

VEGETABLES - YERAKOT

Artichoke	Artichok	Leek	Iuf, krisha
Asparagus	Asparagus	Mushrooms	Pitriot
Avocado	Avocado	Okra	Bamia
Beans (green)	Shu'it yeruka	Onion	batzal
Beans (yellow)	Shu'it tzehuba	Onion (red)	batzal adom
Beets	Selek	Peas	Afuna
Broccoli	Broccoli	Pepper (green)	Pilpel yarok
Cabbage	Kruv	Pepper (red)	Pilpel adom,
Cabbage (red)	Kruv adom	Gamba	
Carrot	Gezer	Pepper (hot)	Pilpel kharif
Cauliflower	Kruvit	Potato	Tapuakh adama
Celeri	Celeri	Pumpkin	Dla'at
Chard	Alei selek	Radish	Tsnon
Corn	Tiras	Spinach	Tered
Cucumber	Melafefon	Squash	Kishu
Eggplant	Hatzilim	Sweet potato	Batata
Endive	Olesh	Tomato	Agvania
Fennel	Shumar	Tomato (cherry)	Agnaniat cheri
Kohlrabi	Kolrabi		
Turnip	Lefet		

FRUIT – PEROT

Almonds	shkedim
Apple	Tapuah
Apricot	Mishmish
Banana	Banana
Cherries	Duvdevanim
Coconut	Kokus
Date	Tamar
Fig	Tehina
Grapefruit	Eshkoliot
Grapes	Anavim
Guava	Goyava
Hazelnuts	Egozei luz
Kiwi	Kiwi
Kumkat	Tapuz sini
Lemon	Limon
Lychee	Lychee
Mango	Mango

Melon	Melon
Olive	za'it (zeitim)
Orange	Tapuz
Papaya	Papaya
Passion fruit	Pasiflora
Peach	Afarsek
Pear	Agas
Persimon	Afarsemon
Pineapple	Ananas
Pomelo	Pomelo
Plum	Shezif
Pomegranate	Rimon
Quince	Havush
Raisins	Tsimukim
Strawberries	Tutim
Tangerine	Clementina
Walnuts	Egozei Melekh

HERBS AND SPICES

Basil	Rehan/bazilikum
Chives	Irit
Cilantro	Cosbara
Dill	Shamir
Hyssop	Za'atar
Lemon grass	Lemon grass
Marjoram	Mayoram

Mint	Na'ana
Oregano	Oregano
Parsley	Petrozilia
Rosemary	Rozmarin
Sage	Marva
Tarragon	Tarragon
Thyme	Timin / Kornit

Allspice	Pilpel angli
Cinnamon	Kinamon
Curry	Kari
Lemon salt	Melakh Limon
Paprika	Paprika metuka

Paprika (hot)	Paprika Kharifa
Pepper (black)	Pilpel Shakhor
Pepper (red hot)	Pilpel Kharif
Salt	Melakh
Turmeric	Kurkum

BAKING and MISCELLEANOUS

Baking powder	Avkat Afia
Baking soda	Soda le chtiya
Cacao	Cacao
Cornflour	Kemakh Tiras
Flour	Kemakh
Flour (whole wheat)	Kemakh Maleh

Flour (self rising)	Kemakh
Tofe'akh	
Sugar	Sukar
Vanilla extract	Tamseet vanil
Yeast	Chmarim

Bread	Lekhem
Bread (whole wheat)	Lekhem Maleh
Cake	Uga
Cookies	Ugiyot
Cottage cheese	kotage
Crackers	Crakers / Patit
Cream (sour)	Chamenet Hamutza

Cream (Sweet)	Chamenet Metuka
Egg (s)	Betza /betzim
Farmer cheese	Gvina levana
Jam	Riba
Whipping cream	Chamenet le katsefet
Yoghurt	Yoghurt

Beer (malt)	Bira Shkhora
Beer	Bira
Chocolate	chocolat
Coffee	kafe
Juice	Mitz
Milk	Khalav
Sour milk	Kfir

Soy milk	Khalav soya
Tea (herbal)	Te tzmakhim
Tea	Te
Water	Mayim
Water (mineral)	Mayim mineralim
Wine (red)	Ya'in adom
Wine (white)	Ya'in lavan

FISH - POULTRY - MEAT

Chicken	Of		Duck	Barvaz
Chicken thighs	Kerayim		Sliced chicken breast	Shnitzel of
Chicken breast	Khaze of		Sliced turkey breast	Shnitzel hodu
Chicken liver	Kaved of		Turkey	Hodu
Chicken wings	Knafei of			
Meat	Bassar		Meat chopped	Bassar Takhun
Carp	Karpion		Sole	Sole
Daurade	Denis		St Peter's fish	Amnon
Grouper	Lokus		Trout	Forel
Mullet	Buri		Tuna	Tuna
Sardine	Sardine			
Salmon	Salomon			