

HolyLand Super-Premium Ice Cream Cakes

Milk & Honey Ice Cream • Boutique Torah Flavors

Etrog-Frankincense, Pomegranate-Dark Chocolate, Pistachio-Date
Rum Raisin, Carob-Walnut, Hazelnut, Mexican Fig Leaf & More

No Gluten, Refined Sugar, or Peanuts



Cherry-Flambe Ice Cream over Pistachio-Date Ice Cream. Photo Credit: Jacob Laderman

7% of Our Proceeds Help Young Homesleading Couples Purchase a Home in Israel!

info@HolyLandIceCream.com Phone/Whatsapp +972 54 210 6994

“LAND OF MILK & HONEY” ICE CREAM

Back to Nature—Back to Eretz Yisrael

- Authentic Biblical flavors--the most satisfying, healing foods on the planet!
- Fall in love with Eretz Yisrael’s beauty, abundance, and blessing.
- Include everyone in a birthday cake party—including the gluten-sensitive!



Photo Credit: Ephraim Laderman

Pomegranate HolyLand Ice Cream Cake layer over chocolate ice cream layer, topped with 100% chocolate pomegranates. View of Holy Land from Bat Ayin, Israel.

Cakes from G-d's Recipe Book:



Milk & Honey No gluten, chemicals, refined sugar

Seven Species Pomegranate • Fig Leaf • Rum-Raisin • Pistachio-Date

Cities Hazelnut

Jacob's Gifts to Joseph Pistachio-Date

Shimon Bar Yochai/Song of Songs Carob-Walnut

Holidays/Incense Spices Etrog-Frankincense

Photo: Beit Melech Hakodesh

Milk & Honey

A land flowing with milk & honey --20 Torah references

Milk

The Land flowing with "Milk" and Honey means goat milk, say our Sages. Since only a goat can give milk without first having a baby, the phrase shows how productive Eretz Yisrael will be when her people return to farm it!

Health Benefits Goat milk's smaller fats and proteins are more suitable for people. Goat milk avoids cow milk's:

- Growth hormones that cause weight gain and too-early maturation.
- Opiate-like beta-caseins that cause allergic reactions.
- Harmful antibiotics and milk-increasing drugs.

Sefira Netzach (victory)

Honey

Health Benefits 200+ nutrients: B-complex, minerals, amino acids, enzymes, organic acids, pollen, fragrance, flavors.¹ Antioxidant, anti-inflammatory, antitumor. High-quality honey helps prevent diabetes; protects heart & liver.² (Refined sugar can lead to nutrition deficits, behavior & immune issues, sugar addictions, diabetes.)

Sefira Malchut³ (Kingship)

¹ Riddle S: Chemistry of honey. *Bee Culture: Mag Am Beekeep* 07/25/16 beeculture.com/the-chemistry-of-honey/

² Bobis O, et al: Honey and Diabetes: The importance of natural simple sugars in diet for preventing and treating different type of diabetes. *Oxidative Medicine and Cellular Longevity* (a review article with over 100 references!). Published online 2018 Feb 4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5817209/>

³ <https://www.inner.org/healing/healing36>

Seven Species/Shiv'at HaMinim

A land of wheat & barley, vines, figs & pomegranates, a land of oil-olives & (date) honey Deut./Dev. 8:8

POMEGRANATE



Photo Credit: Ephraim Laderman

A golden bell and a pomegranate...on the [Cohein Gadol (High Priest's)] robe hem around. (Shemot/Ex. 28:34)

Your appearance is like an orchard of pomegranates. (Shir HaShirim/Song of Songs4:13)

400 copper pomegranates adorned the Beit HaMikdash's two columns (I Kings 7:18).

"The best thing I have ever eaten!" Customer

"It's been so long since I have had eaten something so delicious!" Customer

POMEGRANATE FACTS

Care Drought-tolerant; vase-shaped wild pomegranate can be pruned into a tree.

Sefira Hod (Glory). Aaron, the original Cohein Gadol (High Priest), like the pomegranates around his robe's hem, represents Hod.

