**First World: The Blessing of the Land**

And the L-rd G-d took the man, and put him into the Garden of Eden to cultivate it and to guard it.

Bereishit 2:15

“When you enter the land you shall plant” (Vayikra 19:23) Just as you came and found trees planted by others, you must plant for your children.

Tanchuma, Kedoshim

The world of Assiyah (action) symbolizes winter. During winter, the earth’s potential is buried in the land. We celebrate trees and farms which depend on the land and provide our food.

**Fruits** with inedible shells  
**White wine** represents winter’s potential — buried within the land.

**Actions** → Buy local and organic produce. 12 items to buy organic: celery, peaches, strawberries, apples, blueberries, nectarines, bell peppers, spinach, cherries, kale, potatoes, grapes. Learn more: www.foodnews.org.

**Second World: Good, Clean Water**

He sends springs into the streams, they flow between the mountains. They water every beast of the field, they quench the wild creatures’ thirst.

Tehilim 104:10-11

“By the rivers of Babylon we sat and wept” (Tehillim 137:1) Why did the Jews cry by the rivers of Babylon? Rabbi Yochanan said, “The Euphrates killed more of them than the wicked Nebukhadnetser did.”

Midrash Shocher Tov Tov 137

The world of Yetzirah (formation) symbolizes spring. In spring, the earth’s potential begins to blossom through water.

**Fruits** with inedible pits  
**White wine with a drop of red** symbolizes spring, the planting season.

**Actions** → Save precious water. Don’t let the faucet run! Turn it off while washing, brushing teeth, lathering dishes. Take shorter showers. Stop using bottled water and use a filter instead.

**Third World: Treasures from the Sea**

And G-d created the great sea-giants and every living being that creeps, with which the waters teemed after their kinds... And G-d saw that it was good.

Bereishit 1:21

More than the roar of mighty waters, mightier than the waves of the sea — You are mighty on high, Hashem.

Tehillim 93:4

The world of Beriah (creation) symbolizes summer. Creation began with the separation between the sky and the oceans — home to multitudes of sea life.

**Fruits** that are entirely edible  
**Red and white wine mixed** symbolizes summer, a time of growth and full bloom.

**Actions** → Eat fish that is sustainably managed and low in mercury. Good choices include U.S. Albacore Tuna, Freshwater Coho Salmon, wild-caught Alaskan Salmon, farmed Arctic Char, and Rainbow Trout. Learn more at www.seafoodwatch.org.

**Fourth World: The Miracle of Clean Air**

Awake, north wind, and come, south wind! Blow upon my garden, that its perfume may waft out.

Shir HaShirim 4:16

[Abraham] gazed down upon Sodom and Gomorrah...and behold! The smoke of the earth rose like the smoke of a kiln.

Bereishit 19:28

The world of Atzilut (emanation) symbolizes fall. We transcend physicality to appreciate the blessings we cannot see: clean air to breathe and a balanced atmosphere.

**No fruits** are eaten. Instead, we smell fragrant spices.  
**Red wine** symbolizes autumn’s fullness and joy.

**Actions** → Conserve energy at home and on the road. Drive less. Buy efficient appliances. Wash dishes & clothes in cold water, with full load. Don’t let your car idle (more than 10 seconds wastes fuel!).