

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.

What can I do? *Buy more local and organic produce.* 12 items to buy organic: peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, kale, lettuce, grapes, carrots, and pears.

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 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.

What can I do? *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 oceans and the sky, and the multitude of sea life.

Fruits that are entirely edible

Red and white wine mixed symbolizes summer, a time of growth and full bloom.

What can I do? *Eat fish that is sustainably managed and low in mercury.*

Good choices: Pacific Cod, Pacific Halibut, Alaskan Pollock, Striped Bass, Tilapia, canned Salmon. Avoid: Chilean Sea Bass, farmed/Atlantic Salmon, Atlantic Cod or Atlantic Halibut.

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.

What can I do? *Save energy in your home and transportation choices.*

Drive less. Buy efficient appliances. Wash dishes/clothes in cold water, with full load. Don't idle your car (more than 10 seconds wastes fuel)!