

The Mid-Autumn Festival



Falling on the 15th day of the 8th month according to Chinese lunar calendar, the Mid-Autumn Festival is the second grandest festival after the Spring Festival in China. It takes its name from the fact that it is always celebrated in the middle of the autumn season.

The day is also known as the Moon Festival, as at that time of the year the moon is at its roundest.



On this day, family members gather to appreciate the bright full moon, eat moon cakes at night, express strong yearnings toward their homes and think of family members who live far away.



People eat moon cakes at Mid-Autumn Festival.

Moon cakes are round pastries shaped like the moon, about an inch in height. Inside, they are filled with lotus seeds, red bean paste, orange peel, melon seeds, ham, dried flower petals, and salted duck's egg yolk. The surface of the food is patterned with clouds, the moon, and the rabbit. It symbolizes the reunions of families and couples. The exchanging of gifts during the Mid-Autumn Festival is a hospitable custom and lovers also give moon cakes as presents to show their passion.





The story of Chang E is the most widely accepted tale regarding the origins of the Mid-Autumn Festival.

In ancient times, there was a great hero called Hou Yi who had used his red bow and white arrows to shoot down nine suns to save all people. The queen gave him an elixir of life to award his contribution. His wife Chang E was the most beautiful lady at that time. Hou Yi presented the elixir to

Chang E to keep. After Hou Yi left home, an evil came to rub the elixir, Chang E knew that she could not win, she took out the elixir and swallowed it immediately. The moment she drank it, she flew out of the window and up into the sky. Chang E's great love for her husband drew her towards the Moon, which is the nearest heavenly body to the earth.

