



LUNAR NEW YEAR 2019 – Year of the Pig

Lunar New Year, also known as **Spring Festival** (Chūnjié 春節, or Yuán Dàn 元旦), is the most important festival celebrated by Chinese, Korean, and most Asians around the world. It begins on the first day of the Lunar calendar and ends with the **Lantern Festival** (Yuan Xiao Jie 元宵節), which takes place on the fifteenth day of the month. The celebration includes firecrackers for greetings and blessings, decorations, lion dances, and wonderful feasts. It is known to avoid sweeping, or cleaning during the New Year, otherwise the good fortune will be swept away. 2019 Lunar New Year will be starting on **Tuesday, February 5th** this year.

NEW YEAR'S EVE, (Chúxì 除夕), families would gather around and enjoy a reunion dinner, which is known to be the most important meal of the year. Moreover, before the new year comes, families would also prepare their homes with the following:

- Cleaning the entire home, pasting red paper cuttings on the windows, and doors;
- Paying all debts and resolving differences with family members, friends, neighbors and business associates;
- Preparing the holiday items:
 - Red money packets (new dollar bills in the red packets)
 - Nuts, seeds, and candy trays
 - New Year fruits and vegetables (eg. Stem & Leaf Mandarins / Pomelos / Persimmons / Dragon Fruit / Sugar Cane / Lotus Roots / Arrow Heads)
- Putting out decorative plants and fresh flowers, such as Kumquat Trees, Draceanas, and Lilies.



CELEBRATORY PRODUCE FOR THE FESTIVE SEASON



Lunar New Year Product Supply List

Apple Fuji Xfcy	Papaya Solo	A-Choy	Lotus Roots
Apple Red Delicious	Papaya Strawberry	Arrowhead (Tsee Gu)	Mushrooms Enoki
Baby Bananas	Passion Fruit	Carrots Jumbo	Mushrooms Oyster King
Dragon Fruit	Pears Asian	Chinese Celery	Mushrooms Shitaki
Kumquat	Pears Fragrant	Chinese Eggplant	Snap / Sugar Peas
Lychee	Pears Singo	Chive Flowers	Siu Choy Baby
Mandarins Lokan	Pitahaya	Draceana	Siu Choy / Long
Mandarins Stem & Leaf	Pomelo Honey	Garlic Stem	Taro Roots Large
Mangoes	Pomelo Red	Ginger	Taro Roots Small
Oranges CNY gift box	Sugar Cane Black	Leeks Chinese	Water Chestnuts
Papaya Treeripe	Shatang Mandarin	Lo Bok	Winter Bamboo Shoots

大吉大利



CITRUS AND THE NEW YEAR

Mandarins and oranges are symbols for abundant happiness, luck, prosperity, and long life in the Chinese tradition. Etiquette suggests that you bring a bag of oranges or mandarins and enclose a Laisee (Red Packet) when visiting family or friends during the two-week Chinese New Year celebration. Since the Chinese word for mandarins sounds very similar to the word for “gold”, having mandarin oranges around the home during Lunar New Year is said to bring wealth into your life.

Mandarins with stems and leaves mean one's relationship with another remains secure, and also wish them long life and fertility.

Kumquats are a fruit meaning prosperity. People enjoy Kumquats either raw or in tea with honey.

Shatang Mandarins are a symbol of fortune, and good luck.

Pomelos are a symbol of family reunion, and blessings.

TURNIP RADISH CAKE (CHINESE LO BOK GO)

* Turnip Radish Cake recipe: <https://thewoksoflife.com/2015/02/turnip-cake-lo-bak-go/>

Preparation: 1 hr 30 mins / Cook Time: 1 hr / Servings: 4

Ingredients:

- 1 Chinese turnip / daikon radish (about 20 oz), grated
- 1 to 1½ cups water
- Oil
- 1 tbsp. dried shrimp, washed, soaked and chopped
- 3-5 dried Chinese black mushrooms, washed, soaked, and chopped
- 1 Chinese sausage, diced
- 1 scallion, chopped
- 1¼ cups rice flour (130 g)
- 1 tbsp. cornstarch (8 g)
- ½ tsp salt
- ½ tsp sugar
- White pepper, to taste
- Oyster sauce for dipping (optional)

Direction:

- Step 1:** Add grated turnip and 1 cup water to a wok or large pan and bring to a simmer. Simmer for about 10 minutes, stirring occasionally so the turnip does not brown. The turnip will produce liquid, some of which will evaporate. You will have liquid left in the pan with the radish but don't worry about measuring it. Scoop the cooked turnip into a large mixing bowl to cool. Next pour the remaining liquid into a measuring cup and fill the rest with water until you have 1 cup of liquid and pour it back in with the cooked turnip.
- Step 2:** Heat your pan over medium heat and add a couple tablespoons oil. Add the shrimp, mushrooms, and sausage and cook for about 5 minutes. Stir in the chopped scallion and remove from the heat to cool.
- Step 3:** Add rice flour, cornstarch, salt, sugar, and white pepper to the mixing bowl with the radish and cooking liquid. Mix well until the dry ingredients are well-incorporated. Add in the cooked shrimp, mushrooms and sausage, and be sure to scrape the oil from the pan into the batter. Mix well and let sit for about 15 minutes.
- Step 4:** Give the batter a final stir and pour it into a well-oiled loaf pan. Place the pan into a steamer with plenty of water and steam over medium-high heat for 50 minutes.
- Step 5:** Remove the pan from the steamer and let your turnip cake set for about 30 minutes. Once cooled, loosen the sides with a spatula and turn it out onto a cutting board. It should come out quite easily.
- Step 6:** Use a sharp knife dipped in water to slice ½-inch thick pieces. I know people who'd enjoy it just like that, but most people pan-fry them first. Add a couple tablespoons oil to a non-stick or seasoned cast iron pan over medium-low heat. Fry the cakes on both sides until golden and crispy. Serve with oyster sauce!
- Step 7:** Tip: You can also make this cake in advance, refrigerate it in the loaf pan, and slice/fry later. If you've refrigerated turnip cakes that you've already fried, the best way to reheat them is in the pan.
- Step 8:** When reheating, heat the pan over medium heat and add a tablespoon of oil. Place the cakes in the pan, immediately add a couple tablespoons of water, and cover. Remove the cover when the water has evaporated, flip, and brown the other side.

