



Anyada Buena, Shanah Tovah Educator Guide

A little girl and her Sephardic Jewish family joyfully greet the Jewish New Year.

"When leaves begin falling, the shofar comes calling. The halá golden brown is shaped round like a crown. *Anyada Buena!* Shanah Tovah!"



Anyada Buena (a good year) is the Jewish new year greeting in *Ladino*, the language spoken by Sephardic Jews, those with Spanish origin dating back to 1492. Ladino is still spoken today by Sephardic Jews all over the world. To wish someone well for the Jewish new year, Rosh Hashanah, Sephardic Jews say *Anyada buena* (pronounced a-NYA-da BUE-na) in addition to the similar meaning Hebrew expression, *Shana tovah* (sha-NA toe-VA).

Many of the customs and rituals for Rosh Hashanah are celebrated the same way, no matter where a Jew is from. However, one tradition, the Rosh Hashanah seder is more common in Sephardic families.

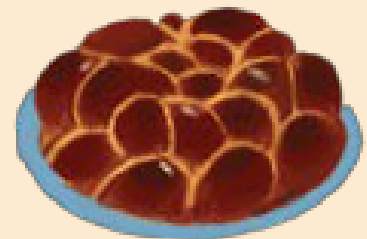
The holiday of Passover is often associated with a seder, an ordered meal in which symbolic foods are eaten, but Sephardic Jews also make a special seder for the Jewish new year!

The book *Anyada Buena, Shanah Tovah* introduces this concept to young children.

It is a Sephardic custom to celebrate a Rosh Hashana seder with eight symbolic foods that are blessed to ensure a good year ahead. We say a blessing over each of the foods, asking God to hear our hopes and wishes for the new year. Then we eat the food, and by doing so, we hope our wish comes true.

As seen on pages of the book, here are the eight special foods that traditionally appear on the Rosh Hashanah seder plate:

1. Apples
2. Leek
3. Beets or Spinach
4. Dates
5. Squash (zucchini, or pumpkin)
6. Pomegranate
7. Black-eyed peas
8. Head of a fish (or lettuce)



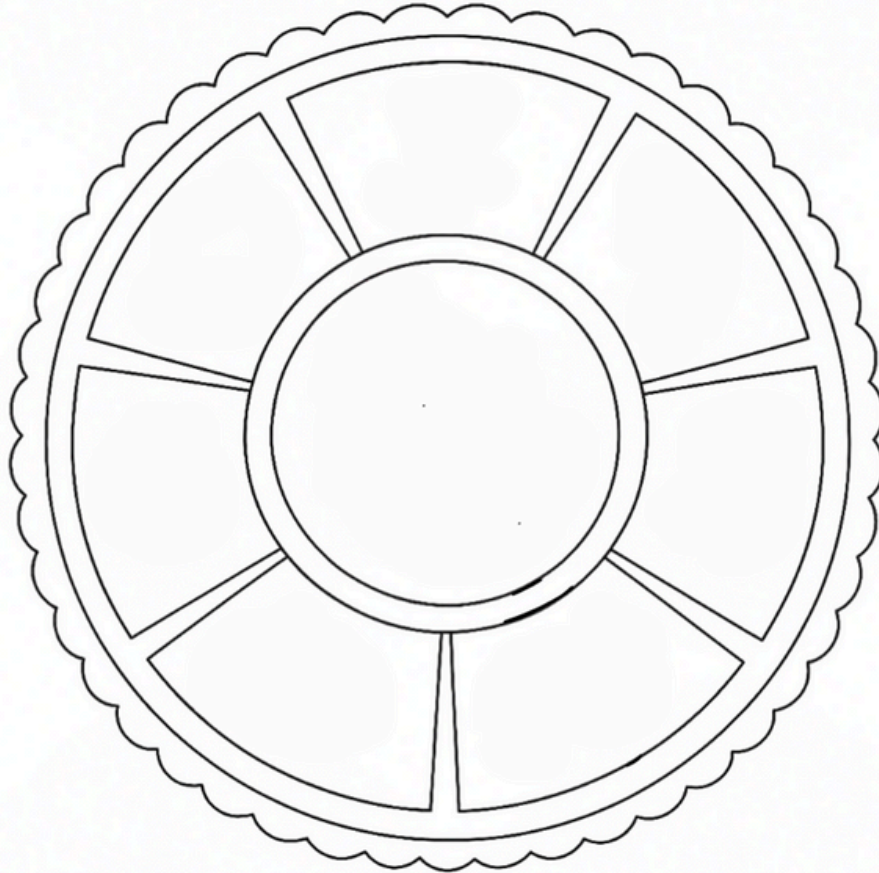
The following page includes a coloring activity with these eight items. The next page has a blank seder plate with eight spaces for a child to put their own special foods. If your child is old enough, ask them to think about what wishes the special foods they've chosen could bring in the new year.

Rosh Hashanah Seder Plate



APPLE	DATES
LEEKs	POMEGRANATE
BEETS	SQUASH
BLACK-EYED PEAS	FISH HEAD

Create Your Own!



Food

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Wish

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Pumpkin Burekas

Food is always a special way to engage with children around Jewish holidays. One of the Rosh Hashanah seder foods, squash, is particularly common to cook with during the season because the blessing we recite for it reminds us to count our blessings. Here is an easy recipe for making pumpkin burekas, Sephardic pastries, with young ones. Enjoy eating these pumpkin treats for Rosh Hashanah – and the whole year round!

