

Maror

Contributed by [Daniel Blankenship](#)

Source: Rabbi Benjamin Adler

Leader:

Rabbi Benjamin Adler teaches us about Maror:

What is a Bitter Herb? When most of us think of bitter herbs, that *maror*, we think of *khreyn* (Yiddish for horseradish). But when you think about it, horseradish is not really bitter. It is pungent or spicy. According to the Talmud, the correct vegetable to use is lettuce, probably a variety of Romaine lettuce. Indeed, this is what many Sephardi Jews use for *maror*. Of course, Romaine lettuce is not really bitter either. According to Dr. Joshua Kulp, "our pleasant tasting lettuce is the result of two thousand years of cultivation to improve its taste. In the time of the Mishnah, it was probably far more bitter."

Maror (romain lettuce stalk) is dipped in Charoset, shaken off and eaten at the end of the blessing

Leader:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל אֲכִילַת מָרוֹר.

Baruch atah Adonai Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat maror.

Praised are you, Adonai, Lord our God, Ruler of the universe, who has taught us the way of holiness through commandments, commanding us to eat the bitter herb.