds of nourishment*

**Typically a pudding called Ashure is eaten now**

*I el disho, dame el manto ke tienes puesto i. I kuando eya lo sodjeto, el midio seish medidas de sebada, i se las puso ensima, entonses eya entro en la sivdad.*

*And he said, "Bring the shawl you are wearing and hold it out." And when she did so, he poured into it six measures of grain, and placed the bundle on her. When she went into the city.*

*Ruth 3:15.*



**SECOND CUP**  
**SPRING: LIGHT ROSÉ**

This cup of light Rosé (or white with a hint of red) reminds us of the blossoming of flowers, the awakening of nature, and the first hints of colour after winter's white.

בָּרוּךְ הָאוֹר Baruch ha'or

בְּחַיִּים וּבְרוּךְ bahayim uvaruch

פְּרֵי הַגֶּפֶן perí hagefen

*Blessed is the light in life  
and blessed is the fruit of the vine!*



## FIGS

בָּרוּךְ הָאֵזֶר בְּחַיִּים, **Baruch ha'or baḥayim**  
בָּרוּךְ הָאֵזֶר בְּטַבַּע, **Baruch ha'or bateva',**  
וּבְרוּךְ פְּרֵי הָעֵץ **uvaruch peri ha'ets**

*Blessed is the light in life,  
Blessed is the light in nature,  
And blessed is the fruit of the tree*

*La igera espunto sus igos, i las vides ensyerne dyeron guezmo,  
alevanta a ti mi kompanyera mi ermoza, i anda a ti.*

*The fig tree forms its early fruit; the blossoming vines spread  
their fragrance. "Arise, come, my darling; my beautiful one,  
come with me!"*

*Songs 2:13*



## POMEGRANATE

The pomegranate might appear plain or thick-skinned, but once opened, it reveals a luminous interior of clustered seeds. This reminds us of hidden depths, that true richness lies beneath the surface.

בָּרוּךְ הָאֹר בְּחַיִּים, **Baruch ha'or baḥayim**

בָּרוּךְ הָאֹר בְּטַבַּע, **Baruch ha'or bateva',**

וּבְרוּךְ פְּרֵי הָעֵץ **uvaruch peri ha'ets**

*Blessed is the light in life,*

*Blessed is the light in nature,*

*And blessed is the fruit of the tree*

*Komo pedazo de la granada, tu syen de aryento a tu velo  
Your cheeks are like halves of a pomegranate behind your veil.*

*Song of Songs 6:7*



## OLIVES

Olives symbolise peace, longevity, and the life-sustaining oil used for light. Olive trees flourish in the heat of summer.

בְּרוּךְ הָאֹר בְּחַיִּים, **Baruch ha'or baḥayim**

בְּרוּךְ הָאֹר בְּטֵבַע, **Baruch ha'or bateva',**

וּבְרוּךְ פְּרֵי הָעֵץ **uvaruch peri ha'ets**

*Blessed is the light in life,*

*Blessed is the light in nature,*

*And blessed is the fruit of the tree*

*Arvoles azetunas, i arvoles frutikas en abundansya.*

*I komyeron, se sakyaron, engordaron i se deleytaron.*

*Olive groves and fruit trees in abundance. They ate to the full  
and were well-nourished and they revelled.*

*Neh 9:25*



## DATES

Dates remind us of the sweetness that can exist even in arid climates, and the promise of sustenance in seemingly harsh conditions.

בָּרוּךְ הָאֹר בְּחַיִּים, **Baruch ha'or baḥayim**

בָּרוּךְ הָאֹר בְּטֶבַע, **Baruch ha'or bateva',**

וּבְרוּךְ פְּרֵי הָעֵץ **uvaruch peri ha'ets**

*Blessed is the light in life,*

*Blessed is the light in nature,*

*And blessed is the fruit of the tree*

*Dishe suvere en el datilar, travare en tus ramas, i seygan agora tus pechos komo razimos de la vid, i guwezmo de tu nariz komo las mansanas.*

*I said, "I will climb the date palm tree; I will take hold of its branches." May your breasts be like clusters of grapes on the vine, the fragrance of your breath like apples.*

*Song of Songs 7:9*



## SUMMER: DARK ROSÉ

This cup of dark Rosé reminds us of the abundance,  
longer days, and vibrancy of summer.

בָּרוּךְ הָאוֹר Baruch ha'or

בְּחַיִּים וּבְרוּךְ bahayim uvaruch

פְּרֵי הַגֶּפֶן perí hagefen

*Blessed is the light in life  
and blessed is the fruit of the vine!*

## APPLES

Apples symbolise sweetness, healing, and love.

