



NOVEMBER 4, 2022

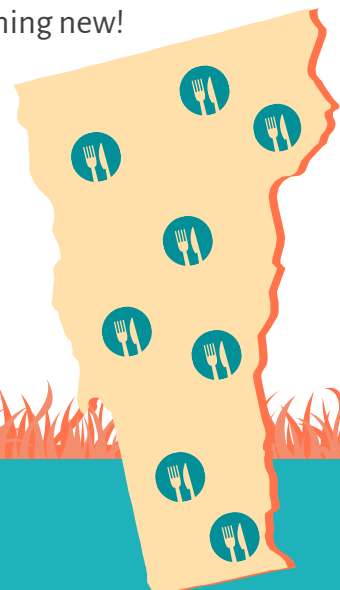
# HILLEL FRESH

Shabbat Shalom from Hillel Fresh! Whether this is your first time having a Hillel Fresh Shabbat or you are a regular, we are so happy to bring this week's recipe to you! Hillel Fresh boxes aim to help UVM students understand how their food got to their plates, learn to cook with seasonal produce and promote food security here at UVM. Thanks to all of our generous donors and passionate students, we've been able to make this happen for over four years. As another busy week comes to an end, what better way to relax than prepare and share a delicious, locally-sourced, sustainable meal.

This Hillel Fresh is extra special because community members will be participating all throughout Vermont. As you cook your potato kugel, hundreds of others are having the same Shabbat meal and supporting farmers around the state!

In this packet, you will find all the materials needed to celebrate Shabbat and cook a delicious meal. These papers include traditional Shabbat prayers, a student reflection on this week's Torah portion, recipes, art, and dinner games. Please read through as you wish and follow along. Whether you connect with Shabbat spiritually or just trying out the program, we hope you enjoy and learn something new!

Before lighting the Shabbat candles and getting the meal started, we refresh and reflect on the past week. During this time we invite you to answer the following questions as a table: Was there a moment you felt gratitude this week, explain? As the weather gets colder, what will you do to keep your thoughts and feelings warm? How does eating a meal prepared with local produce make you feel?



# Hillel Fresh Prayer Sheet

Before your meal, we welcome you to follow along with the prayers below to open your meal!

It is tradition to light two candles welcoming Shabbat. As you light your candles we say...

**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת**

Barach ata Adonai, Eloheinu Melech ha-olam, asher kidshanu b'mitzvotav vitzivanu l'hadlik ner shel Shabbat

Blessed are You, Source of Life, Life, of all the universe, who sanctified us with the commandment of lighting Shabbat Candles

*Some people have amended the traditional G'd language to reflect their theological outlooks and ethical perspectives...*

*Blessed are You, Source of Life, Life, of all the universe, who sanctified us with the commandment of lighting Shabbat Candles*

As the flame flickers, a Hillel Fresh tradition is taking a moment to share gratitude or something special that happened this week. The next prayer we will say is over the sweetness of the grape juice. This will declare the sabbath and acknowledge that the day of rest has begun.

**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן**

Barach ata Adonai, Eloheinu Melech ha-olam boreh p'ri hagafen

Blessed are You, G'd, Ruler of the universe, who creates the fruit of the vine

As earlier, some people have amended the traditional G'd language to reflect their theological outlooks and ethical perspectives.

*Blessed are You, Source of Life, Life of all the universe, who creates the fruit of the vine.*

Now, it is time to kick off our meal and bless the challah bread. This blessing is called the HaMotzi and is said before we tear off a piece of bread to share. You may place your hands over the bread to help connect the members of your Shabbat meal.

**בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ**

Barach ata Adonai, Eloheinu Melech ha-olam, hamotzi lechem min ha'aretz

Blessed are You, Lord our G'd, King of the universe, who has brought forth bread from the earth

We have now shared the warmth of lighting candles, tasted the sweetness of our week with grape juice, and now have the chance to share fresh challah together. We hope your Shabbat meal is delicious and you have a lovely day of rest, relaxation, and fresh mindsets.

