

DIY Havdalah Spice Mix (*B'samim*) and Pouch

Want to make your own spice mix and pouch for our Havdalah service at the end of Yom Kippur? Here are some easy instructions. If you're having fun, take a video and share your DIY *b'samim* with us!

To make your own spice bags, you will need:

-- Face mask (the disposable blue & white ones are great for this)

OR paper coffee filter

OR any sheer/thin fabric you can cut into a 5x5" square

OR the foot part of a nylon stocking

OR muslin/mesh premade small drawstring bag

-- Ribbon, string or even a twist tie

-- Stapler or glue gun (only if using a mask to make your spice pouch)

-- A variety of spices, such as cloves, cardamom pods, star anise, dried lavender, cinnamon sticks and orange peel (to name a few). You may have many of these in your kitchen cabinets, or they can be found in the grocery store spice and baking aisle or ordered online.

-- Markers for decoration (optional)

Spice mix instructions:

Using a spoon, combine your spices together in a bowl. Quantities are up to you depending upon what spices you like. Stir them gently together and set aside.

Making the spice bags is a wonderful sensory experience. You (and your kids) can pick up each spice. Some are soft (like lavender) and some are prickly (like cloves). Close your eyes, and breathe deeply.

Pouch instructions:

With mask: Using a fresh face mask, remove the elastic straps and set them aside. Place the face mask white side down horizontally on your work surface (the same

way you wear it on your face). Fold the mask lengthwise, and staple, hot glue or tape the short ends to one another.

Decorate the mask or leave it blank -- the simplicity of an unadorned *b'samim* pouch is also beautiful.

Using a spoon, fill your pouch. When filled to your liking, staple, hot glue or tape the top ends together. Use the elastic straps you set aside to tie the ends of your sachets together or use pretty ribbon. (Please note that using a mask may not allow for the full fragrance of the spice mix to waft.)

With paper coffee filter: Open coffee filter, place the spice mixture in the center. Gather the ends together and cinch with ribbon, string or twist tie.

With fabric: Cut a 5" square of fabric. Decorate as you wish. Place the decorated side down on your table. Place the spice mix in the center of the square. Bring the 4 corners together and tie tightly right above the spices.

With nylon stocking: Cut the stocking 5" from the toe. Fill the stocking with your spice mix and close tightly with ribbon or string.

With a muslin/fabric/premade bag: Decorate as you wish. Fill the bag, cinch the strings.

Now you are ready! If you'd like, you can say a special blessing for a variety of spices:

Baruch atah, Adonai Eloheinu, Melech ha'olam, borei minei v'samim.

You can also tell children that when they breathe in their spices during the week, it will remind them about Shabbat, too -- Shabbat smells sweet, just like the spice bag!

Looking forward to being together for our Havdalah service!