

## Chapter On The Fruits Eaten By Sayyidina

### Rasullullah Sallallahu Alaihe Wasallam

The fruits that were eaten by Sayyidina Rasullullah Sallallahu alaihe Wasallam are mentioned here. Seven ahaadith are mentioned in this chapter.

#### (188) Hadith 1

Abdullah ibn Jaafar Radiyallahu anhu says, "Rasullullah Sallallahu alaihe Wasallam ate Qith'thaa (cucumbers) with dates."

#### Commentary

Cucumber has a cold effect and dates have a hot one. By combining the two it becomes mild. From this hadith we gather that it is recommended that the effect (hot or cold) of things eaten should be taken into consideration. Cucumber is insipid and tasteless, and dates are sweet which results in the cucumber also tasting sweet.

#### (189) Hadith 2

Aisha Radiyallahu anha reports that, "Rasullullah Sallallahu alaihe Wasallam ate watermelon with fresh dates."

#### Commentary

In Tirmidhi and other narrations, in explaining this, Sayyidina Rasullullah Sallallahu alaihe Wasallam also said, "The cold effect of one removes the heat of the other, and the heat of one removes the cold effect of the other."

#### (190) Hadith 3

Anas Radiyallahu anhu says, "I saw Rasullullah Sallallahu alaihe Wasallam eat together musk-melon and dates."

#### Commentary

Some ulama have translated this also as watermelon' instead of musk-melon, the reason being, as in the first narration, here also the cold effect is intended. But it is clear that musk-melon is meant here. The reason for eating dates is also that it gives the melon a sweeter taste. It is not necessary that one's benefit be gauged everywhere. It is possible that this is due to some other benefits. According to this humble servant the eating of watermelon with dates has its own benefit and that is to create evenness in the effect of both, so that it becomes mild. The eating of musk-melon with dates has its own benefit and that is that if the melon is insipid and tasteless, many a time, due to it being insipid sugar is mixed before it is eaten. Therefore it is not necessary to give the same reasons for both watermelon and musk-melon.

(191) Hadith 4

Aisha Radiyallahu anha says, “Rasullullah Sallallahu alaihe Wasallam ate watermelon with fresh dates.”

(192) Hadith 5

Abu Hurairah Radiyallahu anhu reports, “When the people saw (picked their) new fruit, they used to come and present it to Rasullullah Sallallahu alaihe Wasallam. Rasullullah Sallallahu alaihe Wasallam then recited this du’aa:-

اللَّهُمَّ بَارِكْ لَنَا فِي ثَمَارِنَا وَبَارِكْ لَنَا فِي مَدِينَتِنَا وَبَارِكْ لَنَا فِي  
صَاعِنَا وَفِي مُدَّنَا ، اللَّهُمَّ إِنَّ إِبْرَاهِيمَ عَبْدُكَ وَخَلِيلُكَ وَنَبِيَّكَ  
وَإِنِّي عَبْدُكَ وَنَبِيَّكَ وَإِنَّهُ دَعَاكَ لِمَكَّةَ وَإِنِّي أَدْعُوكَ لِلْمَدِينَةِ بِمِثْلِ  
مَا دَعَاكَ بِهِ لِمَكَّةَ وَمِثْلِهِ مَعَهُ

Transliteration: Allahumma baarik lana fi thimaa-rina wa-baarik lanaa fi madinatinaa wa-baarik lanaa fi saa-'i-naa wa-fi muddinaa-Allahumma-inna Ebraahima 'ab-duka wa-kha-li-luka wa-nabiy-yuka wa-inna ab-duka wa-nabiy-yuka wa-in-nahu da'aa-ka li-makkata wa-inni ad'u-ka lil-madinati bi-mith-li maa da'aaka bihi li-makkata wa-mith-lahu ma'a-hu

Translation: O Allah! Bless us in our fruits. Bless us in our city. Bless us in our Saa', and bless us in our Mudd' (these are two measures used in Madinah to measure dates, etc.). O Allah verily Ibrahim alaihis salaam is Your servant, friend and Nabi (since it was an occasion for humbleness Sayyidina Rasullullah Sallallahu alaihe Wasallam did not mention here his being the habib - beloved - of Allah.) And (whatever) he has supplicated to You for (colonising) Makkah. (Which is metioned in the aayah, “...so incline some hearts of men that they may yearn towards them, and provide Thou them with fruits in order that they may be thankful.”- Surah Ibrahim, 37) I supplicate the same to You for Madinah.'

He then called a small child, to whom he gave that fruit.”

(193) Hadith 6

Rubayyi bint Mu'awwidh ibn Afraa Radiyallahu anha says, “My uncle Mu'aadh ibn Afraa sent me with a plate of fresh dates, which had small cucumbers on it, to Rasullullah Sallallahu alaihe Wasallam. Rasullullah Sallallahu alaihe Wasallam relished cucumbers. I took this to him. At that time some jewelry had been sent to Rasullullah Sallallahu alaihe Wasallam from Bahrain. He took a handful from it and gave it to me.”

### Commentary

Besides the previously mentioned benefits of cucumbers and dates, it makes the body plump too. Sayyidatina Aisha Radiyallahu anha relates that, "After my marriage, when the time came for me to go and live with Rasullullah Sallallahu alaihe Wasallam, my mother thought I be a bit plump and my build become better. She gave me cucumbers and dates to eat. As a result my body became nice and plump." It is related in a weak hadith that Sayyidatina Aisha Radiyallahu anha said that Sayyidina Rasullullah Sallallahu alaihe Wasallam ate cucumber with salt. It is possible that he at times ate it with salt and at times with dates. Sometimes one prefers something that is sweet and at other times a thing that is salty.

### (194) Hadith 7

Rubayyi bint Mu'awwidh ibn Afraa Radiyallahu anha said, "I took a plate of fresh dates and small cucumbers to Rasullullah Sallallahu alaihe Wasallam. He gave me a handful of jewelry, or a handful of gold."

### Commentary

This is the same hadith mentioned above. Here it is mentioned briefly. The narrator doubts if it was jewelry or gold.