*Our Hillel Fresh UVM student leaders created, wrote, and designed this entire packet.*

# ***ON THIS SHABBAT WE READ: Parshat Lech-Lecha 6th portion (Genesis 15:7-17:6)***

In this portion of the Torah, G-d commands Abram, the first Hebrew patriarch to leave his homeland and travel to a new land called Canaan. On his journey, Abram brings his wife Sarai. G-d tells Abraham that his descendants will inherit this land stating,

“I am the Lord, Who brought you forth from Ur of the Chaldees, to give you this land to inherit it.”

Abram responds back asking, “O lord G-d, how will I know that I will inherit it?” Concerned that Abram and herself had not had any children yet, Sarai suggested that Abram marry her handmaid, Hagar. Sarai said, “Behold now, the Lord has restrained me from bearing; please come to my handmaid; perhaps I will be built up from her.” Abram married Hagar and they conceived, but once Hagar became pregnant she did not obey her mistress Sarai anymore.

Sarai became angry and inflicted pain on Hagar, causing her to flee.

As Hagar flees, the angel of the lord finds her and speaks to her. The angel says, “Return to your mistress, and allow yourself to be afflicted under her hands... I will greatly multiply your seed and it will not be counted for abundance.” The angel also tells Hagar that she will have a boy and she shall name him Ishmael, as he will be a social outcast.

A few years later, when Abram is at the age of ninety-nine, G-d approaches him. G-d says, “I am the almighty G-d; walk before Me and be perfect. And I will place my covenant between Me and between you, and I will multiply you very greatly. As for Me, behold My covenant is with you, and you shall become the father of a multitude of nations.”

With this G-d adds that Abram’s name will now be Abraham and that kings will emerge from him.

# WHY IS THIS TORAH PORTION IMPORTANT?

Lech Lecha means “go forth.” In this Torah portion, the story is told of Abram going forth into the new land of Canaan. He leaves his father and homeland and sets out on an unknown journey.

He obeys G-d and is rewarded. Although he faces obstacles such as not being able to have a child, he can overcome these battles. On the other hand, we see how Sarai gives up something important to her- her marriage with Abram - to better both of their lives. She is selfless in this act. Lastly, we see Hagar who becomes greedy with the ability to conceive a child, which raises her complex, causing her to disrespect Sarai. G-d witnesses human acts that are right and wrong by all three of these individuals. In the end, Hagar is punished for her acts of greed, while Abram and Sarai are rewarded. Abram is rewarded with the name Abraham meaning “father of many” as he will become the father of many nations. In the Torah portion following this one, G-d also rewards Sarai with the name Sarah and promises that Sarah and Abraham will have a boy of their own, who will later be named Isaac.

[https://www.chabad.org/parshah/torahreading\\_cdo/aid/2474599/p/6/jewish/Lech-Lecha-Torah-Reading.htm](https://www.chabad.org/parshah/torahreading_cdo/aid/2474599/p/6/jewish/Lech-Lecha-Torah-Reading.htm)

## DISCUSSION QUESTIONS

Recap and share why you believe Abram should be rewarded by G-d in this story.

Do you believe that Sarai allowing Hagar to conceive a child with Abram was the right decision?

Many people believe this story warns of the dangers of greed and loyalty. Do you believe this portion is a story of karma?

# FROM FARM...

This week's potatoes, carrots, garlic, and thyme were sourced from the Intervale Food Hub, which is a non-profit organization that works with local farmers and food producers. The Intervale Food Hub is a one-stop shop for all of your local food needs.

They source food from farms around Vermont and act as a center of distribution for individuals, restaurants, and programs like Hillel Fresh. The goal of the food hub is to create a sustainable food economy for the community and the planet.



The onions and celery for this week's recipe were sourced from the Common Roots Farmstand. Common Roots is a non-profit organization that aims to be a steward to the land and natural resources while learning about native community roots, build a culture of wellness, and promote sustainability.

The farmstand is certified organic and practices regenerative farming techniques to build soil and food security in the greater Burlington community! We hope you enjoy the abundance of fall veggies sourced just around the corner from UVM Hillel in this week's Hillel Fresh box.

In addition, this week we are hosting a state-wide Hillel Fresh! Jewish communities around Vermont will be participating in Hillel Fresh and cooking potato kugel in their homes. We have provided the dinner packet and recipe, and participants will source produce from their own local farms all around the state. We are so excited to bring communities together and support many Vermont farms through this special Hillel Fresh!



