

## Bitter Herbs: Where Does Our Food Come From?

Contributed by [Religious Action Center](#)

Source: Earth Justice Seder

The bitter herbs serve to remind us of how the Egyptians embittered the lives of the Israelites in servitude. When we eat the bitter herbs, we share in that bitterness of oppression. We must remember that slavery still exists all across the globe. When you go to the grocery store, where does your food come from? Who picked the sugar cane for your cookie, or the coffee bean for your morning coffee? We are reminded that people still face the bitterness of oppression, in many forms.

Together, we recite:

ברוך אתה יי אל הינו מלך העולם, אשר קדשנו במצוותיו וצונו על אכילת מרור

*Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav v'tzivanu al achilat maror.*

Blessed are You, Eternal our God, Sovereign of the universe, who has sanctified us with  
Your commandments and ordained that we should eat bitter herbs.

{ GREENING TIP } Start a garden in your community and use the produce for synagogue gatherings or donate it to your local food pantry or soup kitchen.

*For more information on the environmental justice, please visit [rac.org/enviro](http://rac.org/enviro). For all Religious Action Center of Reform Judaism resources, please visit [rac.org/Passover](http://rac.org/Passover).*