



Happy Passover

May this Passover usher in our freedom.

Dear Friends,

In this year of new and different experiences, we wish you a sweet and meaningful Passover.

Join us this Passover by bringing extra sweetness to your Seder tables. Charoset which symbolizes the mortar used by the Jews in Egypt to bind bricks to one another, also represents the glue that holds our community together.

Together in spirit and in good taste,

Neveh Shalom Community

Pacific Northwest Charoset

INGREDIENTS

- 4 cups local apples and/or pears, hand chopped
- 1 cup golden raisins
- 3/4 cup chopped dried cherries
- 1 tablespoon cinnamon
- 3/4 cup Manischewitz Blackberry Wine
- 2 cups chopped hazelnuts
- 1 tablespoon honey, plus more to taste



Ma Nishtana

WHY IS THERE A HAZELNUT ON THE SEDER PLATE THIS YEAR?

Over the ages, different items have been added to the seder plate. A roasted egg, appeared approximately 1900 years ago, as a sign of mourning for the destruction of the Second Temple. In the 1980's, Susannah Heschel added an orange to her seder plate to represent members of the LGBTQ+ community who had been marginalized from Jewish community. These changes show us is that while the heart of the Seder remains sturdy and connects us to past and present, adaptations are important to address contemporary concerns.

This year, our second Passover under Covid-19 restrictions, we also are in need of a ritual element to address our challenges. We can be with each other in spirit, by adding this hazelnut charoset to your seder plate. Hazelnuts are tough and protective on the outside. We have all needed to protect ourselves with masks and PPE, and our front-line workers have particularly needed to be protected in their efforts to take us out of the narrow places of this pandemic.

But we all know, it's not sufficient to go through life only protected. We need to thrive, not just survive. Hazelnuts offer a lesson in this. Inside, they have a sweet flavor, are very nutritious, are anti-inflammatory and protect against stress and blood pressure—something this past year has increased for us.

Additionally, most of the United States hazelnuts are locally grown and harvested. The ingredients of this Pacific Northwest charoset, including the hazelnuts remind us that we are connected to our local community and the natural world.

For so many reasons, this year's Passover will be different. Please consider adding hazelnut charoset to your celebration this year.