# ...TO TABLE

# POTATO KUGEL

## INGREDIENTS

- 6 Golden Potatoes
- 1 Small Onion
- 3 Eggs or 3/4ths Container of Just egg
- 2 tsp Salt
- ¼ tsp Pepper
- ½ Cup Cooking Oil

## STEPS

1. Peel the potatoes and onion and place them into a bowl of cold water.
2. Mix the eggs, salt, pepper and oil together in a large bowl
3. Use a food processor, box-grater, or knife to grate the onion and potatoes, then add the grated mixture to the eggs and spices.
4. Pour the batter into a greased 9x13 inch pan. Spray the top with cooking oil spray
5. Bake at 400°F for 70 minutes.

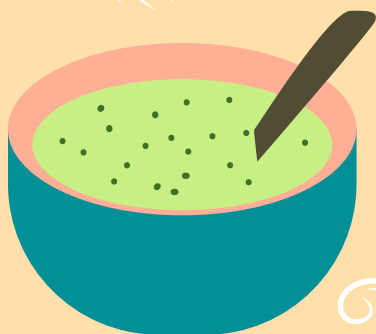
# COZY LENTIL SOUP

## INGREDIENTS

- 2 Tbsp water
- 2 cloves garlic minced
- 3 large carrots, chopped
- 2 stalk celery
- 4 cups vegetable broth
- Fresh Thyme
- 1 cup uncooked lentils(thoroughly rinsed and drained)
- Swiss Chard
- Salt and pepper

## STEPS

1. Heat 1tsb olive oil in a pot over medium heat. Add onions, garlic, carrots, and celery. Cook, stirring frequently for about 4-5 minutes.
2. Now add the lentils, vegetable broth, salt, and pepper. Stir to incorporate everything. (Pro Tip: Lentil Soup can never be over-seasoned if you have coriander, cumin, or smoked paprika, add during this step)
3. Bring to a boil, then lower heat to a simmer and cook for about 30 minutes, until the lentils are tender. (Pro tip: Add 1-2 cups of the soup to a blender, blend until smooth and then return to the pot for a creamier lentil soup)
4. Stir in the Swiss Chard and allow to simmer for 5 mins. Enjoy your lentil soup!



