

# BOREI PRI HAADAMA: WHICH FOODS: SPECIALTY FOODS

## Borei Pri HaAdama: Bananas, Hearts of Palm

Say *borei pri ha'adama* if the tree from which the food grew can only be used once, such as banana trees or palm trees that get cut down after giving their produce.

## Borei Pri HaAdama: Bread Croutons in Salad

For fore-blessing of bread croutons in salad, see [Borei Pri HaAdama: Salads](#).

## Borei Pri HaAdama: Salads

Say *borei pri ha'adama* on vegetable salad.

**NOTE** The fore-blessing of *borei pri ha'adama* also covers salad toppings and additions that by themselves require a different blessing, such as:

- *Borei pri ha'eitz* for a sprinkling of pine nuts, cashews, apple slices, or raisins, or
- *Borei minei mezonot* or *ha'motzi* for bread croutons.

**REASON** Since these toppings and additions are subordinate to the main salad, you do not say the individual blessings; you only say *borei pri ha'adama*.

## Borei Pri HaAdama: Sprouts

Say the fore-blessing of *she'hakol* if the sprouts were grown only in water.

Say *borei pri ha'adama* if the grains were sprouted in the ground (such as sunflower sprouts or wheat grass).