

ARTICLE

Blessed Fruit

Allah Ta'ala says in the noble Qur'aan, 'Do you not see that Allah sends down rain from the sky, and we produce therewith fruits of various colours.' (Surah Faatir 27)

And Allah Ta'ala says, 'And He sent down rain from the sky and brought forth fruits as a provision for you.' (Surah Baqarah 22)

Fruits and vegetables are a great bounty of Allah Ta'ala upon humanity. Some provide nourishment and others are a source of satisfaction and refreshment. As Muslims, we have been taught in the Qur'aan and Ahadith to be thankful to Allah Ta'ala – our Sole Sustainer – for every minute bounty of His. Similarly, it is only becoming of a true believer that he remembers his creator during times of enjoyment and happiness just as he turns to Almighty Allah in times of difficulty and distress.

The practice of Rasulullah r at the time of receiving the first fruit of the season was that he would firstly show utmost respect for it, he would then recite a supplication to Allah Ta'ala. Thereafter, he would not partake of it himself, instead he would give it to any child that was present.

Sayyiduna Abu Hurayrah t, Sayyiduna ibn Abbaas t, Sayyiduna Anas t and Sayyidatuna Aaisha t have reported that 'when the first fruit of the season used to be brought to Rasulullah r, he used to kiss it, touch it to his eyes, recite the following Du'aa and then give it to the smallest child in his presence:

'Allaahumma kamaa araytanaa awwalahu, arinaa aakhirahu'

Trans: Oh Allah, just as you have shown us the first of it, also show us the last of it

(These narrations have been recorded by Imaams Abu Dawud in al-Maraaseel Hadith475-476, Ibnus-Sunni Hadith280; Tabraani in al-Mu'jamus Saghir vol.2 pg.11 and in his Kitaabud-Du'aa Hadith2004, 2005 with slight variations) Haafiz Haythami (RA) has classified the narration of al-Mu'jamus saghir as Sahih (authentic).

The reason for giving it to a child is either because of the similarity between the two that both are new in the world or because of the extreme joy that a child experiences through this. (al-Futoohaat al-Rabbaaniyyah vol.6 pg.235-236)

Hafiz ibn Allaan (RA) mentions that the reason for Rasulullah (Sallallaahu Alayhi Wasallam) kissing the fruit and touching it to his eyes is because it has been newly created by Almighty Allah. Just as Rasulullah r used to go out in the rain and open his chest (so that the rain may touch him) and he would say, 'Verily it (raindrops) recently left my Lord!'. (Sahih Muslim Hadith2080)

The following Du'aa has also been authentically recorded to have been recited by Rasulullah [sallallaahu alayhi wasallam] upon sighting the first fruit of the season:

Allaahumma baarik lanaa fiy thamarinaa, wa baarik lanaa fiy madeenatinaa, wa baarik lanaa fiy swaa'inaa, wa baarik lanaa fiy muddinaa

Trans: O Allah grant us Barakah (blessings) in our fruit, grant us Barakah in our Madinah (town) grant us Barakah in our measure, and grant us Barakah in our weight.

(Sahih Muslim Hadith1373)

From among the fruits that Rasulullah [sallallaahu alayhi wasallam] is reported to have consumed in his lifetime are the following:

- a) Fresh dates;
- b) Dry dates;
- c) Grapes. Rasulullah would enjoy eating it;
- d) Raisins;
- e) Pomegranates. Sayyiduna Abdullah ibn Abbaas t is reported to have commented regarding the pomegranate that, in each one, there is a seed from Jannah. (Paradise). (Majma-uz-zawaaid vol.5 pg.45) In fact, the Qur'aan states that pomegrates will be among the fruit of Jannah. [Surah ar-Rahmaan 68]
- f) Cucumber. Rasulullah [sallallaahu alayhi wasallam] would love it also, and he would at times prefer to have it with a bit of salt.
- g) Mellon. The mellon as well as the fresh date are reported to be from the most beloved of fruits to Rasulullah [sallallaahu alayhi wasallam]. (refer Subulul-hudaa war rashaad vol.7 pgs.204-209; Ilmiyyah)