Here's what you'll need for the Seder:

- 1. Haggadah (Haggadot)
- 2. Candles
- 3. Wine or Grape Juice (sparkling can be fun)
- 4. Elijah's Cup
- 5. Miriam's Cup (optional)
- 6. Pillow's to lean on (optional)
- 7. Seder Plate
- 8. Matzah (3 sheets should be placed in the Matzah bag, plus extra for the Hillel sandwich)
- 9. Maror (bitter herbs, typically romaine lettuce and grated horseradish)
- 10. Karpas (vegetable for dipping)
- 11. Saltwater (yep, just salt and water)
- 12. Roasted shank bone (some supermarkets provide these for free)
- 13. Charoset (See the Recipe section for ideas on how to make some new versions)
- 14. Roasted or Hardboiled Egg
- 15. Your Passover Meal (See the Recipe section for ideas)





Some Alternatives and Additions for the Seder Plate:

This year it may be more difficult to find the above traditional symbolic foods. Maybe you want to make it your own due to allergies, diet or looking for a change, here are some suggestions for substitutions and additions:

Maror: Alternatives to horseradish include romaine lettuce, arugula, kale, chicory, endive, mustard, wasabi, ginger or even hot sauce.

Karpas: This can be any vegetable that you have. In Israel, they use boiled potatoes. Some alternatives include a slice of green onion.

Roasted or Hardboiled Egg: This can be substituted with other symbols of growth like seeds (pumpkin, sunflower, etc.), an avocado or avocado pit, or even just a flower.

Roasted Shank Bone: You can replace this with a chicken neck or if you are vegetarian you could use a beet, yam or a carrot.

Charoset: You can make this with any combination of fruits and nuts. Fruits can be fresh or dried and any nut or seed will do. If you are allergic to nuts just leave them out. See the Recipe section for some twists on the traditional apple and walnut *Charoset*.

The Orange: Many will tell you that the orange represents women, and feminism. A false myth circulates, saying that a man angrily told Jewish scholar Susannah Heschel that "A woman belongs on the *bimah* like an orange belongs on the *Seder* plate" and that's why feminists today include an orange. However, Heschel herself repudiates this myth, saying that she added the orange to honor lesbians and gay men.

The Olive: In the early 90s, American Jews working to end the Israeli occupation of Palestinian lands started adding an olive to their Seder plates, to remember the economic insecurity caused by the destruction of olive trees, a historical symbol of hope for many people in the region. Some now erroneously believe that the olive is hope for many people in the region. Some now erroneously believe that the olive was added as a symbol of peace in the Middle East.

Pinecone: A congregational Passover insert explains why Temple Israel in Boston, MA adds a pinecone to their *Seder* plate: "We 'pass over' pinecones every day. Inside each of these pinecones is among the most precious of all nuts - the pine nut. Most of us pass more pine nuts in a single day than one could count in a year. Yet they remain hidden, unseen. Moreover, they're nearly impossible to extract with our own hands. The pinecone 'imprisons' its seeds, and only hard work on the part of nature compels it to open up." They add a pinecone to the *seder* plate as a reminder of mass incarceration and the work it will take to repair this injustice, writing, "This Passover, we refuse to pass over our prisons because we know that inside is God's most precious fruit of all: the human soul."

Cashews: Rabbi Wesley Gardenswartz of Temple Emanuel in Newton, MA, started the tradition of adding cashews to the *Seder* plate to honor our troops. The idea came from a sign at a drug store that asked customers to consider buying bags of cashews to send to troops stationed in Iraq; an employee whose son was serving abroad explained that the salted cashews provided sustenance and hydration in Iraq's desert climate, compelling the rabbi to make the addition to his congregation's *Seder* plate.

<u>Chocolate Seder for Children</u>: As part of your preparation for Passover, pick a time to sit down with your children before the holiday and hold a Chocolate *Seder*, so that when they encounter the real *Seder* they will feel more familiar with what is going on.

