

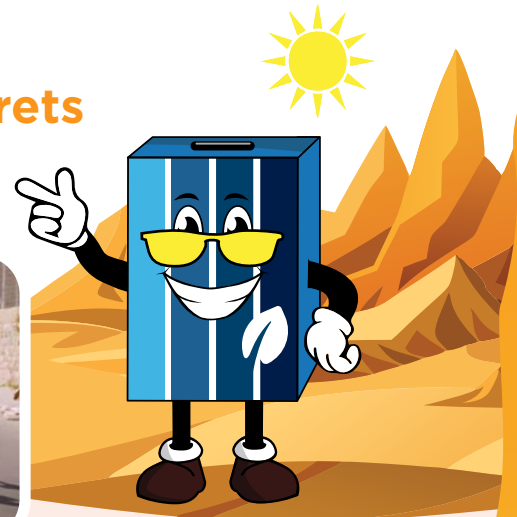
## Hebrew Phrase:

קום והתהלך בארץ | **Kum VeHit'halech Ba'Arets**  
Get up and wander the land!

The song "Yama" is about walking in this special land - [Listen Here](#)

## Summer in Israel!

In Israel, summer is in full swing in July and August, with high temperatures and almost no precipitation, it's the perfect time to bask in the warm water of the Mediterranean and tour the different amazing regions of the land of Israel!



## Facts about the Negev:

- The Negev, or in Arabic Al-Naqab, comes from the Hebrew root n-g-b, "to dry", because it is super hot and dry there!
- It is home to the UNESCO World Heritage Site - the Negev Incense Route - a former trade route in the desert that connected Arabia to the Mediterranean in the Hellenistic Roman period.
- One of the most unique features of the area is a large makhteshim, or erosion craters, surrounded by high cliffs. The largest and most famous is Makhtesh Ramon, which is about 40 km long and 10 km wide.
- Due to minimal light pollution and clear skies, the Negev desert, particularly areas like Makhtesh Ramon and Mitzpe Ramon, offers exceptional conditions for stargazing.
- Another unique feature, diverse topography: the Negev is not a uniform sand desert. It's a complex landscape of rocky hills, deep canyons, wadis (seasonal riverbeds), and plateaus. This varied range is visually appealing and supports different microclimates and thymelaea.
- Despite its arid conditions, the Negev is home to a surprising array of plants such as hardy acacia trees, various desert flowers and other specialized plants like Pistacia, Retama, and thymelaea. ecosystems.
- The desert also supports a variety of animals such as wild mountain goats, desert lynx, Arabian leopards, Dorcas gazelles, birds and small mammals like the endemic Negev shrew.



The Ramon Crater (Makhtesh Ramon)



## The Negev Region

The Negev Desert covers over half of Israel's total land area, much of it uninhabited. Only 10% of the population of Israel lives in the Negev, but it has so much to offer to its visitors.

It is not just a barren wasteland but a dynamic and historically significant desert with distinctive geological formations, resilient wildlife, and deep human legacy. Are you after some spectacular sites? Or ancient ruins? Or maybe you are looking for your next adventure.

**The Negev has it all!**



# Experience authentic Negev cuisine

## How do people eat in the desert?

The food prepared in the Negev desert is deeply influenced by its arid (dry, hot) environment, the traditions of the Bedouin people who inhabited the region for centuries, and increasingly, modern Israeli agriculture innovations.

**Bedouin cuisine** relies on staple ingredients such as lamb, mutton, and goat.

- Mansaf: a special dish, often served for special occasions. It features lamb cooked in a yogurt sauce. Served with rice and thin flatbread.
- Dairy products from their livestock such as: Labaneh served with olive oil and za'atar, and fresh milk.
- Maqluba ("upside down"): A rice dish with meat and vegetables. Cooked in one pot, then flipped upside down on a platter for serving. [Recipe Here](#)



**Modern Israeli cuisine** is influenced by Israeli innovation. With the advancements in desert agriculture and growing population, modern culinary developments are emerging in the Negev. Desert grown produce such as cherry tomatoes, peppers, gourds, pistachios, and a variety of herbs that are cultivated for both local use and export.

## Living in the Negev

### How do people live in the hot, dry desert?

In the Negev, we can also find Kibbutzim, they are particularly unique because of the challenging environment in which they exist and their innovative approaches to sustainability, agriculture, and community building. Some Kibbutzim function as a large organic farm; they emphasize ecological balance, making their own compost, and successfully growing diverse crops despite extreme conditions.

These Kibbutzim played a pivotal role in developing and commercializing drip irrigation technology. They are at the forefront of sustainable water practices, and other advanced techniques to make the desert bloom.

Some Kibbutzim, like Kibbutz Yahel, were founded with a vision of religious pluralism and tolerance, attracting members from diverse backgrounds. Today, there are over 270 kibbutzim all over Israel.



Kibbutz Lotan  
Eco Campus



Kibbutz Yahel

### The Salad Trail Tour

Can you name 15 varieties of cherry tomatoes? What about four types of carrots? Do you know the difference between the seven varieties of mint leaves? At the "Salad Trail", a unique touch -and- taste farm in the Hevel Habesor region at the northern Negev, where you can pick your own produce, enjoy a complete "senses" experience and learn about Israeli agriculture. Uri Alon, the farm owner says, "if you want to see how real vegetables grow, and taste the best, come and visit the farm". Learn more about the Salad Trail [here](#).



## Climate Technology

The Negev is becoming a hub for climate technology, with initiatives like InNegev fostering startups focused on green energy, sustainable agriculture, and water solutions.

Institutions like the Arava Institute for Environmental Studies located in Kibbutz Ketura promote regional environmental cooperation and research in sustainable technologies, where Israelis, Palestinians, and Jordanians students work and collaborate for a better future.



## Hebrew Calendar in August (Tammuz-Av)

**Tu B'Av - Saturday August 9**  
**(the fifteenth day of the month of Av)**

- Just a few days after Tisha B'Av, the tides turn. Tu B'Av, the Jewish “Day of Love” (Chag Ha’Ahavah), is a beautiful holiday to celebrate with children, focusing on expressing and sharing love in different ways. It’s a chance to show appreciation for loved ones, learn about Jewish traditions, and engage in acts of love and kindness.
- Tu B'Av made a comeback in Israel, where it's celebrated as a modern Jewish Valentine's Day with ancient roots. It is an opportunity to celebrate love and its diverse expressions today. People exchange gifts & flowers and enjoy romantic meals or evenings out. Tu B'Av is also a time for reconciliation, a perfect time to make peace with someone you have a disagreement with.
- Some communities hold festivals with singing and dancing, or a Tu B'Av white Party! It is considered a lucky day for weddings, and many couples choose to marry on this day.
- If you want to wish someone a happy Tu B'Av in Hebrew, you have got three options: Yom Ahavah Sameach, Chag Ahavah Sameach, or Tu B'Av Sameach

