



THE PUP TENT

Congregation Beth Jacob's Monthly Newsletter
September, 2021

L'Shanah Tova!



High Holiday Observances for 5782

Pursuant to a Board decision, CBJ's services for the High Holidays will be conducted at The Spire (CBJ's former Community Center) and will also be live-streamed on Zoom. All precautions recommended by Plymouth's Board of Health will be followed for our in-person services. Attendance at The Spire will be strictly limited to ensure social distancing, proof of vaccination and facial masks will be required.

Rabbi Estelle Mills will lead these services, in collaboration with Cantor Linda Myers. This year, we will be using the new Reform High Holy Day prayerbooks, Mishkan HaNefesh. Hard copies will be provided for in-person attendees, and a flip book on-line version is available to everyone who attends the virtual service. [Click here to learn how to use the flip book.](#)

The Plymouth area Jewish community at-large is warmly welcomed to attend our streaming services. Please contact Rose Litchman at snobuntng@aol.com to receive the Zoom link.

To Purchase Discounted Personal Copies of Mishkan HaNefesh Prayerbooks:

If anyone wishes to purchase their own personal copies of the two-volume set, there is a 20% discount until September 15th. [Click here to order from the CCAR website](#) and use the discount code **MHN20** at checkout.

The schedule for High Holy Day Services

[Click here for the online Rosh Hashanah Flip Book](#)

August 28, 7:30 pm:	Selichot Service on Zoom
September 6, 7:30 pm:	Erev Rosh Hashanah at The Spire and on Zoom
September 7, 10:00 am:	Rosh Hashanah, (1st Day) at The Spire and on Zoom
September 7, 12:30 pm:	Tashlich at the Town Brook
September 8, 10:00 am:	Rosh Hashanah (2nd Day) at The Spire and on Zoom
September 10, 7:30 pm:	Erev Shabbat Shuva on Zoom
September 12, 9:30 am:	Memorial Service at Beth Jacob Cemetery

[Click here for the online Yom Kippur Flip Book.](#)

September 15, 7:30 pm:	Kol Nidre at The Spire and on Zoom
September 16, 10:00 am:	Yom Kippur Day at The Spire and on Zoom
September 16, 12:30 pm:	Yizkor at The Spire and on Zoom
September 16, 4:00 pm:	Mincha at The Spire and on Zoom
September 16, 5:30 pm:	Ne'ilah at The Spire and on Zoom
September 16, 6:30 pm:	Break The Fast at The Spire has been canceled



The Sounds of the Shofar

Editor's Note: *The blowing of the Shofar, for me, is forever linked to my memory of Dr. Barry Meltzer (z"l) and his son, Jonathan. For many years, Dr. Meltzer would call the blasts of the Shofar and, in response, Jonathan would produce the piercing, clarion sounds calling us to action. May the memory of Barry Meltzer forever abide as a blessing.*

WHAT DO THE SHOFAR SOUNDS MEAN? (from www.shofar.com)

There are essentially four traditional shofar sounds:

Tekiah – One long blast

Shevraim – Three medium length blasts

Teruah – Nine short staccato sounds

Tekiah Gedolah – One extra long blast

There is not a single meaning to each of the shofar sounds. Over time, many meanings have been attributed to each type of shofar sound; however, there is essentially a consistent theme running through the various interpretations given for each particular shofar sound.

First Shofar sound - The Tekiah (one long blast)

The laws of Jewish halacha regarding the sounding of the shofar demand that all of the shofar notes sounded shall have a Tekiah to precede and succeed them. The Tekiah, with its long straight sound, is the bookends of all life. It comes first and it goes last. Tekiah indicates stability in life. It also indicates discipline and consistency. Stability, peace, discipline and consistency are values which help us raise children who grow up to be confident and fully aware of their self-worth. Tekiah is also considered to be the sound of the coronation of the King. Every year, during Rosh HaShannah, The new Jewish Year, G-d is crowned King of the universe. Crowning Him King acknowledges that His commandments are for the good of mankind and that His concern is that people live in peace and harmony. Tekiah accepts His reign in our lives.

