## **Shemitta Dates**

The last Shemitta year was 5782, 2021-22. The period during which Shemitta restrictions were effective for 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.

Outside the period when Shemitta restrictions apply, Teruma and Ma'aser should be taken. For details <u>click here</u> [1].

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	21st August 2023
Apricot	Beginning of April 2022	Middle of May 2023
Avocado	Middle of June 2022	5th August 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 Oct 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	

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	Middle 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	Middle of Dec 2022

Walnut	Middle of Sep 2022	End of Sep 2023
Watermelon	Beginning of Sep 2021	Middle of Dec 2022
GRAINS & SEEDS	Avoid From	Avoid Until
Barley	Beginning of May 2022	Beginning of July 2023
Caraway Seeds	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	
Popcorn	End of July 2022	Beginning of Aug 2023
Poppy Seeds	Not grown in Israel	
Pumpkin Seeds	Not grown in Israel	
Rice	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	
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	Middle of Dec 2022
Basil	Beginning of Sep 2021	Middle of Feb 2023
Beet	Beginning of Sep 2021	Middle of Dec 2022
Broad Bean	Beginning of April 2022	Beginning of July 2023
Broccoli	Beginning of Sep 2021	Middle of Dec 2022
Cabbage (Red)	Beginning of Sep 2021	Middle of Dec 2022

Cabbage (White)Beginning of Sep 2021Middle of Dec 2022CarrotBeginning of Nov 2021Middle of Feb 2023CauliflowerBeginning of Sep 2021Middle of Dec 2022CeleryBeginning of Sep 2021Middle of Dec 2022Celery RootBeginning of Sep 2021Middle of Dec 2022ChickpeaBeginning of June 2022Beginning of July 2023ChivesBeginning of Sep 2021Middle of Dec 2022CorlanderBeginning of Sep 2021Middle of Dec 2022CourgetteBeginning of Sep 2021Middle of Nov 2022Corn on the CobBeginning of Sep 2021End of Dec 2022CuumberBeginning of Sep 2021Middle of Nov 2022DillBeginning of Sep 2021End of Dec 2022FennelBeginning of Sep 2021Middle of Dec 2022GarlicBeginning of Jan 2022Beginning of April 2023HorseradishBeginning of Sep 2021Middle of Dec 2022KohlrabiBeginning of Sep 2021Middle of Dec 2022KohlrabiBeginning of Sep 2021Middle of Dec 2022LeekBeginning of Sep 2021Middle of Dec 2022Lemon BeebrushBeginning of Sep 2021Middle of Dec 2022Lemn BeebrushBeginning of Sep 2021Beginning of May 2023LemtilNot grown in IsraelBeginning of Sep 2021Beginning of Poc 2022MarjoramBeginning of Sep 2021Beginning of Poc 2022Melissa Lemon BalmBeginning of Sep 2021Middle of Dec 2022Mint & PeppermintBeginning of Sep 2021 <th< th=""><th></th><th></th><th></th></th<>			
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Oregano Beginning of Sep 2021 End of Jan 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	Middle 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	Middle 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	Middle of Dec 2022
Sweet Potato	Beginning of Sep 2021	Middle 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	Middle of Dec 2022
Turnip	Beginning of Sep 2021	Middle of Dec 2022
Watercress	Beginning of Sep 2021	Middle of Dec 2022
Witch Hazel	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	Middle of May 2023
Capparis	Middle of May 2022	Middle of May 2023
Cardamom*	See note below	May 2023
Cardamoni	See Hore below	

## **Shemitta Dates**

Published on Kosher London Beth Din - KLBD (https://www.kosher.org.uk)

**Cinnamon\*** See note below

Cloves\* See note below

**Crocus\*** See note below

Cumin\* See note below

**Ginger** Not grown in Israel

Saffron\* See note below

Za'atar Beginning of Sep 2021 N/A

Date Uploaded: Wednesday 3rd January 2024

**Source URL:** https://www.kosher.org.uk/shemittadates

## Links

[1] https://www.kosher.org.uk/terumahandmaaser

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