



TORAH VEHA'ARETZ

INSTITUTE

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When Will Shemitah Produce Arrive In The Supermarket?

Rosh Hashanah 5782							
Arum	Asparagus	Banana	Beet	Broccoli	Butternut squash	Cabbage	Carrot
Cauliflower	Celery	Chard	Coriander	Corn-on-the-cob	Cucumber	Dill	Eggplant
Fennel	Horseradish	Hot pepper	Kohlrabi	Lettuce	Melon	Mint	Onion (dry)
Onion (green)	Paprika	Parsley	Passionfruit*	Pineapple	Pumpkin	Radish	Spinach
Squash	Strawberry	String bean	Sweet potato		Tomato	Turnip	Watermelon
Cheshvan							
Artichoke			Kobo		Pitaya		
Kislev							
Potatoes							
Tevet							
Blueberry				Prickly pear (sabra)			
Shevat							
Garlic				Loquat			
Adar I							
Nectarine				Peach			
Adar II							
Fig				Table grapes			
Nissan							
Apricot	Cherry	Green almond	Hackberry		Mulberry	Plum	
Iyar							
Apple		Lemon		Lychee		Pear	
Sivan							
Dry almond		Mango		Sweetsop		Quince	
Tammuz							
Avocado		Guava		Olive		Pomegranate	
Av							
Clementina (tangerine)		Kiwi	Orange		Mandarin orange		Persimmon
Elul							
Carob	Date	Grapefruit	Feijoa		Sweetie		Pomelo

Shemitah laws do not apply to the following foods throughout shemitah:**

Black-eyed peas | Chestnut | Dry beans | Ginger | Hazelnut | Lentils | Macadamia
Mushroom | Oats | Okra | Peas | Pistachio | Rice | Soy | Walnut | Wheat

* For those who hold that passionfruit is a vegetable. ** Mushrooms grow on detached platforms; the rest are imports

This table shows the first dates when fruits and vegetables arrive on the market for which shemitah laws apply (kedushah/sefichin). For more details, see the complete tables on the Torah VeHa'aretz website.