However, Tekiah can be a symbol of complacency with the status quo, a complacency which will soon be stirred to action through courage which the Tekiah commands. We have lived a stable life, going about our mundane routine, day in and day out throughout the year. This routine made us indifferent to certain mistunes or defects present on our path. It made us feel safe and sound in that which is familiar. Tekiah is the sound which is to awaken us from a spiritual slumber and prepare us to what is coming next:

Second Shofar sound - The Shevarim (Three medium length blasts)

The Shevarim represents the times of trouble, the wails that emanate from the human heart when failure, tragedy and seemingly insurmountable problems befall us. No one can pass through this life without Shevarim. It is the call to look beyond ourselves, realize and empathize with the pain existing in this world. It is an awakening towards self evaluation, introspection and the heartbroken feeling that follows, when we understand that we have once again failed living to our full potential. It is the cry to reconnect, grow and achieve. Shevarim sound is also the

sound of mourning for the Holy Temple which once stood in Jerusalem. The Jewish people have shed an ocean of tears over history due to the terrible ordeals they had to go through, but those tears have become the strong foundation of a national existence. Shever means fracture, something that is cracked and broken. It is in the darkness of the Shevarim, that we can find the glimpse of hope and see the light that diffuses in. We come to full understanding of that which calls for a change. Each of us can build upon those very sounds of wailing to construct a better future for all of us.

Third Shofar sound - The Teruah (Nine short staccato sounds)

The Teruah is a call for accomplishment. It signals that passivity is unacceptable if our potential is to be realized. We need to be honest about the objective of our lives: Who we are, where we've been and the direction towards we are headed. Teruah resembles a giant alarm clock, reminding us to complete the mission. It brings clarity, alertness and focus. The short staccato sounds remind us that progress is often measured in small steps, one foot after the other. Redemption and self-improvement are processes rather than miraculous and sudden epiphanies. We sound the shevarim and teruah consecutively during shofar service to indicate that after troubles and even tragedy, resilience and positive action is required. Thus the sounds of the shofar come to point our way towards a disciplined and active year that will be filled only with wails of joy and happiness.

Fourth Shofar Sound – Tekiah Gedolah (One extra long blast)

Finally, we gather all our resolutions and go back to the start. We have to right all wrongs. This is the purpose of the Tekiah Gedolah. Its long stable continuous sound helps us go back to square one with a feeling of awe. We witness the birth of a new and better self surrounded by the unwavering love of G-d which is always present but hardly ever noticed. The Long Tekiah opens our ears to hear it and feel it. It helps us regain stability and discipline so that we would be able to realize our new commitment to G-d and to our newborn self.



CBJ Calendar of Upcoming Events (All Services are conducted on Zoom - See the “CBJ Weekly Update” for details and links to join these services.)

Monday, September 20-27: Sukkot
Monday, September 27-28: Shemini Atzeret
Tuesday, September 28-29: Simchat Torah

[To see CBJ's online Calendar of Events, click here.](#)

SHABBAT!



Consistent with the practice of other synagogues in our area, CBJ has been conducting Shabbat services via **Zoom** for the past year. See the “CBJ Weekly Update” for information on how to connect to these services. If you do not currently receive the “Weekly Update,” please send an email message to Judith Sherman at judith.sherman@gmail.com, and she will be happy to add you to the distribution list.



Rabbi Mills' Sermon for the Shabbat Service on August 13, 2021

Righteous or Self-Righteous
Parsha Shoftim

This week's Torah portion, Shofetim, contains the well-known phrase, "Tzedek, Tzedek, tirdof" which means "Justice, justice, you shall pursue". What it means "to pursue justice" has been the source for much discussion by our tradition. The term Tzedek is often redefined as charity from its derivative tzedakah, but the better Hebrew translation is in fact justice. Much of this week's Torah portion, Shofetim, is concerned with defining Tzedek or justice, which in biblical usage is literally defined as achieving balance. The opposite of justice would therefore be imbalance or inequality.

The theme of imbalance is quite appropriate as tonight, we celebrate the first Shabbat in the month of Elul, the month leading up to Rosh Hashanah. We always read this portion which begins Shoftim v'shotrim titeyn lecha, "Judges and magistrates you shall appoint" (Deuteronomy 16:18) on this particular Shabbat. The Kotzker Rebbe takes special note that the word "you" in this verse, l'cha, is in the singular and, therefore, he interprets this to mean that each of us should judge and police ourselves, trying to keep ourselves on the right track, which is precisely what we are supposed to do as we prepare for the High Holy Days.

