



Shemitta Dates

The period during which Shemitta restrictions apply to different fruit and vegetables is shown in the chart below.

Please note that the dates given are for **fresh produce** and do not include frozen, tinned or dried products. These have a long shelf life and require a reliable hechsher.

FRUIT & NUTS	Avoid From	Avoid Until
Almond (Dry)	Beginning of July 2022	Middle of Aug 2023
Almond (Green)	Beginning of May 2022	Middle of July 2023
Apple	Middle of May 2022	Middle of July 2023
Apricot	Beginning of April 2022	Middle of May 2023
Avocado	Middle of June 2022	Middle of July 2023
Banana	Beginning of Sep 2021	End of Sep 2022
Carambola / Star Fruit	Middle of Sep 2022	End of Sep 2023
Carob	Beginning of Sep 2022	End of Oct 2023
Cherry	Middle of April 2022	Beginning of June 2023
Clementine	Beginning of Sep 2022	End of Sep 2023
Date	End of July 2022	End of Oct 2023
Etrog	Middle of Sep 2022	End of April 2023
Feijoa	Beginning of Sep 2022	Middle of Nov 2023
Fig	Beginning of April 2022	End of April 2023
Grapefruit	Beginning of Aug 2022	Middle of Dec 2023
Grapes (Table)	Middle of March 2022	Beginning of April 2023
Grapes (Wine)	End of June 2022	End of June 2023
Guava	Middle of July 2022	End of Sep 2023
Hazelnut	Not grown in Israel	Not grown in Israel
Kiwi	Middle of Aug 2022	End of Sep 2023
Kumquat	End of Oct 2022	Middle of Nov 2023
Lemon	Beginning of May 2022	End of May 2023



Lima	Middle of June 2022	End of June 2023
Longan	Middle of May 2022	End of May 2023
Loquat	Beginning of Feb 2022	End of Feb 2023
Lychee	Middle of May 2022	End of May 2023
Mandarin	Beginning of Sep 2022	End of Sep 2023
Mango	Middle of June 2022	Middle of June 2023
Melon	Beginning of Sep 2021	19th of Dec 2022
Mulberry	Beginning of May 2022	End of May 2023
Nectarine	Beginning of Feb 2022	Beginning of March 2023
Olive Oil	Middle of Sep 2022	Middle of Nov 2023
Olives	Middle of July 2022	Beginning of Sep 2023
Orange	Middle of Aug 2022	Middle of Sep 2023
Peach	End of Jan 2022	Beginning of March 2023
Peanuts	Beginning of Sep 2022	Beginning of Sep 2023
Pear	Middle of June 2022	Beginning of July 2023
Pecan Nut	Middle of Sep 2022	Middle of Nov 2023
Persimmon	End of Aug 2022	End of Sep 2023
Pineapple	Beginning of Sep 2021	End of Dec 2023
Pistachio	Beginning of Aug 2022	Beginning of Aug 2023
Plum (European)	End of July 2022	End of Sep 2023
Plum (Japanese)	End of April 2022	End of April 2023
Pomegranate	Middle of July 2022	Middle of Aug 2023
Pomelo	Middle of Aug 2022	Middle of Nov 2023
Prickly Pear	Middle of May 2022	End of May 2023
Quince	Beginning of July 2022	End of Aug 2023
Sugar-Apple / Anona	Middle of July 2022	End of Oct 2023
Strawberry	Beginning of Sep 2021	19th of Dec 2022
Walnut	Middle of Sep 2022	End of Sep 2023
Watermelon	Beginning of Sep 2021	19th of Dec 2022

**GRAINS & SEEDS**

	Avoid From	Avoid Until
Barley	Beginning of May 2022	Beginning of July 2023
Caraway Seeds	Not grown in Israel	Not grown in Israel
Coriander Seeds	Beginning of Sep 2021	End of May 2023
Fenugreek / Methi Seeds	Beginning of June 2022	End of May 2023
Millet	End of July 2022	End of July. 2023
Mustard Seeds	Beginning of June 2022	Beginning of June 2023
Nigella Seeds*	See note below	
Oats	Not grown in Israel	Not grown in Israel
Popcorn	End of July 2022	Beginning of Aug 2023
Poppy Seeds	Not grown in Israel	
Pumpkin Seeds	Not grown in Israel	Not grown in Israel
Rice	Not grown in Israel	Not grown in Israel
Sesame Seeds*	See note below	
Sunflower Seeds	Middle of Aug 2022	Beginning of Sep 2023
Watermelon Seeds	Middle of June 2022	Beginning of Sep 2023
Wheat	Not grown in Israel	Not grown in Israel

