

January 26, 2010

# Harvest Sensations®

## **CHINESE NEW YEAR IDEAS**



**POMELOS**



**ORO BLANCOS**



**MINNEOLA TANGELOS**



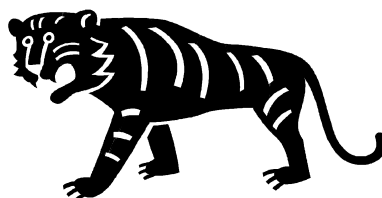
**SATSUMA MANDARINS**



**SWEET GEM WHOLE HEADS**



**ASIAN PEARS**



**2010 YEAR OF THE TIGER**

# HarvestSensations® WEEKLY SEASONAL SENSATIONS

## FRUIT

APPLES, ARKANSAS BLACK  
APPLES, BABY FUJI  
APPLES, BABY GALA  
APPLES, BABY GRANNY  
APPLES, BABY PINK LADY  
APPLES, LADY  
APPLES, SPITZENBERG  
APRICOT  
CHERRIES, RAINIER  
CHERRIES, BING  
CITRUS, BUDDAH HAND  
CITRUS, BLOOD ORANGE  
CITRUS, CLEMENTINES  
CITRUS, GRAPEFT TX RED  
CITRUS, KUMQUATS  
CITRUS, MEYER LEMON  
CITRUS, ORO BLANCO  
CITRUS, POMELO  
CITRUS, SATSUMA  
COCONUTS  
NECTARINES, YELLOW  
NECTARINES, WHITE  
PAPAYA, GREEN  
PEACH, YELLOW  
PEACH, WHITE  
PEARS:  
*asian, bosc, red, seckle, Forelli*  
PEPINO  
PERSIMMON, SHARON  
PLUMS  
POMEGRANATE JUMBO  
RHUBARB *ltd*  
SAPOTE

## ORGANIC

APPLES, BANANA, PEARS,  
ONIONS, AVOCADO, BEETS,  
SQUASH, CARROTS, CITRUS,  
YAMS, COCONUT, DATES,  
GINGER, GARLIC, HORSERADISH,  
LETTUCE, HERBS, MANGO,  
MUSHROOMS, PINEAPPLE,  
POTATOES, TOMATOES, SQUASH

## VEGETABLES

ASPARAGUS, WHITE  
BABY BEETS  
BABY CARROTS  
BABY FENNEL  
BEANS, FRENCH  
BEANS, GARBANZO  
BEETS, BABY COLORS  
BRUSSELS SPROUTS  
CARDOONS  
CARROTS, COLORS  
CAULIFLOWER, COLORS  
CELERY ROOT  
CHILES, VARIETY  
FENNEL  
GARLIC, BLACK  
GARLIC, ELEPHANT  
GREENS: *collard, dandelion, mustard, kale, chard*  
JICAMA  
MUSH, BBY SHIITAKE  
MUSH, BEECH brown & white  
MUSH, BLACK TRUMPET  
MUSH, EXOTIC MIX  
MUSH, MAITKE  
MUSH, WILD  
ONIONS, BBQ  
POTATO, BURGUNDY  
POTATO, FRENCH  
POTATO, PURPLE  
POTATO, RED THUMB  
POTATO, RUSSIAN BANANA  
POTATO, MIXED  
RADISH, DAIKON  
RADISH, VARIETY  
RADISH, WATERMELON  
SQUASH, BBY SUMMER  
SQUASH, BBY ZUCCHINI  
SQUASH, CHAYOTE  
SWEET POTATO, BABY  
SWEET POTATO, OKINAWAN  
SUNCHOKES  
TOMATILLO  
TURNIPS  
WINTER SQ, BANANA  
WINTER SQ, BUTTERNUT  
WINTER SQ, KOBOCHA