Another translation of Tzedek is righteousness. A famous Chasidic sage taught that the phrase Tzedek, Tzedek tirdof refers not to real righteousness, to Tzedek, but rather to tziduk, self-righteousness. The double use of the word Tzedek thus refers to one who protests too much about how righteous or pious he or she is. If you self-consciously strive too hard to be a tzadik, a righteous and holy person, you risk falling prey to becoming tziduk- self-righteous. In this interpretation, Tzedek, Tzedek, refers to those times when we become so convinced of our own righteousness, whether in an argument or in politics that it blinds us to the grain, even if it is a tiny grain, of truth that may be in others points of view. Tziduk, self-righteousness, causes the negation of Tzedek, real justice.

When we become blinded by our own self-righteousness we are quick to judge others. However, although the liturgy of this time of the year acknowledges that God judges and records our deeds, our liturgy never implies that God meant for us to judge others. In fact, the sages teach that the mitzvah of acting in God's image refers only to acts of chesed, love and kindness, and does not suggest we should judge others. Rather, the message that the Rabbis infer from Shoftim, this particular portion, always being read on the first Shabbat in the month of Elul is that we should not judge others! It is not our place or our role in the world to behave as a judge, unless of course, being a court judge happens to be our occupation. Otherwise, even if we do not like what someone does, says, or believes, we have no right to judge them. Judging others is of no benefit to us and in fact, most of the time is detrimental.

As Jews, we know historically what it is like to be judged and to be judged unfairly. Unless we stand in someone else's shoes and can completely understand exactly what they are

feeling and what motivates them at a particular moment, we do not have the ability to judge them. It is easy to make quick, unsubstantiated judgments about others. However, when we differ from an individual or group, we often perceive a different reality, because we each see the same facts from our own perspective. We bring our own personal biases to every situation.

Thus, in this week's portion, the Torah not only teaches us to appoint judges and pursue justice, it also commands us (Deut. 16:18): "and they shall judge the people with righteous judgment." The great Chassidic master, Rebbe Levi Yitzchak, in commenting upon this passage said: "Don't read mishpat zedek as 'righteous judgment,' read instead mishpat, 'a judgment,' of tzedek or tzedaka, 'charity,'" a judgment of chesed, kindness." Judge others as you would judge yourself, with charity and kindness, and give everyone the benefit of the doubt until you know otherwise.

Traditional Jews blow the Shofar every day this month. The blast of the Shofar is to remind us: Hiney ba yom hadin, "Behold the day of judgment comes." Soon, we are to be judged by God. How do we want God to judge us? According to Jewish tradition, God rewards and punishes "measure for measure." This means that to those who are narrow minded in their perspective and quick and harsh in their judgment, that is the way God judges them. And for those who give others the benefit of the doubt...that is what God gives them as well. And therefore, in the weeks ahead, let us try to judge everyone in this latter manner, giving them the benefit of the doubt, because as we judge, so shall we be judged. Putting others down does not make us look any better! So, if you must judge others, judge them favorably and give them the benefit of the doubt. As we prepare for the Holy Days, may we remember that our tradition interprets "Tzedek, Tzedek, tirdof", "Justice, justice, you shall pursue" to mean each of us should judge ourselves, trying to keep ourselves on the right track. Furthermore, it does not mean we should become so self-righteous to be oblivious to our own faults. And lastly, it does not give us permission to judge others since we do not stand in their shoes. It is not easy to pursue true justice as this week's Torah portion interprets it and that is precisely why our tradition uses the word "pursue". It is our obligation to bring balance into our own lives first, to remember not to be judgmental as we try to fix our broken world and make it a world of justice. Amen.



The Meet & Greet event held on Sunday afternoon, August 15th, at White Cliffs was a huge success! After a week of extremely high temperatures, the heatwave broke. The weather was perfect and everyone enjoyed the beautiful venue, delicious food, gorgeous floral arrangements, and, maybe, most of all, the opportunity to come together and meet Rabbi Estelle Mills. Thank you to Rose Litchman and Suzanne Goldberg, who organized this wonderful event, to the congregants who generously subsidized it, and to the congregants who attended. Thanks also go to Mark Striefer, whose camera captured the magic of the afternoon. [To see his photographs, click here.](#)



Learn More About Rabbi Estelle Mills

At the very successful Meet & Greet event held at White Cliffs last Sunday, Rabbi Estelle played a game with the attendees to introduce herself to the congregation. For the benefit of congregants who were unable to attend, a small sample follows:

Rabbi Mills' Game Played at Meet and Greet

Which is NOT True? 3 of the 4 answers are correct- Identify the incorrect fact in each!

