

Eat a Green Vegetable

Contributed by [Jewish Guy](#)

Source:

We eat a green vegetable dipped in salt water. The green vegetable represents rebirth, renewal and growth; the salt water represents the tears of enslavement.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם

בוֹרֵא פְּרֵי הָאָדָמָה

Baruch atah, Adonai, eloheinu ruach ha'olam, borei p'ri ha'adamah.

Blessed are you, Adonai, Breath of Life, creator of the fruit of the earth.