

# CHEAT SHEET PASSOVER SEDER TABLE

The word **Seder** in Hebrew means "order." A Seder is a structured, home-based ritual that combines education, food, singing, and storytelling, all in a particular order. Designed to engage all ages, Seders are held on the first and often second night of Passover. Around the world, Seders include different items and rituals that reflect the diversity of Jewish cultures.

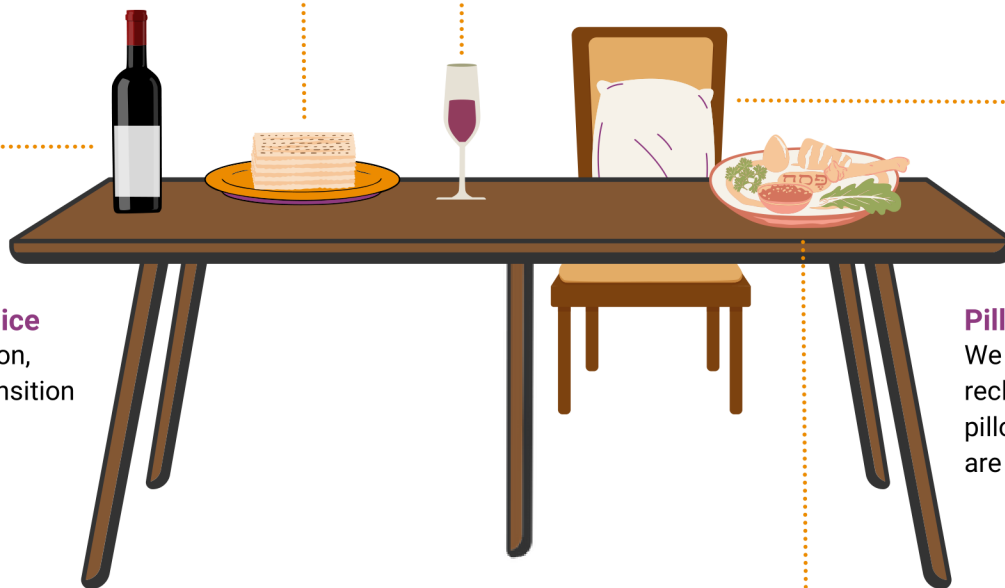
**Seder Table:** While every Seder is unique, here are a few classic ritual items you'll find.

## Matzah (Unleavened Bread)

Matzah represents the Israelites' unleavened bread as they fled from Egypt. We stack three pieces on a special plate; break the *afikomen*, or middle piece, in half and hide the larger piece to be found later.

## Elijah's Cup

The prophet Elijah is said to bring a time of redemption. We open the door to "welcome" this spirit of hope. Save a cup of wine or juice for Elijah!



## Wine or Grape Juice

Four cups per person, each marking a transition in the Seder.

## Pillow/Cushion

We sit comfortably and recline using a cushion or pillow to remind us that we are now free.

**Seder Plate:** Each symbolic food tells a different part of the Passover story.

Consider a modern addition to your Seder plate to incorporate current issues in your discussion:

An orange, for LGBTQ+ equality • Fair trade chocolate, for labor issues • Miriam's Cup, to honor women • A banana, for refugees

## Zaroa/Shank Bone

Symbolic of the spring sacrifice of a young lamb, many substitute with a chicken bone or a red beet.

## Beytza/Roasted Egg

A spring symbol representing the renewal of life, it marks the birth of Israelites as a free people.

## Maror/Bitter Herbs

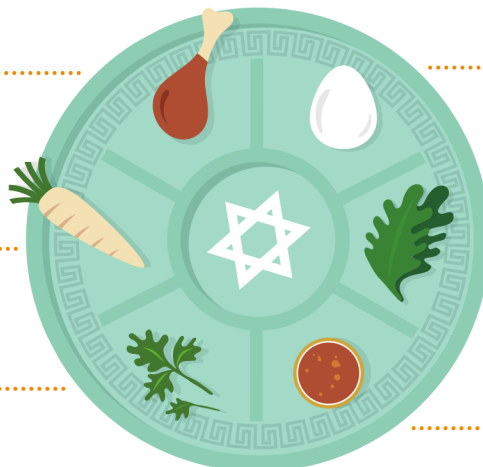
Many use horseradish to represent the bitterness of slavery, but fresh radish, spicy peppers, or wasabi are options.

## Chazeret/Bitter Greens

Romaine lettuce, endives, or chicory are used as a second symbol of bitterness.

## Karpas/Parsley

We dip parsley in salt water to remember the sting of tears from oppression.



## Charoset/Fruit and Nut Mix

Derived from the Hebrew word for clay, Charoset represents the mortar used by the Israelites in their enslavement.