

Tama teems with life, whether it's vegetables that have grown strong or rice that has grown steadily. When you come across the blessings of the land, you smile with gratitude.



Experience what the fields of Tama can yield.

In rural Tama, the doors of the local community are open to you. Have the farming time of your life. Crops of rice and seasonal veggies await to connect the planting through the harvesting and ultimately to your dinner plate. So Join!

experience gives you an pportunity to appreciate har work and the joys of farming



Ishizaka Farm

Imagine a life of selfsufficiency. Imagination can only take you so far. Much better to experience seasonal events and dishes in the sole remaining foothills of Kurasawa district in Hino.



- http://ishizaka-farm-house.com ♠ 672-1 Mogusa, Hino

 ○ Held irregularly.
- (Please check the website)

Kunitachi

Kunitachi Hatakenbo Have a come see of Taniho.

where the rice cultivation scenery of fields and waterways remain, Various activities such as festivals and rice harvesting vear after year.



\$042-505-7200 \$661 Yaho, Kunitachi @Held irregularly (Please check the website or SNS)

Akiruno

Tokvo Terra Farm

Vast spread of fields where you can experience vegetable farming all year round on the Akiru Plateau, A cornucopia of freshness and sturdiness in each of the four seasons.



\$1090-4456-3243(Abe) \$496-1 Fuchigami Akiruno @ Reception all year round(The program differs depending on the season)

Higashimurayama

Olive Park Tokvo

In the rice fields at the foot of Hachikokuvama. proprietors host rice planting, harvesting and cultivation classes throughout the year. This has continued for ten generations.





♠3-5-3 Noguchi, Higashimurayama ORice planting held from mid-May to June, rice harvesting held from mid-September to November

