

6. Shulchan Orech (The Meal)

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Source:

Let's all enjoy some vegetarian, chametz-free food!

Chametz is leavened (risen) foods that are forbidden on pesach. This includes anything made with the grains wheat, barley, rye, oats or spelt that has come into contact with water and been allowed to ferment and "rise."

This year the food is chametz-free, though not all of it has a kosher for pesach symbols. We decided to do this in order to focus more on the broad ideas of pesach food. *Next year*, we would love to do *vegan* chametz-free food!

Some Jews eat kitniyot on passover - these include beans, but also some grains and seeds. Examples include rice, corn, sunflower seeds, sesame seeds, soybeans, peas, and lentils. Tonight we have prepared the food without kitniyot, though guests who do eat kitniyot are welcome to bring dishes containing them to share with others who also eat them.