



Ha'adamah -

Blessing over foods grown in the earth

נוֹצְמִיחַ חֲצִיר לְבִהֵמָה וְעֵשֶׂב לְעִבְרַת הָאָדָם לְהוֹצִיא לֶחֶם מִן־הָאָרֶץ:

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 before 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.):

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הָאֲדָמָה.

Blessed art Thou, LORD our God, King of the universe, Creator of the fruit of the earth.



Transliterated:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

ha'olam	me-lekh	elo-hei-nu	Adonai	at-tah	ba-rukh
the universe	king (of)	our God	Lord	are you	Blessed

בוֹרֵא פְּרֵי הָאֲדָמָה.

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

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