

About 230 million tons of garbage is generated in the U.S. each year. ♦ The average U.S. citizen generates almost 5 pounds of trash a day! That's 1.5 tons a year!

U.S. businesses discard 21 million tons of paper annually – or 175 pounds per worker. ♦ Encourage your employer to recycle!

## Assiyah (Action)

Season: Winter

Wine: White

Fruit: Hard outer shells with edible inside

*“Ki Adam Etz HaSadeh”*

For is Man a Tree of the Field? YES!

Humans grow and bear fruit just like trees. We are filled up with potential waiting to bloom.

Our potential must be used for creation, not destruction. The mitzvah of Bal Tashchit warns us against needless destruction. G-d laid the world at our feet for wise – not careless use.

**Action:** Buy produce without packaging. Fruits and vegetables come with their own protective layers. They don't usually need any more.

## Beriah (Creation)

Season: Summer

Wine: Half white wine, half red

Fruit: Entirely edible fruits

The entirely edible fruits represent the complete accessibility of this world. We experience the ability to connect to each other, to our Creator, and to the rest of creation.

We experience that every object on this Earth has value. Every creation has G-dliness within it. Those who are truly connected to G-d mourn any destruction – even that of the tiniest grain of mustard.

**Action:** When buying paper products, look for products with a high recycled waste content. Post-consumer recycled waste is the best!

## Yetzirah (Formation)

Season: Spring

Wine: White with a bit of red

Fruit: Fruits with edible soft outsides, & hard inedible cores

The hard pit represents the ego that lurks within. Egoism surfaces when we forget that all of our potential comes from our Creator. In this world, we must recognize our Creator, as well as our place in His world.

G-d created a world for our use. But misuse of His creatures is tantamount to robbery against G-d. The mitzvah of Bal Tashchit is G-d's protection of the rest of His creation from human presumptuousness.

**Action:** How durable are your purchases? The longer a product lasts, the less there is to throw away! Buy disposable items as seldom as possible.

## Atzilut (Emanation)

Season: Autumn

Wine: Red with a drop of white

Fruit: Fruits with a strong smell that are not eaten

In the World of Emanation, there is no separation. We experience the Oneness, the Unity of G-d. We understand that everything is connected. Thus, each action we take impacts the rest of G-d's creations.

The lesson of this world is to ask ourselves: How will my action affect my fellow Jews? My fellow humans? The land? Other species? The tiniest grain of mustard?

**Action:** How will the item be disposed of? Plastic takes thousands of years longer to biodegrade than paper does. Buy the eggs in the cardboard cartons!

Use durable coffee mugs instead of Styrofoam. ♦ Turn empty jars into containers for leftover food. ♦ Reuse shopping bags!

Incinerating 10,000 tons of waste creates one job; landfilling 10,000 tons of waste creates six jobs; recycling 10,000 tons of waste creates 36 jobs!!!

## SHOP SMART, SHOP GREEN

Everything we buy originates in nature. The way a product is manufactured, packaged, transported, used and disposed of can affect the environment. We rely on the environment for clean water, air, shelter and food. It's important to be aware of the impact our consumption has on the environment. Use this checklist to become a greener shopper.

*Before buying a product, ask yourself:*

- ◇ Do I really need it?
- ◇ Can I borrow or rent it?
- ◇ Can I buy it secondhand?
  
- ◇ Is the product made from recycled materials?
- ◇ Are the recycled materials from post-consumer waste?
- ◇ Can I find a similar product with a higher content of recycled material?
  
- ◇ Is there an appropriate amount of packaging?
- ◇ Is the packaging made from recycled materials?
- ◇ Can the packaging be reused instead of discarded?
  
- ◇ Where was the product manufactured? In the U.S.?  
Locally?
  
- ◇ Is the product durable? Will it last a long time?
- ◇ Can the product be reused for something else when it's no longer needed for its original purpose?
- ◇ Can the product be recycled when it can no longer be used?

**For more information, visit**

**[www.canfeinesharim.org](http://www.canfeinesharim.org)**



## ***Bal Tashchit: Do Not Destroy*** A Seder for Tu b'Shevat



*"When you besiege a city for many days, making war against it to capture it – do not destroy its trees, wielding an axe against them, for from them shall you eat, and you shall not cut them down – For is the tree of the field a man to come from before you in siege? Only trees which you know are not food trees – those you may destroy, chopping them and building a siege-engine against the city with which you are making war, until it falls..."*



This Haggadah was originally developed by the Kesher Israel "Green Group" in Washington, DC.