בְּרוּךְ הָאֹר בְּחַיִּים, **Baruch ha'or baḥayim**

בְּרוּךְ הָאֹר בְּטֵבַע, **Baruch ha'or bateva',**

וּבְרוּךְ פְּרֵי הָעֵץ **uvaruch peri ha'ets**

*Blessed is the light in life,*

*Blessed is the light in nature,*

*And blessed is the fruit of the tree*

*Komo el mansano en arvoles de la shara, ansina es mi kerido  
entre los mansevos, en su solombra kovdisyi i estuve, i su fruto  
dulse para mi paladar.*

*Like an apple tree among trees of the forest, So is my beloved  
among the youths. I delight to sit in his shade, And his fruit is  
sweet to my mouth.*

*Song of Songs 2:3*

## NUTS

Like the beloved's quest in Song of Songs, we sometimes have to search for signs of growth, hope and deeper connections. We are reminded that sometimes we must move from a place of waiting or wondering to a place of active engagement with nature's cycles.

*A guerto de el nuezal abashi, por ver en frutos de el arroyo, por ver si enfloresyo la vid, si espuntaron las agranadas.*

*I went down to the garden of nuts to see the verdure of the valley, To see whether the vine had budded and the pomegranates were in bloom.*  
*Song of Songs 6:11*





## CAROB

The carob reminds us that as we enjoy the fruits of trees planted by those who came before us, we must in turn, ensure that future communities inherit a world likewise nourished by our care and foresight.

*Un diya, el viajava por el kamino, i viyo a un ombre plantando un aharovo; el le demanda: Kunto tyempo ayeva para este arvol dar las frutas? El ombre arespondyo: Setenta anyos. Luego le demanda: Estas siguro de ke biviras otros setenta anyos? El ombre arespondyo: Enkontri aharovos en el mundo; komo los padres de mis padres plantaron estos para mi, yo tambyen los syembro para mis fijos.*

*One day, he was walking along the road when he saw a man planting a carob tree. "How long until this tree bears fruit?" "Seventy years," the planter replied. "Do you expect to live another seventy years?" The planter answered, "I found a world filled with carob trees. Just as my ancestors planted for me, so I plant for my descendants."*  
*Talmud Bavli Ta'anith 23a*



## AUTUMN: RED

This cup of red wine reminds us of harvest time, the gathering in the year's fruits, the preparing for the slower pace of winter's rest.

בָּרוּךְ הָאוֹר Baruch ha'or

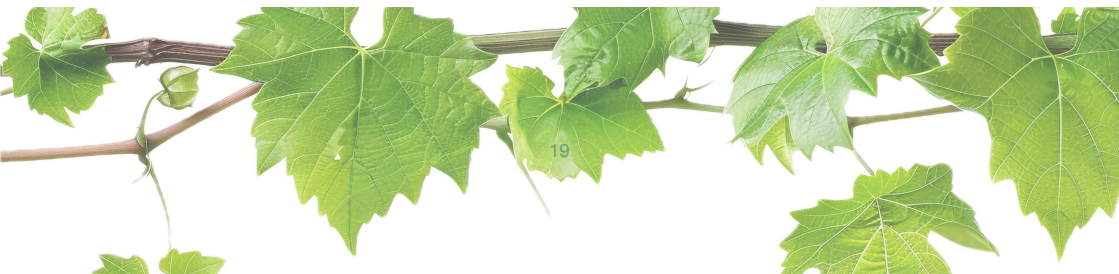
בְּחַיִּים וּבְרוּךְ bahayim uvaruch

פְּרֵי הַגֶּפֶן perí hagefen

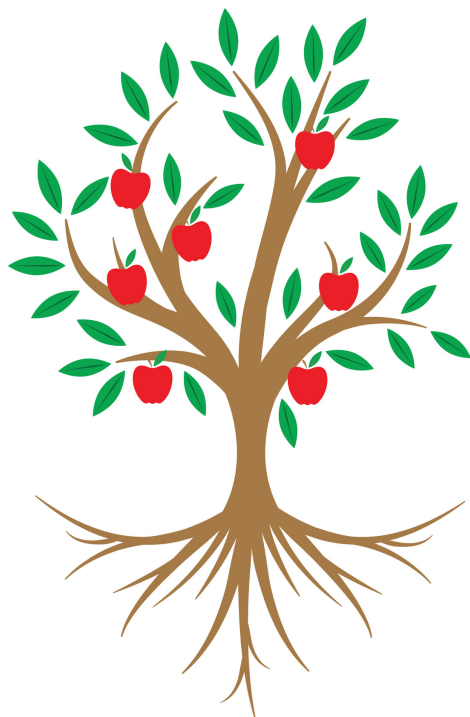
*Blessed is the light in life  
and blessed is the fruit of the vine!*



As our Seder draws to a close, take a moment to integrate the journey you have travelled today. From the quiet promise of winter to the vibrant fullness of summer and the reflective harvest of autumn, we have witnessed the sacred cycles of nature and, in turn, the cycles within ourselves. Carry this awareness with you—a reminder that every seed of hope, every act of care, and every moment of gratitude contributes to the ongoing story of renewal. May the light you have kindled today continue to guide you, inspiring you to nurture both the earth and the light within, so that future generations may inherit a world rich in beauty, compassion, and boundless blessing.



**FRUTIKAS ALEGRE!**



**Martin Di Maggio**

**2025**