

## Pineapple for the Seder Plate

Contributed by [Danielle Goldberg](#)

**Source:** Personal Addition to the Seder Plate- Danielle Goldberg

Pineapple- Pineapples by nature are sweet and sour, so too is life if you face the effects of depression and anxiety. The pineapple has a hard and prickly shell that one must work through to receive the rewards of its sweet and acidic fruit. Let this be a symbol of those locked in the inner shell of depression, anxiety or any other illness that detracts from the joys of living life to the fullest. "May the source of all deliver all who suffer from their own personal Mitzrim Egypt (narrow places)."- ברוך אתה אל רואי לספק את כל הסובלים מְצָרִים שלהם