

## **SEDER MEAL FOOD ITEMS**

*If you plan on participating in our Livestreamed Seder Meal this Wednesday, the following items should be procured to enhance the SEDER/PASSOVER experience. Please note that certain items may be substituted for cultural reasons or just for personal taste. ENJOY!*

**Wine/Grape Juice:** Any bottle of wine will do, or grape juice if you prefer.

**Matza (Unleavened Bread):** The unleavened bread is any variety of bread which is not made with raising agents such as yeast. Any flat breads/tortillas may be substituted in our celebration. One economical substitute might be Quaker Rice Cakes which can be purchased at Walmart or HEB.

**Maror (Bitter Herb):** a bitter herb that represents the bitterness of slavery. Horseradish may be the most traditional bitter herb, but you could use any bitter green like romaine lettuce, arugula, kale.

**Karpas (Green Herb):** a vegetable or leafy green that represents the rebirth of spring. The seder plate normally includes parsley, but any leafy green will do.

**Bay-tzah (Roaster or Boiled Egg):** a roasted egg represents the rebirth of spring and/or the rebirth of the Jewish people from the constraints of bondage. The roasting/boiling recalls the Passover sacrifice brought to the Temple in Jerusalem.

**Z'roah:** a roasted shank bone of a lamb. This represents the Passover offering of a lamb made at the ancient Temple in Jerusalem. Sometimes a chicken neck/bone is substituted, and in vegetarian homes, a beet, a yam, or a carrot may be substituted.

**Haroses (Fruit & Nut Mixture):** a sweet fruit and nut spread that symbolizes the mortar used by Hebrew slaves in their hard labors building cities and brick buildings for the Pharaohs. This item can be made with any combination of fruit (usually apples) and nuts with a little bit of wine or grape juice and spices blended in. If you are allergic to nuts just leave them out. You might also mix Avocado with nuts, raisins, dates, figs, and a little lemon juice. In either case, make sure to blend and refrigerate for 1 hour.

**Salt water:** people place one or more bowls of salt water on the table for the seder. At one point early in the seder there's a ritual activity in which everyone dips the green vegetable from the seder plate into the salt water and eats it. The salty water represents the tears of slaves.

**Make it Your Own:** Many people add newer symbolic foods to their seder plates. If you want your Passover Seder plate to uniquely represent your family, add an item particular to the culture(s) represented in your home.