

after that, you can eat the fruit. Each tree is considered to have aged one year as of Tu B'Shevat, so if you planted a tree on Shevat 14, it begins its second year the next day, but if you plant a tree two days later, on Shevat 16, it does not reach its second year until the next Tu B'Shevat.

There are few customs or observances related to this holiday. One custom is to eat a new fruit on this day, or to eat from the Seven Species (shivat haminim) described in the Bible as being abundant in the land of [Israel](#). The Shivat Haminim are: wheat, barley, grapes (vines), figs, pomegranates, olives and dates (honey) ([Deut. 8:8](#)). You can make a nice vegetarian pilaf from the shivat haminim: a bed of cooked bulgar wheat or wheat berries and barley, topped with figs, dates, raisins (grapes), and pomegranate seeds, served with a dressing of olive oil, balsamic vinegar (grapes) and pomegranate juice.

Some people plant trees on this day. In the 16th century, [kabbalists](#), developed a seder ritual conceptually similar to the [Pesach \(Passover\) seder](#), discussing the spiritual significance of fruits and of the shivat haminim. This custom spread primarily in [Sephardic](#) communities, but in recent years it has been getting more attention among [Ashkenazim](#).

