

NO TRICKS, JUST TREATS

VANGUARD PRESENTS

CANDY

Halloween: a haunted history

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The roots of this tradition can be traced back to the early ninth century in the Celtic lands of the United Kingdom, when Christian churches started celebrating what they called “All Souls Day” on November 2. On this day, impoverished families visited wealthier households, asking for small pastries known as soul cakes in exchange for the promise of praying for the wealthy family’s deceased relatives. This practice was then passed down to their children, who went door-to-door asking for either food, money, or ale.

This custom then expanded to Scotland and Ireland, where children dressed up and participated in “guising,” in which they performed short songs and dances (tricks) in front of houses in exchange for treats, which came in the form of fruit, nuts, or coins.

When the tradition made its way into the United States, it quickly gained widespread popularity. Starting in the 1930s, children walking door-to-door were given homemade cookies, cakes, and fruit. By the 1950s, large candy manufacturers began to promote their products during this season, and as trick-or-treating became more popular, many households switched to handing out candy, as it was far more affordable and convenient. However, some households still chose to provide handmade goods until the 1970s, when candy became the only acceptable treat to hand out to all the children.

Throughout the decades, the most popular candies greatly varied. From the 1930s to the 1950s, some of the most common favorites included Hershey’s chocolate and candy corn. From the 1960s to the early 2000s, treats like Tootsie Pops and Laffy Taffys began to dominate the candy industry. Nowadays, we often find a balance between candy and chocolate. Regardless of the type of candy, trick-or-treating has remained a popular activity. From chocolate bars to sugary treats, the excitement of dressing up and going from door to door has kept this tradition alive.

The excitement for Halloween can especially be seen throughout the Princeton community. In addition to the ghosts and goblins trick-or-treating throughout the streets, Princeton University’s campus is enlivened by displays of the classic black and orange color scheme of Halloween. Costume parades across the town allow families to show off their vibrant costumes. At PHS, creative costume challenges invite students to participate in the festivities with a bit of friendly competition.

Beyond local events, many students also choose to experience the thrill of roller coasters and haunted houses during Fright Fest, the annual Halloween event hosted by Six Flags. During the daytime, East Windor’s Field of Terror invites visitors to wander through their corn mazes and pumpkin patches. As night falls, zombies and clowns hide in shadows during their haunted hay rides.

If satisfying your sweet tooth is not enough of a delight on Halloween, maybe a BOO! will electrify your night!

Graphics
By

Emily
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Sweet selections: Maruichi edition

Maxime DeVico and Anna Petrova, CONTRIBUTING WRITERS

While you search for the best place to buy candy this month, it might be worth your time to take a detour from the usual supermarket chains. We visited Maruichi, a Japanese grocery store on Nassau Street, and perused the shelves to sample some sweets. Four caught our eyes: Kasugai peach gummies, Peko strawberry chocolate, milk-flavored Meiji Chelsea, and Hello Kitty matcha marshmallows. We evaluated them for flavor and texture.

1. The least Halloween friendly: milk-flavored Meiji Chelsea
This candy fell flat — the milk flavor was strong and unpalatable, tasting faintly spoiled. Unlike most candies, its taste doesn't go away quickly. Its unpleasantness stays in your mouth even after the candy is gone.



2. Almost there: Kasugai peach gummies
Like the milk-flavored Meiji Chelsea, this gummy's flavor was strong and impossible to miss, but unlike the Meiji Chelsea, the taste was sweet, natural, and pleasant. Its downsides were that the gelatin was sticky and its texture felt chewy, landing it at number three.



3. Would buy again: Hello Kitty matcha marshmallows
The marshmallows were extremely soft, easy to chew, and not exceedingly sweet. Although the flavors of the two components seemed to clash, the matcha jelly inside wasn't overpowering. If a kid found this on a porch on Halloween, a smile is sure to dawn on their face.

