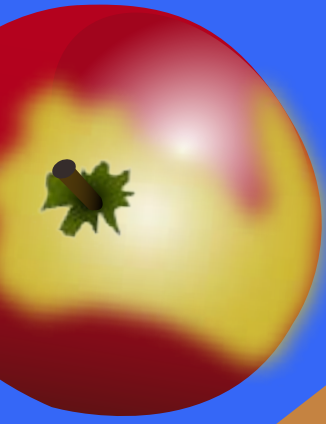


## a feast of symbols

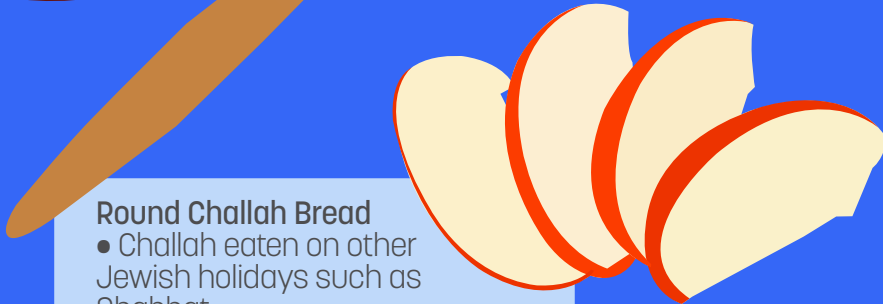
See symbolic foods eaten during Rosh Hashanah

KENT FUJITA, GRACE GUO,  
JANE MARTENS GRAPHICS



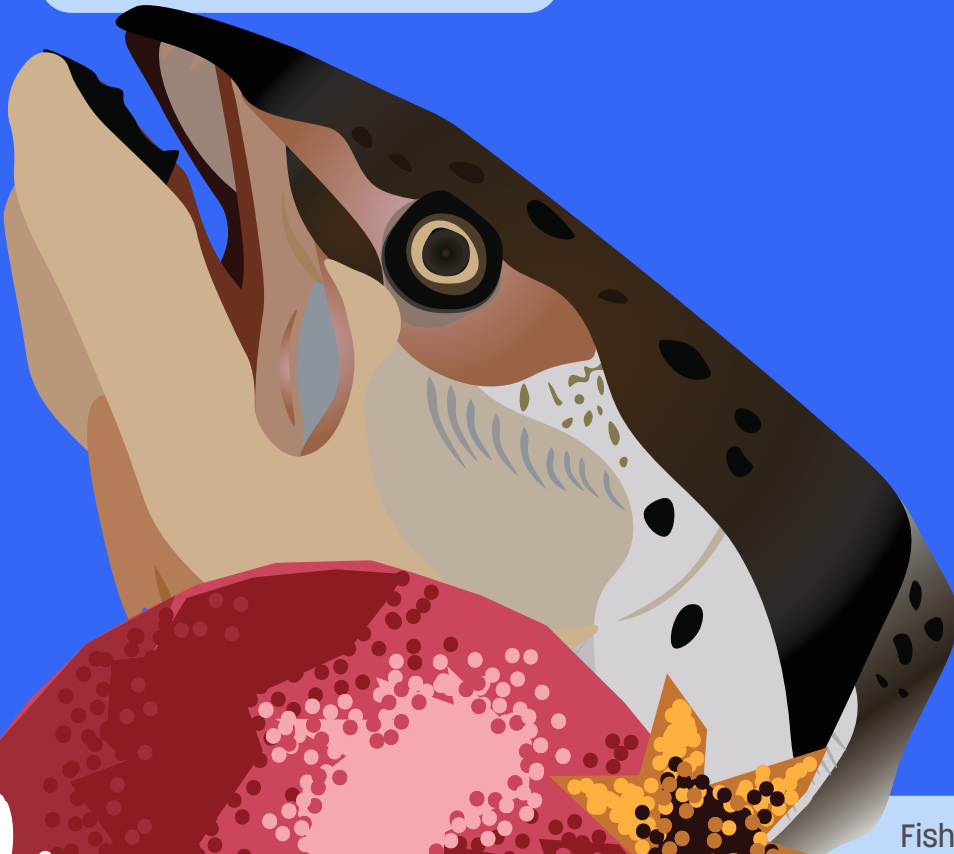
### Apples and Honey

- Israel being described as a "land of milk and honey"
- bees can create honey and inflict pain representing the duality of life and prayer for a "sweet" year
- apples form before leaves on apple trees as a symbol of commitment to Judaism through adversity



