

《CCTV9英语新闻：全国庆祝腊八节》

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China celebrates 1,500-year-old winter festival-Laba

Wednesday marks the traditional Laba Festival in China. Laba means the eighth day of the twelfth month of the lunar calendar. It has been celebrated for 15,00 years.

It's customary, especially in North China, to eat Laba Porridge. It's a combination of rice, beans, nuts and dates. The festival is linked to both the new harvest and Buddhism. Buddhist temples hand out Congee to the public. People prepare Laba garlic, by putting the cloves in vinegar to steep until they turn green. There are also Laba noodles, and Laba Tofu. As Laba falls in the last lunar month, it serves as a prelude for the Lunar New Year.