Recipe - Makes about 24

Ingredients

- 1 15-ounce can pumpkin puree
- 1 large egg
- 1 cup crumbled feta cheese
- ½ cup grated parmesan cheese
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ teaspoon salt
- 1 package phyllo dough, defrosted
- ½ cup olive oil

Equipment needed

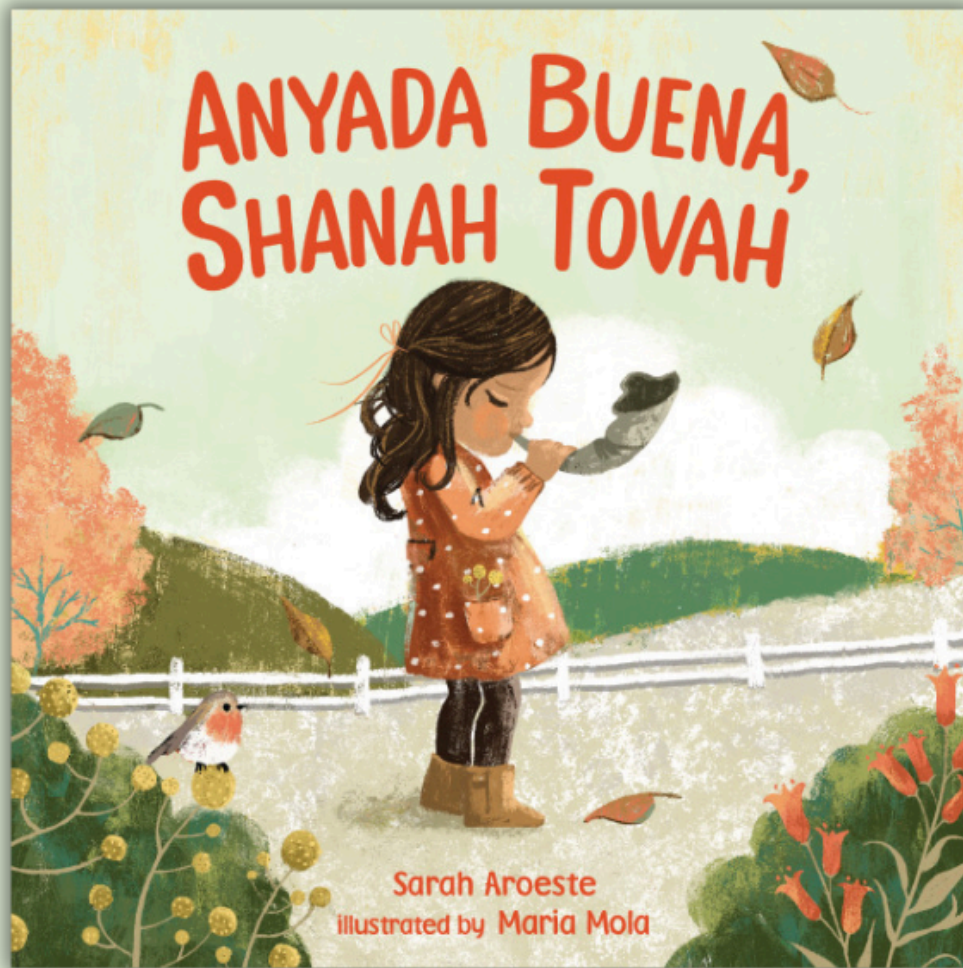
- 2 baking sheets lined with parchment paper
- Mixing bowl/mixing spoon
- Measuring cup and spoons
- Sharp knife or kitchen scissors to cut phyllo dough
- Bowl and brush for olive oil
- Paper towels

1. Preheat oven to 350 degrees.
2. Put all the ingredients except the phyllo and olive oil in the bowl and mix very well.
3. Unwrap a roll of phyllo dough (a box normally has two rolls in approximately 14 x 9 sheets). Carefully unfold the layers and, leaving all the layers together, use a sharp knife or kitchen scissors to cut the phyllo sheets in half lengthwise. Place the two halves together (you should now have one big stack of rectangular sheets) and cover with a damp towel to avoid drying out.
4. Take two sheets at a time and place on a flat surface; lightly brush the top with oil.
5. Place a tablespoon of filling in the bottom right corner and fold over the corner into a triangular shape. Continue folding towards the left in a straight line, like a flag. It's ok if the phyllo dough tears – just keep on going! After the last fold, wrap around any remaining dough and brush the edge with oil to close the triangle.
6. Transfer to the baking sheet. Repeat until you've used up your filling.
7. Bake about 20 minutes or until golden brown on top.

Enjoy!

Here is the author making some with her own children!





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Ages: 1 - 4 HC: 979-8-7656-1963-6 • \$9.99

EB: 979-8-7656-7558-8 • \$9.99



Sarah Aroeste, an award-winning singer-songwriter and children's author, preserves Sephardic culture through music and books. Since 2001, she's released eight Ladino albums and several bilingual books. She lives in Massachusetts, baking biscochos with her family.



Maria Mola loves Saturdays and coffee. Born in Barcelona, she trained at the Francesca Bonnemaison School in Barcelona and the Moore College of Art in Philadelphia. She works in both traditional and digital media, often combining both. She lives in Chicago.

Photo credit: Maria Mola