Health Benefits High in vitamins (Bs, C, K,); minerals (calcium, copper, folate, potassium), and antioxidants (tannins, anthocyanins, ellagic acid, & the powerful phytochemicals "punicalagins"). Antiviral & antibacterial, pomegranate juice unblocks coronary & carotid arteries & lowers systolic blood pressure.

POMEGRANATE ANCIENT ART



Triple Pomegranate on Silver Shekel 67-68 CE

Ancient golden bell, from Cohein Gadol hem?

FIG LEAF



Photo Credit: Ephraim Laderman

100% chocolate fig leaves on four-layer Fig Leaf Ice Cream Cake
(two layers fig leaf ice cream alternating with two layers chocolate ice cream)

The fig tree is forming its figs... (Shir HaShirim/Song of Songs 2:13)

Along the stream...will arise trees for food....and their leaves for healing. (Yechezkel Ezekiel 47:12)

One of the Seven Species, this unique coconut-cinnamon flavor is made from fig leaf (not the fig fruit), from a native Mexican recipe!

Care Fig tree roots find water even in craggy limestone rocks. If you are looking for a cave, look for a bright green fig tree. You will probably find the cave opening there!

Sefira Netzach (Eternity)

Health Benefits of Figs Rich in vitamin B6, minerals (calcium, iron, magnesium, manganese, phosphorus, potassium), fiber, omega-3 and omega-6. Promotes bone density and lowers blood pressure; used to treat skin conditions such as eczema and psoriasis. **Health Benefits of Fig Leaves** Lower triglyceride levels.

RUM-RAISIN

Sustain me with raisin cakes... The grape vines give forth their fragrance.

Song of Songs/Shir HaShirim 2:5, 2:13



Grape sculptures at grape festival in grape-growing area, Herat, Afghanistan, 2019

Grape blossoms smell like the variety of grape that will result.

Care Grape vines do well in mountain terrain because their roots can reach 40 feet below to find nutrients and water. The tribal lands of Yehuda—especially the mountainous areas from Jerusalem to Hebron and surrounding Lachish—are primary grape-growing areas (as was Yehuda’s blessing).

Sefira Tiferet

Health Benefits Grapes have vitamins (A, B, C, K), minerals (potassium, calcium, magnesium, phosphorus), fiber, antioxidants, and some protein. Flavonoids, such as myricetin, resveratrol, and quercetin, protect against free radicals and slow aging. Grapes increase blood nitric oxide, preventing blood clots and aiding blood pressure and cardiovascular health.

PISTACHIO-DATE

(see cover photo)

PISTACHIOS

Pistachio nuts (*botnim*) were one of the choice fruits of the Land of Israel that Jacob had sent to the ruler of Egypt (his own son, Joseph) (Bereishit/Gen. 43:11).

Care Pistachio trees thrive in heat and cold as well as drought; their roots grow as far as 30 meters into the ground to find water!

Health Benefits Pistachios are rich in minerals (calcium, copper, iron, magnesium, phosphorus, potassium, sodium, zinc), vitamins (A, B, C, E, K), betaine, fiber, and protein (20 g protein per 100 g!). Antioxidants (such as lutein & zeaxanthin) combat macular disease and diabetes and control blood sugar levels and blood pressure. Copper helps increase hemoglobin and blood flow; pistachio’s fatty acids help reduce skin dryness. The vitamins are anti-inflammatory and vitamin B6 helps build amino acids that transmit nerve impulses and boost immunity.

DATES

Your stature is like a date palm -- Shir HaShirim 7:6

Dates lend a delicious sweetness to the pistachios.

Care Date palms grow up to 75 feet high and, though a desert dweller, each tree needs 175,000 liters of water a year! Their height may be climbed three times a season: to pollinate the flowers, to thin the dates for optimum size, and to harvest the dates. Date palms bear up to 12 bunches of dates, with up to 1,000 dates per bunch; one tree can give over 100 kilograms of dates! When you eat HolyLand Pistachio-Date Ice Cream, each spoonful represents nearly 175 feet of trees and roots. How cool is that!!!

