

## Ha'adamah Blessing over foods grown in the earth

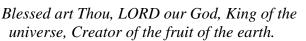
מצמיה הציר לבהמה ועשב לעברת האדם להוציא להם מן הארץ:

You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth.

Psalm 104:14

The following blessing is recited bfore eating a cultivated plant's produce that grows attached to stalks or limbs that are regrown each year (such as vegetables, various kinds of herbs, beans, corn, peanuts, rice, and bananas, etc.):

> בָּרוּך אַתָּה יְהוָה אֱלֹהֵינוּ כֶֿזֶלֶך הָעוֹלָם, בּוֹרֵא פּּרִי הָאֲדָמָה.





universe, Creator of the fruit of the earth.

Transliterated:

הָעוֹלָם,	ؿۘۘۯؚڐ	אֱלֹהֵינוּ	יָהנָה	אַתָּה	בָּרוּדְ
ha''o·lam	<b>me</b> ·lekh	elo <b>hei</b> nu	Adonai	at tah	barukh
the universe	king (of)	our God	Lord	are you	Blessed

ha'a da mah bo rei peni the fruit of the earth Creator of

Barukh attah Adonai Eloheinu melekh ha'olam, borei peri ha'adamah.