

## ON ST. PATRICK'S DAY - WHY DO WE WEAR GREEN?

Originally, the official color of the St. Patrick's Day was blue, but green began to dominate based on Ireland being known as "The Emerald Isle," as well as the fact that the flag of Ireland also contains a stripe of green. Religiously, a lot of Irish Catholics are known to wear green, while Protestants celebrate the holiday in orange. If you look at the flag, a stripe of white separates the two colors, thus white resembles "peace" between each set of religious beliefs.

Now onto the leprechauns. Obviously, every leprechaun we've seen is wearing a green get-up, thus distinguishing them as such in Irish folklore. It's believed that leprechauns pinch those who aren't wearing the color, which has developed into others pinching people to remind them that leprechauns wouldn't approve of their non-green apparel. This is actually an American-based tradition, as leprechauns were first imagined to have been wearing red jackets and red pointed hats, free of shamrocks.

Speaking of shamrocks, they are yet another reason as to why we wear green. The shamrock itself represents the father, son, and the holy spirit within its three leaves, and were used by St. Patrick to teach others about the basics regarding the Holy Trinity. Shamrocks are green, and also represent the season of spring. Some find them to be lucky, as well. Thus, it makes sense to represent the shamrock by wearing green, to pay tribute to the religious aspect, the seasonal aspect, and to the man himself.

## St. Patrick's Day Blessing

May there always be work for you to do,  
May your purse always hold a coin or two.  
May the sun always shine on your windowpane.  
May a rainbow be certain to follow each rain.  
may the hand of a friend always be near you.  
May God fill your heart with gladness to cheer you.



Happy Lunch Bunch!

## GET YOUR ST. PATRICK'S DAY GREEN ON WITH SWEET & SOUR CABBAGE



### Items Needed:

- 1 head of cabbage, cored and cut into 8 wedges
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 tablespoons margarine
- 1 tablespoon cider vinegar
- 2 packets low-calorie sweetener
- 1/2 cup raisins

### Directions:

Arrange cabbage in a large skillet, add water to depth of 1 inch, cook to a boil. Cover and steam until crispy tender, about 5 minutes. Remove cabbage and drain on paper towel. Pour out water from skillet and sauté onion, garlic and margarine. Cook until soft then add vinegar and sweetener. Mix well and incorporate raisins. Let bubble a few minutes. Add cabbage and heat thoroughly. Makes 8 servings