FORE-BLESSINGS: UNUSUAL FRUITS AND VEGETABLES

Bracha Rishona: Coconut Water

To drink coconut water:

- Say *borei pri ha'eitz* if you drink coconut water directly from the coconut.
- Say *she'hakol* if you pour the water out of the nut into a utensil.

Bracha Rishona: Fiddleheads

Say *borei pri ha'adama* on fiddleheads (unfurled fern tops in early spring).

Bracha Rishona: Hydroponic Vegetables

Say *she'hakol* on hydroponic vegetables, including bean sprouts.

NOTE If you don't know how the vegetables were grown, you are not required to research the source of the vegetables: you may assume that they are not hydroponic and say the fore-blessing of *borei pri ha'adama*.

Bracha Rishon: Olives

There is no separate blessing on eating olives with a meal. If you eat olives by themselves (without other food), say *borei pri ha'eitz*.

Bracha Rishona: Popcorn

Say *borei pri ha'adama* on popcorn.

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