

Put a little Mardi Gras
in Your Life!

Enjoy a
King Cake

from February 16 - 21

The Cake

A delicious egg-rich dough filled with almond paste and just a touch of cinnamon. The cake is frosted with a sweet fondant and topped with three colors of sugar to remind us of the three kings. (See ingredients list below.)

The cake is frosted with the traditional Carnival colors of green for Faith, gold for Power, and purple for Justice. The oval shape is intended to represent unity.

The History

The King Cake takes its name from the three kings. Christian tradition says their journey to Bethlehem took twelve days. Their arrival is celebrated as Epiphany. The season for King Cake is from Epiphany through to the end of Mardi Gras, which is also known as Fat Tuesday, the day preceding the beginning of the season of Lent.

The tradition in the United States was carried over from France and Spain and has been here since the eighteenth century.

The Baby or The Trinket

Your Great Harvest King Cake has a baby in the box along with some Mardi Gras beads. If you want to follow the tradition you can carve a hole underneath the cake and insert the baby. One person will ultimately get the baby in their slice of the cake.



The Obligation Associated with The Trinket

The person who gets the trinket may be declared king (or queen) for the day. Sometimes the king is expected to host the next Mardi Gras party (which may be the following year or the following week).

Elementary school children enjoy King Cake parties and the person who gets the trinket is required to bring the cake for the following week.

In an office workplace you might have the person with the trinket bring the next cake and let it go at that.

**Enjoy the fun!
It's February!
We can all use a
reason to celebrate!**



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Ingredients for King Cake:

Fresh ground whole wheat flour, unbleached white flour, honey, eggs, powdered sugar, cream cheese, almond paste, butter, yeast and salt. **Contains Nuts and Dairy**