III. AL HA'EITZ

INTRODUCTION TO AL HA'EITZ

Al Ha'Eitz: Type and Volumes of Fruits

Say the after-blessing of *al ha'eitz* after eating at least 1.3 fl. oz. (39 ml, or 1/6 cup), within four minutes, of the *Five Special Fruits*:

- Olive,
- Date,
- Grape,
- Fig,
- Pomegranate.

NOTE The after-blessing of *al ha'eitz* also covers any non-special fruits that you ate while eating the *Five Special Fruits.*

SITUATION You ate at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes of the *Five Special Fruits,* such as figs, and any amount of non-special fruits, such as walnuts, at about the same time.

WHAT TO DO Say:

- Fore-blessing of *borei pri ha'eitz*, and
- After-blessing of *al ha'eitz*.

AL HA'EITZ: FIGURING VOLUME

Al Ha'Eitz: Figuring Volume: Eating Special and Non-Special Fruits Sequentially

You may not eat non-special fruits sequentially with or even interspersed with the *Five Special Fruits* in order to make the minimum volume for saying the after-blessing of *al ha'eitz*.

SITUATION You ate a date and then ate the remainder of 1.3 fl. oz. (39 ml, or 1/6 cup) of cherries.

WHAT TO DO Say:

- Fore-blessing of *borei pri ha'eitz* over the date (and cherries).
- After-blessing of *borei nefashot* on all the fruits.

Al Ha'Eitz: Figuring Volume: Eating Special and Non-Special Fruits As a Unit

The volume of special and non-special fruits DO combine for the after-blessing if:

- They are considered to be one food, AND
- The main component is the Special Fruit.

SITUATION You eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes of dates stuffed with almonds.

WHAT TO DO

Say the after-blessing of *al ha'eitz* over both types of fruits.

Al Ha'Eitz: Figuring Volume: Eating Special Fruits Mixed with Other Foods

SITUATION You say *borei pri ha'eitz* and eat a few olives, but less than 1.3 fl. oz. Then, you say *borei pri ha'adama* and eat lettuce mixed with enough olives to constitute the minimum volume when combined with the first olives. You eat them all within four minutes. It is time to say the after-

blessing.

WHAT TO DO You may not combine all the olives in order to say the after-blessing of *al ha'eitz* unless the olives remain distinct from the lettuce and you continue to eat them separately. Say *borei nefashot* after finishing eating as long as the total food eaten was at least 1.3 fl. oz.

AL HA'EITZ: VE'AL HAPEIROT OR VE'AL PEIROTEHA

Al Ha'Eitz Ve'al HaPeirot or Ve'al Peiroteha

SITUATION You ate some of the *Five Special Fruits* and they were grown in *Eretz Yisrael*.

WHAT TO DO End the after-blessing *al ha'eitz* with *al ha'aretz ve'al peiroteha* instead of *ve'al ha'peirot.*

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