

LUNAR NEW YEAR 2021 – Year of the Ox



Lunar New Year, also known as **Spring Festival** (Chūnjíe 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 occurs on the fifteenth day of the month.

Traditionally, the celebration includes firecrackers for greetings and blessings, decorations, lion dances, and delicious feasts. Sweeping or cleaning on New Year's Day is also avoided to prevent removing good fortune. 2021 Lunar New Year starts on **Friday, February 12th** this year.

NEW YEAR'S EVE, (Chúxì 除夕), families customarily 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	Oranges CNY gift box	A-Choy	Lotus Roots
Apple Red Delicious	Papaya Solo	Arrowhead (Tsee Gu)	Mushrooms Enoki
Baby Bananas	Passion Fruit	Carrots Jumbo	Mushrooms Oyster King
Dragon Fruit Red	Pears Asian	Chinese Celery	Mushrooms Shitaki
Dragon Fruit	Pears Fragrant	Chinese Eggplant	Snap / Sugar Peas
Hami Melon	Pears Singo	Draceana	Siu Choy Baby
Kumquat	Pitahaya	Garlic Solo	Siu Choy / Long
Mandarins Lokan	Pomelo Honey	Garlic Stem	Taro Roots Large
Mandarins Stem & Leaf	Pomelo Red	Ginger	Taro Roots Small
Mangoes	Sugar Cane Black	Leeks Chinese	Water Chestnuts
Musk Melon	Shatang Mandarin	Lo Bok	Winter Bamboo Shoots



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 name 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.



NAVEL ORANGES

Oranges are one of the most commonly grown fruits in the world. They come in many varieties, but the navel orange, sometimes called sweet orange, is one of the most common.

Navel Oranges are the "winter" oranges and grow from winter through to late spring. They are seedless, easily peeled, and deliciously juicy. Navel Oranges can be consumed fresh or squeezed into a refreshing drink. They are rich in Vitamins A, B6, C, fiber, potassium, folate, beta-carotene, calcium, citrates, and are low in calories.



ORANGE SWEET ROLLS

* Orange Sweet Rolls recipe: <https://www.epicurious.com/recipes/food/views/orange-sweet-rolls>

Preparation: 1 hr 10 mins / Total: 2 hrs 40 mins / Servings: 12

Ingredients:

For the filling:

- ½ cup (1 stick) unsalted butter, softened
- ½ cup sugar
- 1 tbsp. finely grated orange zest
- 1/8 tsp kosher salt
- Pinch of ground cardamom (optional)

For the rolls:

- 1 (¼ oz) envelope active dry yeast (about 2-¼ tsp)
- 2 tbsp. sugar, divided
- 1 egg yolk, lightly beaten, room temperature
- 1/3 cup fresh orange juice
- 2 tbsp. melted coconut oil, cooled, or vegetable shortening
- ½ teaspoon kosher salt
- 1-2/3 cup cups all-purpose flour, plus more for surface
- Non-stick vegetable oil spray
- A 12-cup standard muffin tin

Direction:

Make the filling:

Step 1: Using an electric mixer on medium-high speed, beat butter, sugar, orange zest, salt, and cardamom, if using, in a large bowl until fluffy.

Make and assemble the rolls:

Step 2: Pour 3 tbsp. warm water (105°F – 115°F) into a small bowl. Add yeast and 1 tbsp. sugar and whisk to combine. Let sit until foamy, about 10 minutes.

Step 3: Using electric mixer on medium-high speed, beat egg yolk, orange juice, oil, salt, and remaining 1 tbsp. sugar in a large bowl. Add 1-2/3 cups flour and yeast mixture. Beat until dough just comes together. Turn out dough onto a lightly floured surface. Knead several times with floured hands until smooth, about 5 minutes (dough will be sticky).

Step 4: Spray a clean large bowl with non-stick spray. Place dough in bowl and turn to coat. Cover with a towel and let sit in a warm place until doubled in size, about 45 minutes.

Step 5: Spray muffin tin with non-stick spray. Roll dough on a well-floured surface to an 1/8"-thick rectangle about 17x14". Spread filling over dough, leaving a ½" border on all sides. Starting on 1 long side, roll dough into a tight cylinder. Cut into 12 equal pieces (if it's difficult to cut, chill 15 minutes). Transfer cut side up to prepared muffin tin. Cover with a towel and let sit in a warm, draft-free place until risen, 30 minutes, or chill overnight. If chilling, let sit at room temperature 2 hours to rise before baking.

Step 6: Preheat oven to 350°F. Bake rolls, rotating pans halfway through, until lightly browned on top, 15–18 minutes. Let cool in pan 5 minutes, then invert onto a platter to serve.

