

Courtesy: JNF Ultimate Tu B'Shvat Seder Leaders Guide
https://usa.jnf.org/assets/pdf/final_leadersguide2012.pdf

Ultimate Tu B'Shvat Seder Shopping List



Red wine and/or dark grape juice**
White wine and/or white grape juice**

Section 1: Assiyah: fruits and nuts with tough outer shell and soft inside
pomegranates, almonds, walnuts, bananas, peanuts, hazelnuts,
pineapple, grapefruit, kiwi, Hershey kisses*
pretzels with peanut butter filling*

Section 2: Yetzirah: soft outer shells and hard insides (pits)
olives, dates, peaches, apricots, plums, cherries,
avocados, chocolate covered almonds*

Section 3: Bri'ah: soft throughout so that we can eat the whole fruit
seedless grapes, raisins, figs, strawberries, raspberries, cherry tomatoes,
blueberries, marshmallows*, brownie*

Section 4: Atzilut: bread
pita, bagels*, tortilla*, crackers*

<https://fpoz.com/bloom-haggadah-plant-a-tu-bishvat-anthology-book-bundle.html>

<https://www.myjewishlearning.com/article/a-tu-bishvat-seder/>

https://salkkl.kkl.org.il/haklek_veta/tubishvat.aspx?lang=en