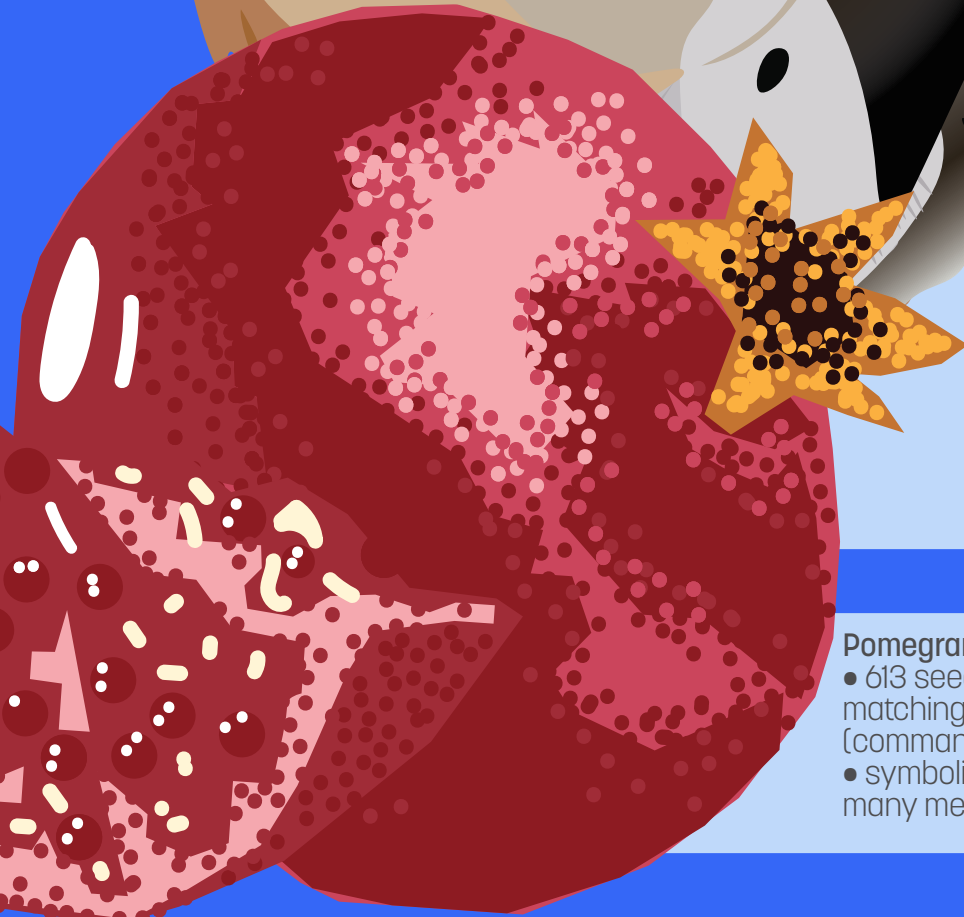
### Round Challah Bread

- Challah eaten on other Jewish holidays such as Shabbat
- round shape to symbolize the circle of life and creation
- some families add raisins and honey



### Fish Head

- Rosh Hashanah means "head of the year"
- meant as a symbol of leadership and strength for the year
- expresses the hope that "we be a head and not a tail."



### Pomegranate

- 613 seeds in a pomegranate matching the number of mitzvah (commandments) in the Torah
- symbolizes the mitzvot creating many merits in the coming year