

Dipping of the Greens in Salt Water

Contributed by [Betny Townsend](#)

Source:

Salt Water - Why do we dip our greens in salt water two times on this night?

The first time, the salty taste reminds us of the tears we cried when we were slaves. The second time, the salt water and the green help us to remember the ocean and green plants from the Earth, from which we get air and water and food that enable us to live.