



Great Harvest Bread Co.  
Greg & Aimee's Family-Owned Bread  
Store & Much More  
3211 Frederica Street  
Across from KWC  
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## HISTORY OF THE KING CAKE

*The Epiphany or Little Christmas is observed in many Christian churches. This day has come to be known as "Kings Day".*

*Since the 300's, the day has honored the meeting of the Three Wise Men with the infant Jesus. King Cakes became part of the celebration to symbolize the "finding of baby Jesus".*

*Traditionally King Cakes are oval-shaped to show unity of all Christians. The Mardi Gras season which begins on this "Twelfth Night" is expressed on King Cakes by using the carnival colors of green (signifying Faith), gold (signifying Power), and purple (signifying Justice).*



*In the past, a bean, pecan, pea, or coin was hidden inside each King Cake. Today, a tiny plastic baby is used. As a King Cake is cut, each person awaits anxiously for a piece to locate the "baby". The person who finds the baby is "King of the Party" and obligated to bring a King Cake to the next seasonal celebration.*



*Start this New Orleans tradition in your home, class, or office. King Cake season ends on Mardi Gras ("Fat Tuesday"), the day before Lent begins.*

## **IDEAS FOR FAMILY MARDI GRAS DINNER**

**"ZATARAIN'S"** *a New Orleans Tradition since 1889*  
*Jambalaya Mix or Red Beans & Rice*

Quick Tips *for Jambalaya Mix*  
*I get Polish Kielbasa (slice it), chunk chicken in a can*  
*(by the tuna) and canned petite shrimp.*  
*(Frozen is better but takes longer)*

Quick Tips *for Red Bean & Rice Mix*  
*I get Polish Kielbasa (slice it) to make it a meal*

**ADD A SALAD OR YOUR KIDS FAV. VEGGIES**

**OF COURSE, GREAT HARVEST KING CAKE, BEADS, DOUBLOONS**

**FIND A MARDI GRAS XM STATION ON YOUR LAPTOP,  
JAZZ STATION ON THE RADIO, FOR US OLD PEOPLE A JAZZ CD. AND  
HAVE IT ON IN THE BACKGROUND DURING DINNER.**

*We did the xm station last year and the kids thought it was  
really fun.*

**READ THE KING CAKE STORY BEFORE OR AFTER DINNER**