

# Temple Beth Israel Preservation Society

## A Passover Seder Plate



The Passover tradition calls on each person at the Seder to see him or herself as having personally come out of Egypt. We don't just tell the story, but we also see, smell, feel and taste the journey to liberation. So, we have a Seder Plate that serves as the centerpiece of the seder table.

Here are the essential elements that we will use at our Seder:

**Shankbone** (roasted) – representing the offering in the ancient temple (or a chicken bone, beet, a yam or a carrot)

**Maror** – A bitter herb – representing the bitterness of slavery - horseradish (but also romaine lettuce, arugula, kale, endive, ginger)

**Kharoses** – a sweet fruit and nut spread representing mortar used by slaves to build (chopped apples, honey, wine, nuts (or apple sauce to keep it simple)

**Karpas** – leafy green representing spring – parsley (but also a celery stalk)

**Egg** – representing fertility and growth – (roasted or hard boiled) (or an avocado, avocado pit, seeds, etc.)

**Orange** – honoring traditionally marginalized people (women and/or those who identify as LGBTQ.

**Olive** – representing peace in the Middle East

**Banana** – representing refugee children

### We will also need:

**Matzah** – unleavened bread – representing the hasty escape from bondage (you can substitute flat bread, crackers, etc.) - We will need three, stacked one on top of the other.

**Saltwater** – representing tears of those who are enslaved – use a small glass of water with a teaspoon of salt mixed in.

Wine glass

**Wine** – to celebrate liberation

Water goblet

**Water** – to celebrate Miriam's Well and the essence of life.