



Ha'adamah -

Blessing over foods grown in the earth

נוצמיה חציר לבהמה ועשב לעבדת 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 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.):

ברוך אתה יהוה אלהינו מלך העולם,
בורא פרי האדמה.



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

Transliterated:

ברוך אתה יהוה אלהינו מלך העולם,

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

בורא פרי האדמה.

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

*Barukh attah Adonai eloheinu melekh ha-olam,
Borei peri ha-adamah.*