

# 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.