

Canfei Nesharim

Sustainable Living Inspired by Torah • www.canfeinesharim.org

The Bracha and the Bread Basket

An adapted story

Dani came home from school as he did every day and offered to help his Ima prepare dinner for their entire family, observing the *mitzvah* of *Kibbud Av v'Em*. They set the table, prepared the food and when everyone was home, they sat down to eat. Before eating bread from the bread basket, all members of the family washed their hands and said the appropriate *Bracha* as they did every evening. Then, they all sat at the table and took bread from the bread basket and said together:

בָּרוּדְ אַתָּה ה׳, אֱל-נוּ מַלֶּדְ הָעוֹלֶם, הַמִּוֹצִיא לָחֵם מִן הָאָרֵץ.

Dani's sister reported that in school that day, her second grade class visited the area's Kosher Bakery and learned about the process of how bread is made. They talked about where bread came from and how it was processed to the point where they bought and consumed it. The youngest child in the family, Rivkie explained that "Well that's simple silly. We all know where bread comes from. It comes from the grocery store, of course." All agreed that this was an absolutely appropriate answer from one so young. However, pensiveness set in as the older members of the family began to go mentally through the chain of events that brought the bread to their bread basket and table.

At this point, the family became involved in a conversation tracing the bread from its source as reflected in the *Bracha* they said to the bread basket on their table. They explained for Rivkie that the bread that we have on our table did not by any means begin its journey in the supermarket...

YOU TRY THIS FIRST \dots	With one or two o	of your classmates, try	to trace the steps that the
bread goes through before it	gets to you. Be su	are to include all of the	e steps involved.

Now, have you included the farmers, the transportation steps, the packaging of the bread, the use of a variety of resources and content elements, need for use of energy forms, the mixing of the ingredients, and so forth?
• To help this process along, you might want to check out a web source or two regarding this process. While one that is exactly to this point has not been located yet, these two are suggested:
http://www.youtube.com/watch?v=3UjUWfwWAC4
http://www.madehow.com/volume2/Bread.html
The part of the pa
What is the primary ingredient of the bread? Where does this come from? How is this reflected in the <i>Bracha</i> we say?
What are the lessons to be learned about our connection to the land from this experience?

This material is drawn from Our Relationship to the Land: Meaning of the Omer, a curriculum guide developed by Canfei Nesharim in 2008.