1. Rabbi Mills' accent is a combination of
 - a. Boston
 - b. New York
 - c. North Carolina
 - d. South African

2. As a child Rabbi Mills lived in the following cities
 - a. Cary (Raleigh), North Carolina
 - b. Charlotte, North Carolina
 - c. Durham, North Carolina
 - d. Greensboro, North Carolina

3. Rabbi Mills studied at the following colleges/ universities
 - a. Hebrew Union College
 - b. Tel Aviv University
 - c. University of Michigan
 - d. University of North Carolina

4. These activities influenced Rabbi Mills' decision to become a rabbi
 - a. Camp
 - b. Interaction with other female rabbis
 - c. Teaching Religious School
 - d. Youth Group

[To see all of the questions, click here.](#)

The answers will be published in the next issue of The Pup Tent and in The Weekly Update..



MEMBERSHIP NEWS

Mazel Tov to Sandi & Jack Rosen!

Sandi and Jack celebrated their 50th Wedding Anniversary in August. Mazel Tov! May you enjoy many, many more Golden Years together!

If you know of any new families in the Plymouth area who might be interested in joining CBJ, please ask them to contact our Membership Chair, Rose Litchman at snobuntng@aol.com
[Click here for a link to CBJ's Application Form.](#)

Brotherhood News



Brotherhood is still seeking one or more brave and dedicated men to take over the Presidency for this organization for which Dan Hirschhorn worked so tirelessly. Over the next several months, individual Brotherhood members have stepped forward to plan and organize specific activities. Thank you to Larry Winokur, who organized a Movie Discussion Night on July 28th, based on the Israeli film "The Kind Words," and Jerry Levine, who has volunteered to head up the Brotherhood Breakfasts once the synagogue has been reopened.

Watch the Weekly Update for information about future Brotherhood events that are being planned.

The Brotherhood Dues Form for 2021 is on the following pages. As you may be able to tell, Dan Hirschhorn (z"l) composed the wording, with his inimitable wry comic style.



CBJ'S NEW SISTERHOOD

President: Suzanne Goldberg sgold3016@comcast.net

Watch this space for information about Sisterhood's coming events during the new year. If our programming is as entertaining and as educational as it was last season, we all have a lot to look forward to!

Sisterhood Dues Notice:

For almost 70 years, CBJ Sisterhood has been an essential part of CBJ, providing the link that binds together long-term members with newer members of our congregation. Being part of Sisterhood provides a great way to be introduced to and get to know the members of CBJ. We pray together, study together and, yes, we have fun together.

Sisterhood holds interesting and informative meetings on the first Tuesday of each month; we plan activities for the whole congregation as we celebrate holidays together, and we raise funds for the benefit of our synagogue.

Sisterhood provides support to our young students in the Beit Sefer program by sponsoring our Pizza in the Hut for Sukkot, as well as the annual Chanukah and Purim Parties. Sisterhood provides all of the supplies for the Temple kitchen; sponsors Onegs throughout the year, and helps us all to celebrate the various holidays in the Jewish calendar by providing appropriate holiday foods for the Oneg table.

Sisterhood donates \$2500.00 to the Temple each year!

We can't do it alone. We need your financial support. Please become a member of Sisterhood so we can continue our support of our beloved **CBJ**.

Name _____

Phone _____ (home) _____ (cell)

Email _____

Area of interest _____

Talent you would be willing to share with the group _____

Program suggestions _____

If you prefer to be an inactive member, please indicate that preference here: _____

Dues are a primary source of funds for many projects. Please consider the following levels of contribution when writing your membership check. Even if you can't participate, please join us and support our important programs and activities. Thank you for your generous support.

Basic Membership _____ **\$25.00** **Sarah** _____ **\$36.00** **Rebecca** _____ **\$54.00**

Make your check payable to Beth Jacob Sisterhood and put "Sisterhood Dues" in the Memo line. Please mail to:

Cindy Teles, 31 Birch Avenue, Plymouth MA 02360

CBJ BROTHERHOOD DUES NOTICE

It happens every year at this time. You atone for your sins....you join Brotherhood! Consider it a mitzvah for yourself and the gift that keeps on giving. Presumptuous...yes. But we do have somewhat of a track record to fall back on. Over the 100 year history of this synagogue, this Brotherhood has established itself as an essential part of this congregation...this community. Our mantra has been: "to do everything we can to help this synagogue grow and flourish....and have fun doing it." But having fun is just a by-product of enjoying what we're doing. We're hoping to get back to that "doing" sooner rather than later. Lest you forget, that "doing" is translated into those "sumptuous" Brotherhood Breakfasts with their intriguing and informative guest speakers. There's the bi-monthly exercise in futility that we call "bowling". There's our Men's "Ribs'N Beer" Seder, our movie nights, our Family Picnic, our Brotherhood Discussion Group, our July 4th Hot Dog Fundraiser, our support of our Sisterhood, and our ongoing support and involvement with the Greater Plymouth Food Warehouse.

