

# The Lulav and Etrog: The Four Kinds



**Every day of Sukkot (except Shabbat) we take the Arba Minim, aka "Four Kinds." Sukkot is a seven-day holiday starting on Tishrei 15 and concluding on Tishrei 21.**

What are the four kinds? A palm branch (lulav), two willows (aravot), a minimum of three myrtles (haddasim), and one citron (etrog). The first three kinds are neatly bundled together—your Arba Minim vendor can assemble it for you. [Click here](#) for a guide to binding the lulav.

## Kosher

Not all sets of Arba Minim on the market are kosher. Check with your rabbi. And treat your set with TLC—they're fragile goods!

## First Day

On the first day of Sukkot (or the first time on Sukkot you get to do this), at this point say:  
Blessed are You, L-rd our G-d, King of the Universe, who has granted us life, sustained us and enabled us to reach this occasion.

## How?

Hold the lulav in your right hand (unless you're a lefty) with its spine facing you. Face east and say: Blessed are You, L-rd our G-d, King of the Universe, who has sanctified us with His commandments and commanded regarding taking the Lulav.

*Treat your set with TLC—they're fragile goods!  
Pick up the etrog in your left hand.*

## Jewish Unity

Jewish unity is one of the central themes of Sukkot. The four kinds you are holding symbolize four types of Jews, with differing levels of Torah knowledge and observance. Bringing them together represents our unity as a nation—despite our external differences.

Learn more about the holiday of Sukkot at: [www.alephne.org/sukkot](http://www.alephne.org/sukkot)