Sefira Malchut

Health Benefits Dates contain minerals (boron, calcium, copper, fluorine, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc.), vitamins (A, A1, B complex, C, K), and 23 amino acids. These vitamins and minerals help produce hemoglobin for increased red blood cells. Potassium is essential for muscle contractions (including the heart), a healthy nervous system, and efficient metabolism. Dates' soluble fiber helps decrease high blood sugar and high cholesterol. Antioxidants include tannins (fight infections, inflammation, & easy bleeding) and flavonoids that protect against disease. Dates have compounds that mimic oxytocin, shortening labor and easing delivery.

DATE PALM TREES IN ANCIENT ART



Judea Capta coin 92 CE:
Date Tree Symbolizing Israel



Picking dates strapped to top of tree
Photo credit: Abdullah Alshuhi

Cities

HAZELNUT (FILBERT)



Photo Credit: Ephraim Laderman

Hazelnut Ice Cream layer over Chocolate-Hazelnut Ice Cream layer

- Luz (“Hazelnut”), a town near Beit El, had a secret entrance through a cave behind a hazelnut bush (Shoftim/ Judges 1:24/Rashi).
- Jacob receives the Creator’s blessing at the dream of the ladder (Bereishit/Gen. 28:11-19) at Luz/Beth El.
- Jacob uses branches of hazelnut and other trees so Lavan’s flock would birth speckled kids and brown lambs (Bereishit/Gen. 30:37).

Health Benefits Hazelnuts are 50% oil by weight. Hazelnut oil is 75% monounsaturated—so similar to olive oil that the Europeans had to develop a DNA test to tell the difference. Hazelnuts are high in protein (100 g has 14g protein!) with many amino acids, vitamins (A & carotenes, Bs including folate, E, K), minerals (calcium, iron, magnesium, manganese, potassium, zinc), betaine, and fiber. Plus lutein, zeaxanthin.

R' Shimon Bar Yochai/Song of Songs

CAROB-WALNUT



Photo Credit: Hasia Fragen

Walnut cherub-wings on a carob-walnut ice cream cake

CAROB

We honor Rabbi Shimon Bar Yochai and his son Elazar, who ate carob fruit for 12 years while hiding in a cave from the Romans to study Torah.

Honi Me'ageil meets an old man planting a carob tree for his descendants, falls asleep for 70 years, and then meets a grandson picking carobs from the tree.

The carob seed may be the Torah's "gera" weight. (A pure gold Roman coin weighed 24 carob ("carat") seeds and pure gold is still called 24 carat!)

Care This evergreen grows as a shrub or tree. Carob fruits take a year to develop! Thanks to a long tap root, uncrowded carob trees can survive on only 6"-15" of rain a year (but need 20-22" to produce fruit).

Health Benefits Carob powder contains vitamins (niacin, B2, B6, folic acid, B12; A,C,D); 17 fatty acids; cyclitols, or inositols (especially D-pinitol), which are anticancer, antidiabetic, antioxidant, hepatoprotective, immunomodulator, balancing Th1/Th2 cytokines, osteoporosis preventive, anti-aging, improver of creatine retention, preventive and ameliorative of Alzheimer's disease; and minerals (calcium, copper, iron, magnesium, manganese, potassium, zinc). Its high antioxidants, polyphenols, and fibers make it anticancer, antihyperlipidemia, and antidiabetic.

WALNUTS

El ginat egoz yaraditi (I went down to the walnut grove) (Shir HaShirim/Song of Songs: 5:11)

Care Walnut trees can grow 100 feet high. They poison the soil underneath them to reduce competition from other plants!

Health Benefits Walnuts are a rich source of vitamins and pro-vitamins (beta-carotene; B vitamins thiamin, riboflavin, niacin, pantothenic acid, B6, folate; E); minerals (calcium, iron, magnesium, potassium, zinc); lutein; zeaxanthin; phytosterols; and antioxidants such as quinone juglone, the tannin tellimagrandin, and the flavonol morin. These antioxidants are strong free-radical scavengers and also help prevent chemical-induced liver damage. Walnut's polyphenolic and phytochemical substances are anti-inflammatory.

Walnuts are 15 percent protein (especially rich in L-arginine). Essential fatty acids include the heart-healthy omega-3 fatty acids linoleic acid, alpha-linolenic acid (ALA), and arachidonic acids as well as the omega-6 fatty acid linoleic acid. Walnuts improve bone health with copper, phosphorus, and essential fatty acids. The omega-3 fatty acids help improve memory, focus, and mood, and walnuts in general help relieve dementia and epilepsy. Walnuts have bioavailable melatonin for good sleep.