We also provide $\frac{3}{4}$ of our treasury to this synagogue's general fund. Between our fundraisers and your dues to this "manly" organization, we have been able to contribute \$2,500 in each of the last few years. In addition, CBJ Brotherhood has been the catalyst for providing over \$7,200 in gift cards to the Greater Plymouth Food Warehouse. With your help we can hopefully equal, if not do better, this year. We can't do it alone. So, with that in mind, we're asking you to once again become a member of CBJ Brotherhood so that we can continue this much needed help for our beloved CBJ as well as our extended Plymouth community.

NAME _____

HOME PHONE _____ CELL # _____

EMAIL _____

AREA OF INTEREST (just staying above ground counts)

Talent that you would be willing to share (THINK!) _____

We're always looking for new ideas to help us grow while helping this synagogue. If you have any new ideas, old ideas, any ideas to help us through this challenging time, we look forward to hearing them. If you prefer being non-participatory....we still welcome and look forward to your membership. We thank you for your generous support

Basic Membership (\$25) _____ **Mitzvah Membership (\$36)** _____ **Big Macher (\$54)** _____

Make your check payable to: **CBJ Brotherhood**
Please indicate "Dues Payment" and mail to:
Seth Teles, 31 Birch Avenue, Plymouth, MA 02360

Beit Sefer (Hebrew School) News



Beit Sefer Open House September 2, 2021, at 6:30 pm Via Zoom

Hello Everyone!

For those who don't know me, my name is Devon Fernald. I am a Beit Sefer teacher, new co-principal, and chair of the education board. My co-principal is our new rabbi, Estelle Mills.

Rabbi Mills and I are excited to share a new, revamped curriculum and class schedule with all of you.

Beit Sefer will be open to children pre-k through 7th grade. If you have older children interested in a confirmation class please let us know during the open house. To learn more about the curriculum, meet the teachers, hear from the Rabbi and ask all your questions, please join us on **Thursday, Sept 2, 6:30 pm**. Link below.

Join Zoom Meeting

<https://mccarter.zoom.us/j/91078117386?pwd=WDNCUHdza1pRRlpnUkZmOGhab0Jndz09>

Meeting ID: 910 7811 7386

Passcode: 910419

I promise to keep it as short and sweet as I can! I look forward to seeing you all and giving our children a great year in Beit Sefer!

Best,
Devon



Congregation Beth Jacob gratefully acknowledges receipt of the following donations:

General Fund:

Sandi & Jack Rosen, in honor of their 50th Anniversary

Ray & Milly Russo Cultural Heritage and Arts Fund:

Mark Russo

Yahrzeit Fund:

- Paula & Joe Keller and the Campanella Family - in memory of Joe's mother, Adeline Keller
- Rollene Waterman Saal - in memory of her parents, Dr. Isadore H. Waterman (Doc Waterman) and Hattie Waterman
- Jackie & Steve Winokur - in memory of Jackie's mother, Adeline Keller
- Gloria & Frank Finkelstein - in memory of Alexander Finkelstein and Albert Finkelstein
- Allan & Judith Sherman - in memory of Judith's mother, Sylvia Krenis

Donations Received for Rabbi Silverman's Retirement Project:

Jean Loewenberg
Pam & Paul Sechoka
Harriet Goodman
Ronnie Hirschhorn
Sandy & Gary Brooks
Susanne Lelyveld Wittenberg
Nhur and Ron Klasky
Anne Geller
Julie Manus
Irene & Fred Sarke
Susan & Larry Winokur

Contributions for Meet & Greet Event for Rabbi Mills (at White Cliffs)

Anonymous
Ronnie Hirschhorn
Allan & Judith Sherman
Steve & Jackie Winokur
Susan Moore & Roy Zahreciyan
Carol Goldberg



The Following Yahrzeits Will be Observed This Month:

(A memorial candle should be lit on the preceding evening.)

