

Seder Plate Substitutions

Contributed by [18Doors](#)

Source: 18Doors

This year it may be more difficult than usual to find the traditional symbolic foods for the seder plate. Just like last year, [Passover 2021](#) will be different from years past. Some of us will be Zooming into seders in order to unite with friends and family. Everything going on around us will inform the discussion we have around the [seder table](#).

On Passover we're reminded of the Exodus from Egypt, from oppression to freedom. A script was written meticulously which outlines [15 steps](#) of the Passover seder called the [Haggadah](#). There are tons of different versions of this book now to fit everyone's religious style and beliefs. It's recited out loud around the table. The seder plate sits on the table throughout the seder and each item represents a symbol of Passover.

The items [on the seder plate](#) can help educate guests about the customs of Passover. Last year, it was extremely hard to get groceries at Passover time, period, so we came up with some substitutions. But these substitutions can be used any time.

Maror: a bitter herb that represents the bitterness of slavery. Horseradish may be the most traditional bitter herb but you could use any bitter green like romaine lettuce, arugula, kale, chicory or endive. If you can't get fresh greens try some mustard, wasabi or ginger.

[Click here](#) to see the rest of the substitutions from 18Doors.