

# Seder Plate

Contributed by [Bruce Saran](#)

Source: Velveteen Rabbi



Our Seder plates include five items:

- *zeroa*, a roasted shank bone representing the Paschal lamb, the holiday offering made in Temple days (vegetarians today often use a roasted beet for its blood-red color, or a roasted sweet potato for the pun of calling it the Paschal Yam;)
- *beitzah*, a roasted egg (symbol of re/birth)
- *maror*, the bitter herb (usually horseradish), symbolizing the bitterness of slavery;

- *karpas*, the green vegetable, symbolizing spring growth and renewal;
- *charoet*, a mixture of apples/nuts/cinnamon (following a common Ashkenazic recipe) or dates/nuts/honey (following a common Sefardic one), representing the clay or mortar used by the Israelite slaves.