4. New favorite Halloween treat: Peko strawberry chocolate
The most visually appealing of the candies, these pink and brown chocolates are stamped with Sanrio (a Japanese entertainment company that manufactures kawaii stationery and accessories) characters. As for taste, the chocolate was perfectly sweetened and stayed milky throughout. The strawberry taste wasn't artificial, and paired well with the milk chocolate, replicating the taste of chocolate-covered strawberries. This chocolate exceeded all expectations, landing it first.



photos: Syra Bhatt

Candy crossword challenge

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Across

- Use of corn syrup in candy prevents ____
- Holiday when you give out candy
- Largest brand under [10]
- The ____ of candy is determined during the process of [4]
- Bean used to make chocolate
- To let something fall, or type of hard candy
- Country that is the top import market for chocolate
- Company that dominates the gum industry
- A mineral that doubles as a piece of candy

Down

- Breath ____
- The most popular sweetener used in gum
- Most popular halloween candy in New Jersey
- Most popular non-[12] based confectionery
- Salt water ____
- Confectionery and Pennsylvania-based amusement park
- Type of chocolate that is bitter



graphics: Emily Kim

Pumpkin Spice Fudge

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One of the simplest sweet treats you can make at home is chocolate fudge. Not only is it easy to make, it is also easy to personalize. During autumn, eating pumpkin flavored foods are a must — including this delicious pumpkin spice fudge!

- Cooking time: 2 minutes
- Cooling time: 3 hours maximum
- Ingredients:**
 - 2 cups semi-sweet chocolate chips
 - 14 oz sweetened condensed milk
 - 1 tsp vanilla extract
 - 2 tsp pumpkin puree
 - 1 tsp pumpkin pie spice



photo: Vanessa He

- Instructions:**
 - Line a square pan with parchment paper so that it covers the sides of the pan.
 - Combine the semi-sweet chocolate chips and condensed milk in a large bowl. Microwave the bowl for one minute, take it out, and mix thoroughly. Microwave it again in 30 second increments, mixing in-between, until no chunks are present.
 - Add the vanilla extract, pumpkin puree, and pumpkin pie spice into the bowl.
 - Mix everything quickly and immediately pour mixture into the pan, spreading evenly.
 - Refrigerate the pan for two to three hours until the fudge is firm.
 - After taking it out of the refrigerator, immediately cut the fudge into squares. Enjoy the fudge right out of the fridge for a firmer texture or at room temperature for a softer texture!



- Cooking time: 20–25 minutes
- Cooling time: 3 hours minimum
- Ingredients:**
 - 1 cup (215g) sugar
 - 3 tsp (70g) honey
 - A pinch of salt
 - ¼ cup water
 - 2 tsp baking soda
 - 250g dark baking chocolate



photo: Marina Yazbek Dias Peres

Pro Tip!

Make sure to store the bark in an airtight container so that the humidity won't soften the caramel.

Instructions:

- In a medium-sized saucepan, combine the sugar, honey, salt, and half of the water. Make sure the sides of the saucepan aren't sugary; if they are, brush some of the remaining water on the sides.
- Heat the sugar and honey mixture on medium heat until it reaches 300 degrees Fahrenheit, or until the sugar mixture is boiling and has turned an amber color. Do not stir the mixture as it heats. While waiting, line the baking tray with parchment paper.
- Once the sugar mixture has reached the right point, whisk in the baking soda. The mixture should be fluffy and a pale orange color. Use a spatula to transfer the sugar fluff onto the baking tray. Once cooled, remove the block of honeycomb from the pan and set aside (keep it stuck to the parchment paper). Place another sheet of parchment paper in the same baking tray.
- While the honeycomb is cooling, start tempering the chocolate. Fill a saucepan with a bit of water and place a heatsafe bowl on top so it covers the mouth of the saucepan. The water should not touch the bottom of the bowl.
- Place half of the chocolate in the bowl and heat the water on medium heat. Keep stirring until the chocolate melts. Once the chocolate is melted, remove the bowl from the saucepan and dry the bottom. Keep the honeycomb away from water to avoid it becoming soft.
- Finely chop the rest of the chocolate into tiny grain-like pieces. With a spatula, mix the chopped chocolate into the melted chocolate until fully combined. While mixing, test the temperature of the chocolate by dabbing some above your upper lip. If the chocolate feels cool, it is properly tempered.
- Spread the chocolate evenly onto the parchment paper in the baking tray. Then remove the parchment paper that is on the honeycomb, and place the honeycomb onto the chocolate, lightly pressing it down. Let the chocolate harden at room temperature.
- After fully cooled, you can break the bark into as many pieces as you'd like. Enjoy!