

a toast to all

Gather your homegrown ingredients and stir up a North Carolina drink for Christmas and New Year's with one of our curated cocktails of 2016. See page 4



the good life

IN A NORTH STATE OF MIND

NC

SUNDAY

12.25.16



December 23-30

Christmas Train & Light Spectacular
Wilmington

Holiday magic returns to the Railroad Museum with more lights and more action. The museum turns into a seasonal wonderland with decorations, more than 20,000 lights that glisten and sparkle to mark the holiday, as well as musical animations and twilight model train displays. Santa is also on hand, with goodies and cider to sip and enjoy.
wrrm.org

December 26-30

Holiday Lights in the Garden
Fayetteville

Lights sparkle and illuminate a mile-long pathway to showcase the garden's winter beauty as a synchronized show of music and lights shimmers over the Cypress Pond. S'mores roasting over fire pits, free crafts for children, visits and photos with Santa, holiday gift shopping, and more add to the festivities.
capefearbg.org

December 27-31

The Twelve Birds of Christmas at Sylvan Heights Bird Park
Scotland Neck

Join the fun in a search to find The 12 Birds of Christmas. A scavenger hunt format is used, with informational signs around the park. Learn interesting facts about some of the birds that have traditionally been a part of the "The 12 Days of Christmas." If you really don't know what a partridge in a pear tree looks like, visit Sylvan Heights and find out.
shwpark.com

December 31

First Night in Raleigh
Raleigh

The Raleigh Acorn is lowered and fireworks go off to ring in the New Year in the capital. While the acorn has become synonymous with First Night Raleigh, the festival is much more than the countdown to midnight with nearly 100 performances in over three dozen locations across downtown Raleigh.
firstnightraleigh.com

January 1

KwanzaaFest
Durham

For over 30 years the African American Dance Ensemble has sponsored KwanzaaFest in Durham. Kwanzaa is a celebration of family, community, and culture centered on seven basic values as building blocks for peace and progress within neighborhoods.
aadekwanzaafest.wixsite.com/kwanzaafest



EAMON QUEENEY | NORTH STATE JOURNAL

Ham, black eyed peas, collard greens and cornbread are foods eaten to bring luck and prosperity on the New Year.

A meal steeped in tradition

The foods we eat on the first day of the year are prescribed for a reason. The menu items are said to bring prosperity, good luck, and good health for the new year.

By **Jennifer Wood**
North State Journal

AFRESH NEW YEAR brings plenty of possibility. There's just something about a clean slate to work with that has us all ready to take on the world. In the South we like to make sure we hedge our bets via our stomachs. Why not plan for a precipitous year by consuming just the right food?

Even folks averse to resolutions have been known to eat this chosen meal to ensure a year of luck, health, and money.

The folklore or tradition behind the ingredients, as well as the humble and tasty foods included, tell a story and there is a reason for making sure each item makes it onto the table.

Black-eyed peas represent coins or good luck and prosperity.

Much has been written about this legume from the cowpea family. Its inclusion on the menu, along with how much you consume, is integral to the meal. Multiple sources reference the fact that Union troops

left the plentiful crop behind in the field because they thought it was only good for livestock. They were correct about it being for livestock as it was originally used as food for farm animals, but it went on to become a staple in Southern diets.

Tradition says you are supposed to make sure you eat at least 365 black-eyed peas to lock down luck and prosperity for the entire year. You might get a few dirty looks if you hold up the serving line by counting out your peas, so just go ahead and eat a mess of them to be safe.

Greens represent new beginnings and money.

Be they collard, mustard, or turnip — greens are a healthy winter crop. Collards are a good source of vitamins A and C. Best picked after the first frost, there are many ways to cook this hearty crop. If you're looking to adhere to the "eat as much pork as possible" plan, then cook greens with some fatback. Its place at the first meal of the year can be attributed to the

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