

# Introduction to Jewish Festivals and Food Preparation

Food preparation forbidden on Jewish festivals includes these forbidden melachot:

- Preparing soil for planting (choreish)
- Causing plants to grow (zorei'a)
- Harvesting (kotzeir)
- Gathering (mi'ameir)
- Threshing (dash; such as milking a cow into clean container or squeezing juice for drinking)
- Winnowing (zoreh)
- Selecting (boreir) (for exceptions, see [Introduction to Jewish Festivals: Selecting/Boreir](#))
- Grinding (tochein) (Grinding may be OK with a shinu'i; ask a rabbi for specific cases)
- Sifting (merakeid).

However, you may do all food preparation necessary for baking or cooking food for that day--from kneading dough (kneading, or lash) to cooking and baking (ofeh) from an existing flame.

**NOTE** You may not use electric appliances to knead dough and you may not turn on an electric oven.