

What's on the Table

Contributed by [Progressive Jewish Alliance](#)

Source: Jews For Racial and Economic Justice Racial Justice Haggadah

Z'roa—זרוע: a shankbone or beet, which represents the mighty hand and outstretched arm that liberated us from Mitzrayim.

Maror—מרור: horseradish, which represents the bitterness of slavery in Mitzrayim.

Charoset—חרוסת: a mixture of dried fruits and nuts which represents the mortar used to lay bricks, the work done while enslaved in Mitzrayim.

Beitzah—ביצה: an egg, which represents life, wholeness, and liberation.

Karpas—כרפס: parsley, which represents growth, change, and life.

Salt Water—מי מלח: which represents our tears while enslaved, and our tenacity andchutzpah in fighting for liberation.

Tapuz—תפוז: an orange, which represents gender and sexual equality and justice, especially for queer, trans and gender non-conforming people, and women.

Zayit—זית: an olive, which represents solidarity with Palestinians and Palestine and the struggle for justice and peace in Israel and Palestine.