

Judaism through Food

(RELST 181)

Worksheet #6

Holidays chart

HOLY DAY	[TRANSLATED]	OCCURS	# DAYS	SOURCE	PARTICULAR FOODS	RESTRICTIONS
Shabbat	“sabbath”	Every Friday – Saturday	1	Gen. 2:3	Challah, wine	Shabbat restrictions
COMMANDED:						
Rosh HaShanah	“head of the year”	Early Autumn	1 (+1)	Lev. 23:24	Spiral challah, wine	Yom tov (Shabbat-like)
Yom Kippur	“day of atonement”	Rosh HaShanah + 10 days	1	Lev. 23:27	No food; total fasting	Yom tov (Shabbat-like)
COMMANDED (HARVEST) AND ALSO HISTORICAL (MOSES NARRATIVE)						
Pesah	“paschal” (sacrifice)	Early Spring	7 (+1)	Ex. 23:15	Matza, wine, & [“Kosher for Passover”]	Yom tov (Shabbat-like)
Shavu’ot	“weeks”	Pesah + 49 days	1 (+1)	Ex. 34:22	Fruit, cheesecake, wine	Yom tov (Shabbat-like)
Sukkot	“booths”	Yom Kippur + 5 days	7 (+1)	Ex. 23:16	Autumn fruits (gourds, etc.), wine	Yom tov (Shabbat-like)
HISTORICAL BUT <u>NOT</u> COMMANDED						
Purim	“lots” (= “lottery”)	Late Winter	1	Book of Esther	Hamantashn	None
Hanukkah	“rededication”	Mid Winter	7	NA; later works	Latkes, sufganiot (fried jelly donuts)	None