

TRADITIONAL

## KARPAS: EAT A GREEN VEGETABLE

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Source: Rachel Barenblat

At this point in the seder, it is traditional to eat a green vegetable dipped in salt water. The green vegetable represents rebirth, renewal and growth; the salt water represents the tears of enslavement.

Baruch atah, Adonai, eloheinu ruach ha'olam, borei p'ri ha'adamah.

Blessed are you, Adonai, Breath of Life, creator of the fruit of the earth.