Holidays (Sukkot)/Incense Spices

ETROG-FRANKINCENSE



Photo Credit: Ephraim Laderman

Frankincense "tears" and organic edible Yemenite etrog

ETROG

The entire fruit gladdens the heart and strengthens the body, and can cure any illness.

Ben Ish Chai (R. Yosef Haim of Baghdad)
The Wonders of Your Deeds

Care Needing lots of water (Gemara), this evergreen prefers the Mediterranean climate protected from winter wind. Like other citrus, it has a long taproot.

Sefira Malchut

Health Benefits Antioxidant (vitamins C & E, beta-carotene, lipotene, phenols), analgesic, anticancer, anticholinesterase, antidiabetic, antifungal, antimicro-bial, antiulcer, estrogenic (seeds), hypocholesterolemic, hypolipidemic, insulin secretagogue. Peels: 43+ alkaloids, flavonoids, phe-nols, steroids, coumarins, limettin, scoparone, scopoletin, umbellicferone.

FRANKINCENSE

I will go to...the hill of frankincense.... (Shir HaShirim/Song of Songs 4:6)

Frankincense, the dried sap of the *Boswellia sacra* tree, is one of the 11 ketoret incense spices of the Beit HaMikdash (Temple in Jerusalem). The sole spice on the Lechem HaPanim table, frankincense pairs well with etrog in this surprising HolyLand Ice Cream combination.

Care Frankincense trees likely grew in Israel in Biblical times. *Boswellia sacra* grows in coastal, arid limestone valleys of Dhofar, Oman (southeast Arabian Peninsula). When Dhofar's mountains stop the clouds from India's monsoons, the frankincense trees' leaves catch the clouds' mist and drip water onto the ground. Since limestone

absorbs water, the deep roots need only two months of monsoon clouds a year to keep the trees healthy! Frankincense trees are being restored to Israel at Guy Ehrlich's Balm of Gilead Farm at the Dead Sea!

Sefira Da'at

Health Benefits Analgesic, antibacterial, antifungal, hepatoprotective, antioxidant, anticoagulant, anticarcinogenic, anti-inflammatory (such as for rheumatoid arthritis and Crohn disease), and cardioprotective. Treats gastric, hepatic, and skin disorders.



Photo Credit: Ephraim Laderman

Etrog-Frankincense ice cream with chocolate ice cream, topped with candied organic etrog peel, chocolate-covered candied organic etrog peel, and etrog candies. All sugar-free!

Tasty Testers



Photo Credit: Ephraim Laderman

Tasty Tester 7 Boutique Torah Flavors: Pomegranate (Center). Clockwise from Top: Fig Leaf, Etrog-Frankincense, Rum Raisin, Hazelnut, Carob-Walnut, Pistachio-Date

13-Fruit (& Nut) Tutti-Frutti Ice Cream Cake



Photo Credit: Hasia Fragen

Ice Creams: Banana-Coconut-Date, Blueberry & Lemon Zest with Chocolate Shavings,
Strawberry, Cherry with Cherry Liquor, Chocolate
Plus: Kiwi Slices, Mulberries, Walnuts, Strawberries, Lime Shavings



Photo Credit: Hasia Fragen

Our Story



Photo Credit: Sara-Malka Laderman

What I really love is seeing seemingly disparate things combined and working in harmony. Take people and nature. I love connecting to goats, nurturing them, and having them nurture me. The give-and-take makes me feel one with Creation. Like Hashem is watching over all of us.

To go out into nature to harvest pomegranates, ma'aser them, and squeeze them by hand to make one of the world's most remarkably healing juices for my pomegranate ice cream is to enter into a truly spiritual realm of connection to Hashem's bounty.

We are on a journey toward a new world of Mashiach and closeness to G-d. We can already connect to that world--and to the bounty and love that is Eretz Yisrael.

In natural HolyLand ice cream--stripped down, without the extra unnecessary sugars and chemicals, without the over-processing--we can truly taste G-d's love for us.