

Polish Easter Traditions



- Polish name for Easter is Wielkanoc (“Great Night”)
- The six-week preparation for Easter is called Lent (Wielki Post), a time of fasting and prayer.
- Holy Week (Wielki Tydzien) begins with Palm Sunday. In Poland, people take pussywillow branches or sprigs of colored straw to church for blessing, then take home as a symbol to bring health and prosperity to the household over the year.
- Easter baking traditions include babkas, mazurki (shortbread cakes), and serniki (creamy cheesecakes).
- Easter eggs are called pisanki (numerous methods for making).
- A Polish Easter basket includes sausage or ham (abundance, God’s generosity), bread (Christ, bread of life), butter (good will), salt (prosperity), horseradish (passion of Christ) and eggs (life, spring, Resurrection).