

THE JEWISH HIGH HOLY DAYS

Rosh Hashanah and Yom Kippur are the most important of all Jewish Holidays and the only holidays that are purely religious, they are not tied to historical or natural events. They are observed in the fall season of the western calendar and the seventh month of the Jewish calendar - Tishri. Rosh Hashanah begins a 10-day period, known as the High Holy Days or Yamim Nora'im, a time of penitence and prayer that ends with Yom Kippur. Jews worldwide are given these 10 days to repent for their sins and ask God for forgiveness. "May you be inscribed in the Book of Life" is the common greeting during this period, as it is believed that on Rosh Hashanah God records the destiny of all mankind in the Book of Life. On Yom Kippur the Book is closed and sealed. Those that have repented for their sins are granted a good and happy New Year.

On Rosh Hashanah it is customary to eat foods that are sweet with flavor. This symbolizes the "sweetness and good fortune" of the New Year ahead. Foods flavored with honey, apples and carrots are commonly served. The Rosh Hashanah meal begins with apple and challah dipped in honey. Challah, the bread usually eaten on the Sabbath, is also specially prepared for the holiday. Instead of the traditional braided loaf, the Rosh Hashanah challah is round - symbolizing the cycle of the new year. The design of ladders or birds are added to the holiday challah by some families to commemorate the prayers rising to Heaven. On page 3, you will find a delicious recipe for a Honey Whole Wheat Challah for you to enjoy this Rosh Hashanah.



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Honey Whole Wheat CHALLAH

Ingredients:

- 4 cups Flour
- 4 cups Whole-Grain Wheat flour
- 2 pkgs. Active Rapid-Rise Yeast
- 1 ½ tsp Salt
- 2 cups Hot Water
- ½ cup Honey
- ¼ cup Margarine
- 2 Eggs - beaten
- 1 Egg Yolk
- 1 tsp Water
- Sesame Seeds -- or poppy seeds



Combine both flours in a large bowl. Set aside 1 cup. Add yeast and salt to flours. Combine hot water, honey, and margarine. Stir until margarine melts. Stir liquids into flour mixture. Stir in eggs. Knead dough on lightly floured board 7-10 minutes adding reserved flour as needed to form a smooth, elastic dough. Cover dough and let it rest for 10 minutes. Cut dough into two parts and shape each part into a ball. Place both balls on a greased cookie sheets. Cover and let rise in a warm, draft-free place until the balls double in size. Beat egg yolk with the remaining 1 tsp water. Brush loaves with glaze and sprinkle with sesame or poppy seeds. Bake at 350 degrees for 45-55 minutes or until brown. Remove from pan and cool on wire rack. Makes 2 loaves.

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Did You Know?: Mushroom Trivia

September is National Mushroom Month.

- The mushroom is not a vegetable, but is classified as a fungus.
- Mushrooms were first cultivated in France in the early 1700's. They were introduced to the Americas as a cultivated food around 1890.
- There are about 38,000 different varieties of mushrooms.
- In the United States, Pennsylvania is the largest producer of mushrooms, producing over 55 percent of the total U.S. production.
- Mushrooms are a good source of potassium. For example, one portabella mushroom has more potassium than a banana.
- A mushroom expert, a botanist that specializes in the study of fungi, is called a mycologist.
- In France, pharmacies offer testing for hunters of wild mushrooms to see if they are poison-free.
- Wild mushrooms never grow in the same place 2 years in a row.



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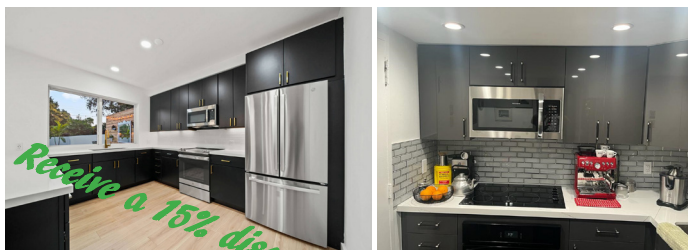
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