MAROR: EAT BITTER VEGETABLE

Maror: What To Eat

The ideal bitter vegetable for *maror* at the *Passover seder* is horseradish. Horseradish for *maror:*

- Must be fresh enough to be sharp.
- Should be ground (if ground ahead of time, it must be stored in a covered container until the *seder*).
- Must not have liquid (horseradish with beets added is not suitable for use as *maror)*.

NOTE Many people have the custom to use romaine lettuce for *maror* (be careful to check for bugs on the romaine).

Maror: How Much To Eat

The minimum amount to fulfill the *mitzva* of eating *maror* at *seder* is 0.65 fl. oz. (19 ml), or about the volume of 1/3 of an egg.

NOTE If you choose to use romaine instead of horseradish for *maror*, the minimum amount is about 2-3 stems (depending on their size), or enough leaves if crushed to make up 0.65 fl. oz.

NOTE It is even better to eat at least 1.3 fl. oz. (39 ml, or 1/6 cup).

Maror: How To Eat It

Say the blessing "*al achilat maror*."
Dip the *maror* into the *charoset* and shake off all but a little bit of the *charoset*.
Do not lean when eating the *maror*.

NOTE The blessing for *maror* was included in the *borei pri ha'adama* blessing, which was said on the *karpas* earlier in the *seder*.

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