# DINNER GAMES

## Across:

2. Delicious summer fruit: Red flesh with black pips

3. Monkeys love them

6. Grows in bunches on vines  
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9. I am white and I look like a tree

10. Cool as a \_\_\_\_\_

12. Opposite of Sour Potato

15. Eat this vegetable for excellent eyesight

16. Fruit that feels and looks like an eyeball

## Down:

1. Dried grapes are called \_\_\_\_\_

4. It looks like a ball of lettuce

5. A fungus used in many dishes

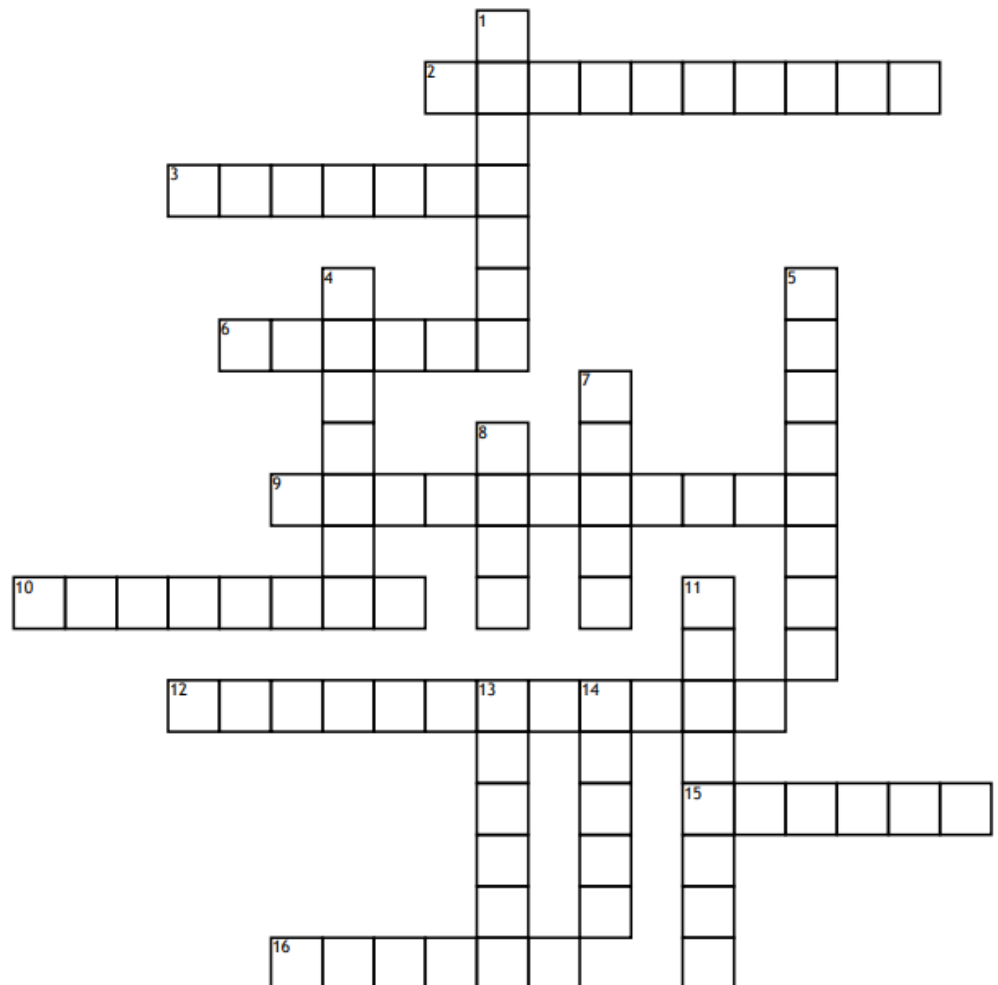
7. Tomatoes, cucumber, and lettuce make a nice \_\_\_\_\_

