

And a Cat from Carmel Market

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{ What surprises you about Shabbat? }

Hurry Up and Slow Down

Shabbat, the Jewish Sabbath, is a day of much-needed rest that arrives every Friday night and lasts through Saturday evening. Almost as important as Shabbat is the act of preparing for Shabbat – making a guest list and a menu, baking challah (traditional braided bread), or, in Bubbe’s case, going on a shopping spree in Tel Aviv’s Carmel Market. After all, it’s generally true that the more effort one puts into preparing for something, the more special it turns out to be. To learn more, visit pjlibrary.org/catcarmelmarket.



HANDS ON!

Make Your Own Reusable Shopping Bag

Bubbe brings her own bags when she goes shopping for food. Reusable bags are easy to make from old T-shirts. Take a cue from Bubbe and make yours extra catty.

Supplies:

Old plain T-shirt, any size

Scissors

Fabric pen (optional)

Turn the T-shirt inside out. Cut the sleeves and neck off of the old T-shirt and save the fabric for another use.

Cut the hem off the bottom of the shirt. Now gather the bottom together and use the hem you just removed to tie the bottom together very tightly two or three times.

Cut the excess hem fabric away, then turn the bag right side out again.

If you like, draw a simple cat face on your bag. That way, even if you aren’t shopping at an outdoor shuk like Bubbe, you’ll have at least one cat with you!

All “Shuk” Up

Israel’s two largest cities, Jerusalem and Tel Aviv, each have a wonderful outdoor shuk (Hebrew for “market”). A shuk is filled with colorful produce and local specialties like babka and halvah as well as spices, clothing, and electronics. At the Machane Yehuda Market in Jerusalem, you can discover the talent of local artists on a very unique canvas – but only after the metal shutter doors of the market come down to reveal their work! An evening stroll that begins with taking in the art might end with dancing, since the shuk becomes a hotspot for nightlife after dark.

Millions of Cats

Along with her purchases, Bubbe gets a bonus thrown in – cats. Cats roam the streets freely across Israel, but usually they don’t jump into people’s shopping baskets. These cats may not know it, but they’re in for a treat. At Bubbe’s house on a Friday night, they will enjoy the smell of fresh challah, feel gentle scratching behind the ears from a table full of guests, and enjoy the peace of Shabbat candles. Shabbat shalom, everyone!

TALK IT OVER WITH YOUR KIDS

DO you ever shop at an outdoor market? What do you see and hear there?

BUBBE loves to cook for her friends. How do you help in the kitchen?

THE cats calm down when Bubbe lights the Shabbat candles. What makes you feel calm and peaceful?