VEGETABLES & FRESH HERBS

	Avoid From	Avoid Until
Artichoke	Beginning of Oct 2021	End of Sep 2022
Asparagus	Beginning of Sep 2021	End of Sep 2022
Aubergine / Eggplant	Beginning of Sep 2021	19 th of Dec 2022
Basil	Beginning of Sep 2021	Middle of Feb 2023
Beet	Beginning of Sep 2021	19 th of Dec 2022
Broad Bean	Beginning of April 2022	Beginning of July 2023
Broccoli	Beginning of Sep 2021	19 th of Dec 2022
Cabbage (Red)	Beginning of Sep 2021	19 th of Dec 2022
Cabbage (White)	Beginning of Sep 2021	19 th of Dec 2022
Carrot	Beginning of Nov 2021	Middle of Feb 2023
Cauliflower	Beginning of Sep 2021	19 th of Dec 2022



Celery	Beginning of Sep 2021	19 th of Dec 2022
Celery Root	Beginning of Sep 2021	19 th of Dec 2022
Chickpea	Beginning of June 2022	Beginning of July 2023
Chives	Beginning of Sep 2021	Middle of Jan 2023
Coriander	Beginning of Sep 2021	19 th of Dec 2022
Courgette	Beginning of Sep 2021	Middle of Nov 2022
Corn on the Cob	Beginning of Sep 2021	31 st of Dec 2022
Cucumber	Beginning of Sep 2021	Middle of Nov 2022
Dill	Beginning of Sep 2021	End of Dec 2022
Fennel	Beginning of Sep 2021	Middle of Dec 2022
Garlic	Beginning of Jan 2022	Beginning of April 2023
Horseradish	Beginning of Sep 2021	19 th of Dec 2022
Jerusalem Artichoke	Beginning of Sep 2021	19 th of Dec 2022
Kohlrabi	Beginning of Sep 2021	End of Oct 2023
Laurel	Beginning of April 2022	For as long as it lasts
Leek	Beginning of Sep 2021	19 th of Dec 2022
Lemon Beebrush	Beginning of Sep 2021	Beginning of May 2023
Lemongrass	Beginning of Sep 2021	19 th of Dec 2022
Lentil	Not grown in Israel	
Lettuce	Beginning of Sep 2021	Beginning of Nov 2022
Marjoram	Beginning of Sep 2021	Beginning of Dec 2022
Melissa Lemon Balm	Beginning of Sep 2021	Middle of Sep 2022
Mint & Peppermint	Beginning of Sep 2021	19 th of Dec 2022
Okra	Beginning of Sep 2021	19 th of Dec 2022
Onion	Beginning of Sep 2021	Beginning of March 2023
Onion Head	Beginning of Sep 2021	End of Dec 2022
Oregano	Beginning of Sep 2021	End of Jan 2023
Parsley	Beginning of Sep 2021	19 th of Dec 2022
Peas	Beginning of Sep 2021	Middle of Dec 2022
Pepper (Sweet / Bell)	Beginning of Sep 2021	End of March 2023



Potato	Middle of Dec 2021	Middle of Dec 2022
Potato (Baby / New)	Beginning of Nov 2021	End of Nov 2022
Pumpkin	Beginning of Sep 2021	Middle of Aug 2023
Radish	Beginning of Sep 2021	19 th of Dec 2022
Rosemary	Beginning of Oct 2021	Beginning of Nov 2022
Sage	Beginning of Sep 2021	Beginning of Nov 2022
Samphire	Beginning of Sept 2021	End of Dec 2022
Scallion / Spring Onion	Beginning of Sep 2021	Beginning of Dec 2022
Soy	Not grown in Israel	
Spinach	Beginning of Sep 2021	Beginning of Dec 2022
Squash	Beginning of Sep 2021	Middle of Aug 2023
String Beans	Beginning of Sep 2021	End of Nov 2022
String Peas	Beginning of Sep 2021	19 th of Dec 2022
Sweet Potato	Beginning of Sep 2021	19 th of Dec 2022
Tarragon	Beginning of Sep 2021	Middle of Dec 2022
Thyme	Beginning of Sep 2021	Middle of Dec 2022
Tomato	Beginning of Sep 2021	19 th of Dec 2022
Turnip	Beginning of Sep 2021	19 th of Dec 2022
Watercress	Beginning of Sep 2021	Middle of Dec 2022
Witch Hazel	Not grown in Israel	Not grown in Israel
SPICES	Avoid From	Avoid Until
Absinthe	Beginning of Sep 2021	Middle of Oct 2023
Anise	Beginning of Sep 2021	Middle of May 2023
Black Pepper*	See note below	
Capparis	Middle of May 2022	Middle of May 2023
Cardamom*	See note below	
Cinnamon*	See note below	
Cloves*	See note below	
Crocus*	See note below	



Cumin*	See note below	
Ginger	Not grown in Israel	Not grown in Israel
Saffron*	See note below	
Za'atar	Beginning of Sep 2021	N/A

*Generally sold in dried form with a long shelf life, so only products bearing a reliable hechsher should be purchased.

Date Uploaded: Thursday 18th November 2021

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