



The Dragon Boat Festival

The Dragon Boat Festival, also called Double Fifth Festival, is celebrated on the fifth day of the fifth month of the lunar calendar. It is a very important festival for Chinese people. At that day, the racing of dragon boats is a traditional custom; meanwhile, Chinese people celebrate the Dragon Boat Festival by eating rice



dumplings.



The Dragon Boat Festival commemorates the death of Qu Yuan, an honest minister of the State of Chu. He was upright, loyal and highly esteemed for his wise counsel that brought peace and prosperity to the state. However, when he realized that the country was now in the hands of evil and corrupt officials, Qu have committed suicide by drowning himself in the Miluo River on the fifth day of the fifth month.



The dragon-boat races symbolize the many attempts to rescue and recover Qu's body. A typical dragon boat ranges from 50-100 feet in length, with a beam of about 5.5 feet, accommodating two paddlers seated side by side.





Rice dumplings are glutinous rice pudding called Zong Zi is eaten to symbolize the rice offerings to Qu. Ingredients such as beans, lotus seeds and the golden yolk of eggs are often added to the glutinous rice.

The pudding is then wrapped with bamboo leaves, bound with five different-colored threads and boiled in salt water for hours.