

Connect to the Earth

Contributed by [#Friendseder](#)

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OUR NATURAL WORLD IS AMAZING – AND IT GROWS EDIBLE THINGS!

Green vegetables, while healthy and delicious, are not so filling, and we've got a bit of time before the meal. Bananas and salted caramel – now that's a filling take on "fruit of the earth" dipped in salt-water!

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָאֲדָמָה

Baruch Atah Adonai Eloheinu Melech Ha'olam Borei Pri Ha'adamah.

We acknowledge the Unity of All, and express gratitude for the fruit of the earth.

Eat banana and salted caramel. Rejoice.

Discussion question:

What is your favorite green veggie? What was it when you were 4 years old?