The Chicago Center
Digest
Mishna Berura
THE DAILY RESOURCE FOR MISHNA BERURA YOMI
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סימן ר"ד סעיף י"א-י"ג

Overview

Siman 205 Seif 1:

When eating vegetables one recites בורא פרי האדמה even if they were cooked. Similarly, regarding fruit and beans that are eaten raw and cooked one recites after they were cooked the same beracha one recites before they were cooked. Regarding squash, beets, cabbage and other foods that are better when eaten cooked than when eaten raw when eaten raw one recites שהכל and when eaten cooked one recites בורא פרי האדמה. When eating תומי (garlic) **and כרתי** (leek) **that are raw one recites האדמהbut after they are cooked one recites שהכל** because cooking changes it for the worse. Even if they were cooked with meat and improved the improvement is not due to itself; rather it is due the presence of the meat.

- Shulchan Aruch refers to vegetables that can be eaten raw and cooked. (M.B. 1)
- Regarding beans that people eat only cooked, one who eats them raw recites שהכל. (M.B. 2)
- The wording implies that even though they are edible raw since it tastes better cooked one recites שהכל. However, if most people eat them raw as well one recites האדמה. (M.B. 3)
- Vegetables that are pickled or salted are the same as ones that are cooked. One recites האדמה when eating cabbage that was pickled even though it is raw but when eating it raw without pickling one recites שהכל. If lettuce is mixed with oil and vinegar one recites בורא פרי האדמה even though it is raw. (M.B. 4)
- Later authorities write that this applies only regarding garlic that is soft that people eat raw but when eating garlic that is very sharp one recites שהכל. The same is true regarding onions. In our countries where people do not eat garlic or onion raw without bread one recites שהכל. (M.B. 5)
- If one cooks onions for an extended period of time until they shrivel and are tasty one recites האדמה since they become better as a result of the cooking. (M.B. 6)
- Later authorities write that one who cooks vegetables with meat and one's intent was to also eat the vegetables one recites האדמה on the vegetables even though they deteriorate if they are cooked without meat. This is different than Rema's case since Rema refers to where the garlic is added to make the meat taste better. (M.B. 7)

Halacha Highlight

Lettuce, cabbage and cauliflower

Shulchan Aruch Siman 205 Seif 1
אבל קרא וסלקא וכרוב וכיוצא בהם
On squash, beets, cabbage and other similar foods

Shulchan Aruch writes that since squash, beets and cabbage are better when cooked than raw, one who eats them raw recites שהכל, and בורא פרי האדמה is recited only when it is eaten cooked. Mishnah Berurah (סק"ד) contends that Shulchan Aruch did not mean cooking specifically; rather even if the vegetable is generally eaten after it is pickled in vinegar one recites בורא פרי האדמה only after it is pickled. Regarding lettuce, Mishnah Berurah writes that if it is mixed with oil and vinegar one recites בורא פרי האדמה even though the lettuce is raw. The implication is that one who eats raw lettuce that is not mixed with oil and vinegar one would not recite the beracha of האדמה.

Nowadays, the manner in which lettuce and cabbage are eaten has changed. Since the leaves are thinner and are not bitter, it is common for people to eat them without cooking or mixing it with oil and vinegar. Accordingly, we recite בורא פרי האדמה when eating raw cabbage and lettuce. If one were to cook and eat cabbage or lettuce by itself, one would recite שהכל since they lose some of their taste when they are cooked and they are generally cooked with other foods to enhance the taste of the other foods. A similar change occurred with regards to carrots. Mishnah Berurah (סק"י ס"ח) presents a dispute whether one recites האדמה or שהכל when eating raw carrots (מייארי"ן). Nowadays that people eat carrots raw and cooked, one always recites האדמה. Sefer Piskei Teshuvos (אות א') writes that the halacha concerning cauliflower has not changed and when cooked one recites האדמה but when eaten raw one recites שהכל. Other Poskim do not draw this distinction and simply write that one recites האדמה on cauliflower (ספר וזאת הברכה).