## ASIAN

ASIAN PEARS  
BANANA LEAF  
BBY BOK CHOY  
BBY BOK CHOY ULTA MINI  
BBY BOK CHOY TIP  
BITTER MELON, CHINESE  
BITTER MELON, INDIAN  
CHAYOTE SQUASH  
CHINESE LONG BEAN  
CURRY LEAF  
DAIKON  
EDAMAME  
GAILON  
GREEN PAPAYA  
KEIFER LIME LEAF  
LEMON GRASS  
LOTUS ROOT  
NOODLES, HOMESTYLE  
MALANGA  
MANGO  
MIZUNA  
MUSH, BBY SHIITKE  
MUSH, BEECH  
MUSH, MAITAKE  
MUSH, SHIITAKE  
OPA  
PAPAYA  
PEA SHOOTS  
SAVOY CABBAGE  
SNOW PEAS  
SNAP PEAS  
TARO LEAF  
TARO ROOT  
TATSOI  
THAI CHILE  
TOFU  
WASABI PEAS  
WATERCHESTNUT *ltd*  
WINTER MELON  
WRAPPERS, *eggroll, wonton & pot sticker*  
YUCCA  
YU CHOY SUM

## OTHER

ACHIOTE PASTE  
ALOE LEAF  
BANANA BUD  
BEE POLLEN  
CHESTNUTS  
CHIPOTLE  
CORN HUSKS  
DRIED CHILES  
DRIED FRUIT  
DRIED NUTS  
GHOST PEPPERS  
HONEY, EUCALYPTUS  
TORTILLAS

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## FOOD FOR THOUGHT

### CHINESE NEW YEAR

There's actually a lot more to it than lion dances and firecrackers, although these two pieces of tradition are integral and more visible, Chinese New Year to China is like Christmas to the West. In essence, Chinese New Year is spending time with family, gift giving and, the all important, food-fest. The upcoming Chinese New Year falls on February 14, 2010, when we'll be ringing in the YEAR OF THE TIGER. Chinese New Year celebrations have their origin with end-of-harvest celebrations when people would offer thanks to gods for good harvests and pray for a good crop in the following year. Although they varied according to the different calendars used, the customs were formalized under Han Dynasty (206BC-AD 25). Varied festivals around god worship, sacrifice and celebration held at the end of the winter season and at the beginning of the spring were unified under the Han Dynasty rulers and consolidated, with their adoption of the formal *Taichu* calendar, to the first day of the first lunar month. During the economically prosperous and politically stable Tang Dynasty (AD 618-907), celebrations around the New Year blossomed. Traditional customs around superstitions and worship became the means for people to celebrate and enjoy time with their families.

Food is an important part of Chinese culture and food plays a major role in Chinese New Year celebrations. "Lucky" foods are served through the two week celebration to bring good fortune, health and long life.



### YEAR OF THE TIGER

**\*\*Check out our blog; [www.harvestsensations.blogspot.com](http://www.harvestsensations.blogspot.com) for more information including; product details, beautiful photos and delicious recipes!**

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## FOOD FOR THOUGHT

### CHINESE NEW YEAR FOODS

- **Lettuce** sounds like, "rising fortune" so it is commonly served as a lettuce wrap filled with other lucky food.
- **Mandarin Oranges** are passed out freely during Chinese New Year as the words for tangerine and orange sound like luck and wealth, respectively.
- **Pomelos & Oro Blanco** these large ancestors of the grapefruit signifies abundance, as the Chinese word for pomelo sounds like the word for "to have."
- **Noodles** represent a long life; superstition says that it's bad luck to cut them.
- **Clams and spring rolls** symbolize wealth; clams because of their resemblance to bouillon, and Spring Rolls because their shape is similar to gold bars.
- **Fish** the word for fish, "Yu," sounds like the words both for wish and abundance. As a result, on Chinese New Year's Eve it is customary to serve a fish at the end of the evening meal, symbolizing a wish for abundance in the coming year. For added symbolism, the fish is served whole, with head and tail attached, symbolizing a good beginning and ending for the coming year.
- **Whole chicken** during the season symbolizes family togetherness.
- **Steamed cakes** that are so popular during the Chinese New Year season? Cakes such as Sticky Rice Cake have symbolic significance on many levels. Their sweetness symbolizes a rich, sweet life, while the layers symbolize rising abundance for the coming year. Finally, the round shape signifies family reunion.

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