8. I am a green lemon

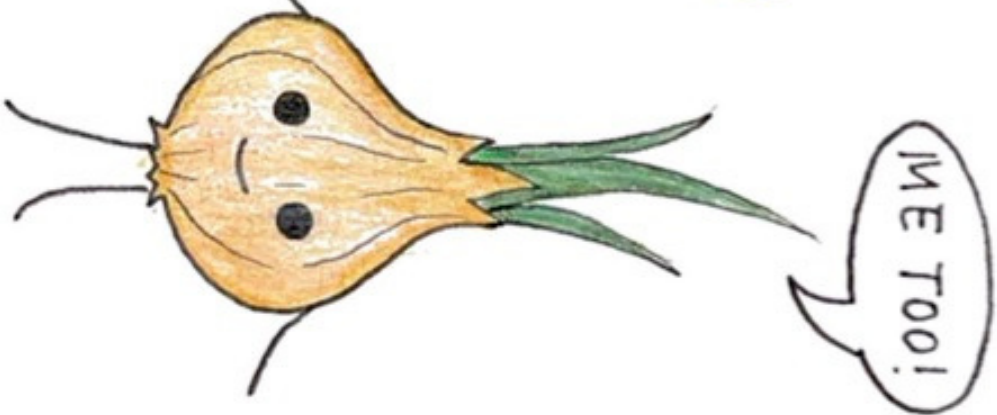
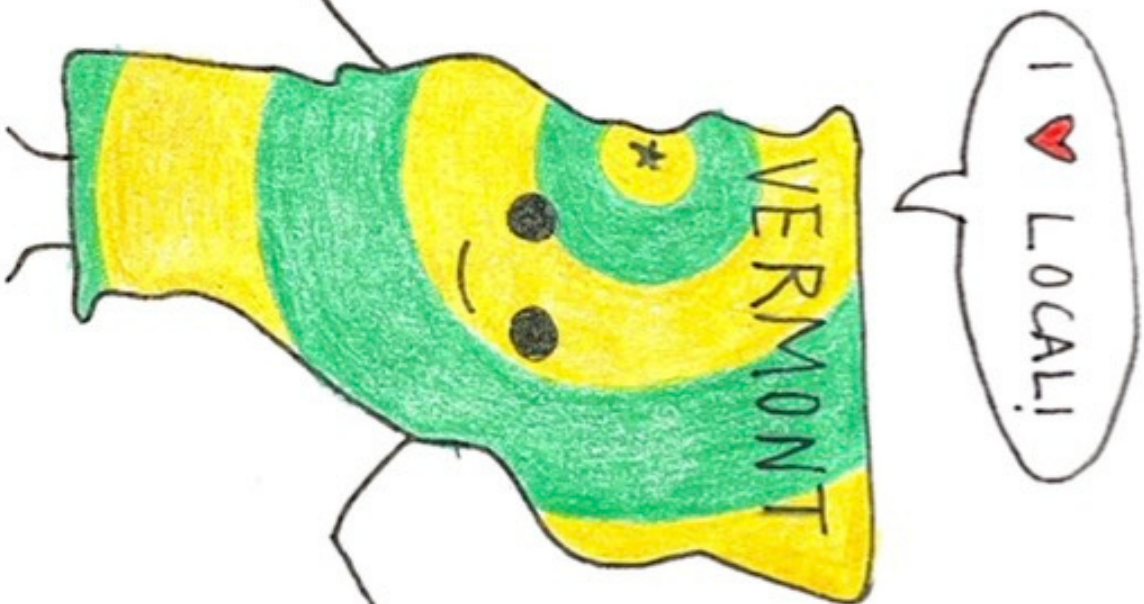
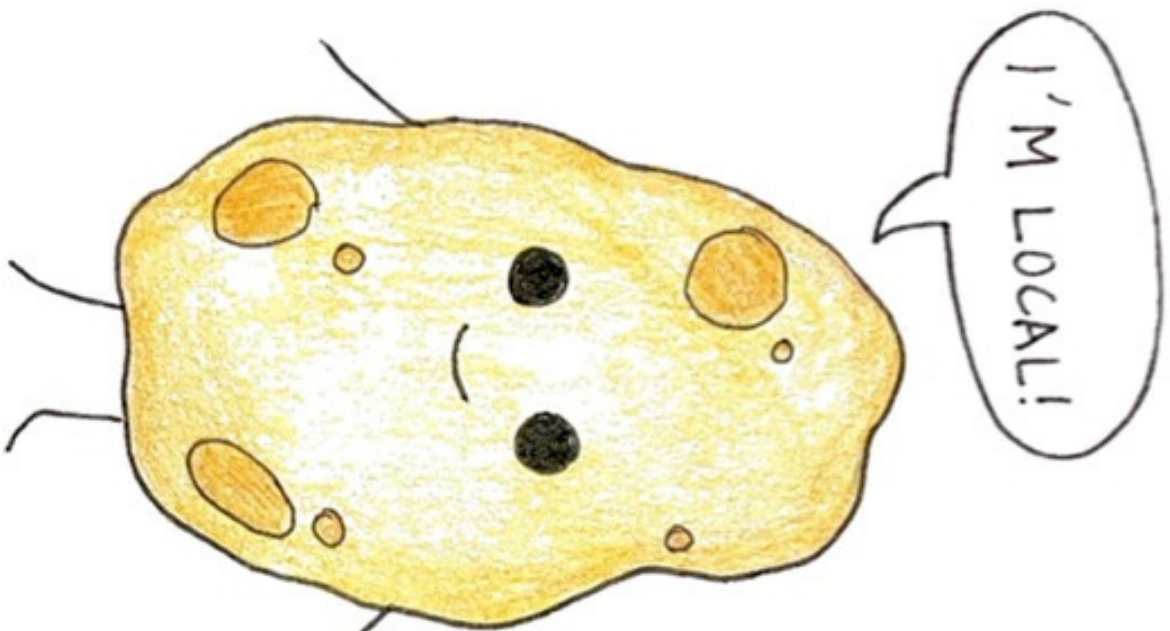
11. A vegetable that looks like a small green tree

13. This fruit's name is the same as its color

14. One of these a day is said to keep the doctor away







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