September 2021

1 Louis Lipetz	14 Harry Mankoff
2 Benjamin Nigrosh	16 Frances Bailey
3 Edward Albert	16 Isaac Barron
3 George Gilbert	16 Burton Cowan
3 Julius Louis Putnam	18 Edith Poretsky
5 Harold Righter	19 Phillip Gerber
7 Gail E. Jacobson	19 Bernard Kusmin
8 Erica Buckman	20 Abraham Lelyveld
8 Ann Starr	20 Isaac Stein
8 Claire Sternfield	20 Max Toabe
9 David Lipschitz	20 Samuel Toabe
9 Betty Rodman	21 Mitchell David Cohen
10 Bertha Klaff	21 Harriette Minsky
11 Rose Cohen	21 Reubin Winokur
12 Jack Bello	22 Ari Meltzer
12 Jeffrey Levin	24 Celia Aranowitz
12 Ruth Albert Shiff	25 Hyman Hurwitz
12 Benedict Veiner	25 Milly Russo
13 Bessie Sophie Putnam	26 Eva Erie
13 Miriam E. Stutman	27 Harry Louis Smith
13 Merlie Vidette	27 Joseph Wax
14 Jacob Kaplan	29 Lillian Roth
14 Bessie Keller	30 Fannie Winokur

May their memories be for a blessing and live forever in the hearts of all who knew and loved them.

Editor's Note: "The Pup Tent" is a monthly publication that provides a condensed summary of CBJ news, including the monthly Calendar, upcoming Yahrzeit dates, and acknowledgments of donations that have been received. The "CBJ Weekly Update" is our weekly email newsletter that includes full details about upcoming events, as well as information about the weekly Torah reading portion and helpful links to various resources. **To subscribe to the CBJ Weekly Update, please contact me at judith.sherman@gmail.com.** Thank you! Judith Sherman, Editor, "The Pup Tent" and "CBJ Weekly Update"

Rediscovered CBJ Treasure!



Sisterhood's Co-President, Rose Litchman, spotted these handsome candles in CBJ's kitchen and decided to take them home to clean them to be ready to use when services are in-person. (For many years, Barbara Aharoni has taken on the responsibility for cleaning the silver ritual objects in our ark to prepare them for our High Holiday services. There are so many acts of kindness that congregants perform, often invisibly, for the benefit and enjoyment of our CBJ community, and we are grateful!)

...But back to my story!

While shopping in downtown Plymouth, Rose found the new tray in an antique mall on Court Street - .A perfect match. She was with Barbara who told her their history:

The Story of the Silver Candlesticks

(as told by Barbara Aharoni Shamir)

When CBJ used to have services at the BJCC (now The Spire) we really needed a pair of candlesticks to light candles on the bimah.

I found this pair of tall handsome chrome candlesticks while we were in Tel Aviv. I thought they were just right! I brought them home in my suitcase and donated them to CBJ in gratitude for our safe trip.

Barbara Aharoni Shamir

When life returns to normal and it is safe to reopen our synagogue for in-person services, we look forward to seeing these beautiful candlesticks being used once again.

Recipe for Balsamic Roasted Root Vegetables



Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 1 hour

Servings: 8

Ingredients

1 lb sweet potatoes, peeled and cut into 1-1/4 inch cubes

3/4 lb carrots, peeled and cut into 3/4 inch rounds

3/4 lb parsnips, peeled and cut into 3/4 inch rounds

1 acorn or butternut squash, unpeeled, seeded, cut into 1-1/4 inch pieces

1 large red onion, peeled, with root end left intact cut into 1/2-inch wedges

3-4 fresh beets, peeled and cut into 1-1/4 inch cubes

1/3 cup extra-virgin olive oil

3 tablespoons balsamic vinegar

2 tablespoons maple syrup

1 tablespoon fresh thyme leaves

Salt and pepper

Nonstick cooking spray

Instructions

Preheat the oven to 425°F. Spray an extra-large, rimmed baking sheet, or 2 smaller ones, with non-stick cooking spray.

Place sweet potatoes, carrots, parsnips, acorn squash, and red onion in a large bowl. Add olive oil, vinegar, syrup, and thyme. Season generously with salt and pepper. Toss to coat.

Spread vegetables on prepared pan(s). Roast 40-45 minutes until vegetables are softened and browned, stirring 2-3 times while in the oven.

Can be made 4 hours ahead. Cover and let stand at room temperature. Rewarm at 350°F for 10-15 minutes.

You can use any root vegetables in this recipe, as well as any other vegetables. The root veggies will take longer to roast than softer veggies. If you use broccoli or brussels sprouts, add them 20 minutes after the root vegetables have gone into the oven.