

Mid-Autumn festival



The Mid-Autumn Festival, also known as the Lantern Festival or Mooncake Festival, is a traditional festival celebrated in Chinese culture.

Although it is not an official public holiday in Singapore (Mid-Autumn Festival) like China and Korea, it is still a highly anticipated event and celebrated.

People gather to release lanterns, eat moon cakes and watch the moon. Therefore, this festival is also referred to as the Reunion Festival.



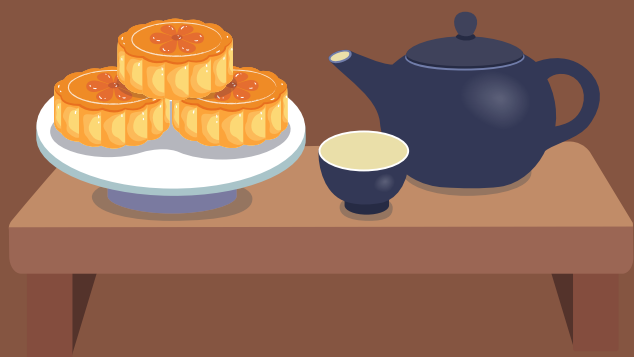
Get Healthy:

This festival brings unparalleled joy to reunite with family, embrace family bonds, and create lasting memories by substituting healthy ingredients for traditional mooncake making. Swap the ingredients for healthier options, such as using date sugar, buckwheat or sweet potato flour, canola, avocado, or olive oil instead of less nutritious alternatives. It captures the spirit of the occasion while promoting a deeper connection to tradition and wellness, bringing families together in joyful harmony.



Be Creative:

One cherished tradition is crafting lanterns together, symbolizing the festival's luminous spirit. Creating an eco-friendly lantern with family or friends using everyday unwanted materials (e.g., bottles cap, milk or plastic packaging, used or unwanted Chinese new year red packets) adds layers of depth and love to the mooncake festival. The processing of crafting, sharing stories, and illuminating the night together strengthens the bond and breathes life into tradition. These hand-made lanterns aren't just crafts, it represents unity, creativity, and lasting connection, making Mooncake Festival a celebration of reunion to cherish.



Be a Master:

Find a knowledgeable tea master and plan a tea session within the community to share enriching expertise and offer insights into the teas, brewing techniques, and their cultural significance.

Or prepare a selection mooncakes session (excludes Durian) that complements the tea choices. Encourage the family and friends to explore how different teas interact with the taste of mooncakes and their health benefits.

Try pairing Teochew Mooncake with Iron Buddha or Dan Cong tea, lotus seed paste with egg yolk, or the Wuren Mooncake with Aged Pu'er tea. You may try mixing some floral teas with sweet mooncakes may be an option too.

Build it up:

Exploring scenic routes in nearby nature parks and planning a Lantern Festival walk can be a wonderful and memorable event, bringing family and friends together to celebrate creativity, community, and the beauty of lanterns. Embrace an exciting challenge or scavenger hunt to revitalize a traditional lantern walk while having fun with physical engagement.

