



NI HAO, Y'ALL!

Eat, Learn & Shop with Chinese Southern Belle

Buford Highway Farmers Market

Chinese Southern Belle™ is a new business that connects people, food, culture and learning. Mother-daughter team, Natalie and Margaret, offer a unique combination of multicultural teaching, travel, cooking and business experience and have delighted friends with Country Asian creations and Buddha-to-Bubba™ stories in Atlanta since the 1970's.

As the company's founder and co-owner, Natalie is a Harvard Kennedy School graduate trained in multicultural communications and social marketing, grew up working in the family restaurant and has served in public office. Margaret was a schoolteacher in the gifted program for 20 years and now is a realtor and avid fisherman. "Back then, I couldn't find soy sauce or tofu at the Winn-Dixie grocery and wonton soup was considered exotic!"

From fortune cookies to Fortune 500, Margaret and Natalie are popular with a wide range of groups, from farmers markets and festivals to private dinner parties and school workshops. "We hope to add a fun fusion touch to the kitchen, a cross-cultural dimension to Atlanta's immigrant tapestry, and raise awareness about the importance of diversity, sustainability and community." Follow Natalie's cross-cultural and food adventures, get eating and cooking tips, plus event updates on www.chinesesouthernbelle.com, Twitter and Facebook!

Today's Topic: Asian Hot Pot & Happy Lunar New Year!

Shopping List - Basics

Ingredient/Product	Location/Aisle #	Brand/Tips
Vegetables: mushrooms, chinese cabbage, bok choy, daikon radish, beansprouts	Fresh Produce	
Dried black mushrooms	Aisle 27, Korean/Chinese, mid right	Good soup starter
Fish balls	Aisle 22, Japanese/Chinese, freezer in middle	
Hot pot (Shabu) meat	Frozen, meat section	Thinly-sliced "rolls"
Dumplings	Aisle 22, Japanese/Chinese, freezer at front end and Aisle 12 Japanese/Korean front end	
Fried/fresh/baked tofu	Produce area, left side refrigerated	
Chinese noodles - dried	Aisle 29, Chinese, left middle yellow coils, egg noodles	Rice or beanthread/cellophane noodles also good
Chinese noodles - fresh frozen	Aisle 22, Chinese (freezers)	Great for cold sesame noodles, Lo Mein dishes
Hot pots, scoopers, chopsticks	Kitchenware	
Soy sauce	Aisle 24, Japanese, back right and Aisle 28, Chinese, right back end	Recommend naturally-brewed
Rice Vinegar	Aisle 24, Japanese, right middle	
Asian sesame oil	Aisle 24, Japanese, right, back Aisle 28, Chinese, right middle	Asian/Chinese is stronger than American type
Hot chili sauce/oil	Aisle 28, Chinese, right middle	Black bean chili sauce is good

Chinese Lunar New Year (a.k.a. Spring Festival) is one of the most significant of Asian holidays and a time for feasting, reflection and renewal. Traditionally celebrated over 15 days, many shops are closed, so you better get your shopping or business done! The New Year's Eve dinner is the most important family ritual of the year, representing a night of unity, reunion, harmony. Red envelopes (hong bao), fresh flowers and new outfits abound, kids stay up late, and seniors do the "longevity vigil" as a positive sign of their vitality. Popular dishes include anything whole (complete) or long (longevity), plus fresh and candied fruit that represent good health, happiness, prosperity and blessings, for example, whole chicken or fish (don't flip the fish when eating, akin to old fisherman's tale of flipping a boat); long noodles, long leafy greens, long string beans, kumquats, oranges. Lion dancing is another tradition during this time (Jan to Apr) to chase away demons and bring good luck to businesses and communities. (Natalie was a member of one of the few women-lion dance troupes in the country.)



The Chinese Hot Pot, also known as huo guo, Mongolian hot pot, Japanese shabu, or Chinese fondue, is a popular 1000 year-old tradition across Asia, especially during fall and winter. Since many Asian countries do not have central heat, it serves as a source of warmth and pleasure for the appetite and spirit! With a simmering pot of stock in the center of the table and an array of hot pot healthy and fresh ingredients -- sliced meat, leafy vegetables, tofu, fish balls, dumplings, noodles, savory sauces-the hotpot is catching on in America. Chinese Southern Belle can help you host food parties for fun or team-building.

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404-494-0088 • info@ChineseSouthernBelle.com

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