

## Superstitious? Don't forget your Pork and Sauerkraut for New Years

*By John Rizzo*

Something about the aroma of pork roasting in sauerkraut, brings back fond memories of the holidays. If you grew up in Pennsylvania, chances are this was a staple in your New Year's diet. But why do we eat pork and sauerkraut? Because we were told it brings you good luck and prosperity for the year. The source of this tradition is not real clear, but there are some ideas.

More than likely it originated in Germany and found its way to the Pennsylvania Dutch. Families who had a pig were considered lucky to be able to feed their family throughout the winter. They would use the phrase "I have had pig" which translates to "I have had good luck!" Cabbage leaves were symbolic of money. Thus, having your pork and sauerkraut would bring good luck and a prosperous New Year.

While speaking of tradition, why the noisemakers and fireworks on New Years Eve?

This was to ward off the evil spirits that might be lurking around the New Year. So, if you have a hearty plate of pork and sauerkraut while banging and your pots and pans this New Years; what could possibly go wrong?

### **Sauerkraut Salad**

**Yield: (7) 1/2 Cup Servings**

Sugar	1 Cup	Vinegar	1/2 Cup
Sauerkraut, Drained	3 Cups	Diced Green Pepper	1/2 Cup
Minced Onion	1/4 Cup	Diced Celery	1/2 Cup
Diced Red Pepper	2 TBL	Dill Weed	1 tsp.
Salad Oil	1/4 Cup		

In a small saucepan, bring the sugar and vinegar to a boil; remove from heat.

In a mixing bowl, combine all remaining ingredients.

Pour sugar mixture over sauerkraut mixture. Refrigerate for at least 4 hours before serving.