

Charoset

Contributed by [Allyson Smith](#)

Source:

The sage Hillel began the tradition of eating a sandwich of bitter maror and sweet charoset between two pieces of matzah. For the literal-minded, this fulfills the letter of the commandment to eat these things together. For those who prefer symbolism, we are reminded that bitterness and sweetness come side by side in life. This practice suggests that part of the challenge of living is to taste freedom even in the midst of oppression, and to be ever conscious of the oppression of others even when we feel that we are free.