



## 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.

Outside the period when Shemitta restrictions apply, Teruma and Ma'aser should be taken. For details [click here](#) [1].

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



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

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<b>Watermelon</b>	Beginning of Sep 2021	19th of Dec 2022
<b>GRAINS &amp; SEEDS</b>	<b>Avoid From</b>	<b>Avoid Until</b>
<b>Barley</b>	Beginning of May 2022	Beginning of July 2023
<b>Caraway Seeds</b>	Not grown in Israel	Not grown in Israel
<b>Coriander Seeds</b>	Beginning of Sep 2021	End of May 2023
<b>Fenugreek / Methi Seeds</b>	Beginning of June 2022	End of May 2023
<b>Millet</b>	End of July 2022	End of July. 2023
<b>Mustard Seeds</b>	Beginning of June 2022	Beginning of June 2023
<b>Nigella Seeds*</b>	See note below	
<b>Oats</b>	Not grown in Israel	Not grown in Israel
<b>Popcorn</b>	End of July 2022	Beginning of Aug 2023
<b>Poppy Seeds</b>	Not grown in Israel	
<b>Pumpkin Seeds</b>	Not grown in Israel	Not grown in Israel
<b>Rice</b>	Not grown in Israel	Not grown in Israel
<b>Sesame Seeds*</b>	See note below	
<b>Sunflower Seeds</b>	Middle of Aug 2022	Beginning of Sep 2023
<b>Watermelon Seeds</b>	Middle of June 2022	Beginning of Sep 2023
<b>Wheat</b>	Not grown in Israel	Not grown in Israel
<b>VEGETABLES &amp; FRESH HERBS</b>	<b>Avoid From</b>	<b>Avoid Until</b>
<b>Artichoke</b>	Beginning of Oct 2021	End of Sep 2022
<b>Asparagus</b>	Beginning of Sep 2021	End of Sep 2022
<b>Aubergine / Eggplant</b>	Beginning of Sep 2021	19 <sup>th</sup> of Dec 2022
<b>Basil</b>	Beginning of Sep 2021	Middle of Feb 2023
<b>Beet</b>	Beginning of Sep 2021	19 <sup>th</sup> of Dec 2022
<b>Broad Bean</b>	Beginning of April 2022	Beginning of July 2023
<b>Broccoli</b>	Beginning of Sep 2021	19 <sup>th</sup> of Dec 2022
<b>Cabbage (Red)</b>	Beginning of Sep 2021	19 <sup>th</sup> of Dec 2022
<b>Cabbage (White)</b>	Beginning of Sep 2021	19 <sup>th</sup> of Dec 2022

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

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

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<b>Cloves*</b>	See note below	
<b>Crocus*</b>	See note below	
<b>Cumin*</b>	See note below	
<b>Ginger</b>	Not grown in Israel	Not grown in Israel
<b>Saffron*</b>	See note below	
<b>Za'atar</b>	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:** Tuesday 26th July 2022

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

### Links

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