

Experience #11  
Culture

## Furusato Mountain Village

*Theme* **The Inheritance of Food Traditions**

Since ancient times, Japan has cultivated the land reverentially utilizing the power of nature. The wisdom brought forth from our ancestors is quite discernible. Learn to make, preserve and appreciate our culinary heritage in the mountains of West Tama.

## 二月 February

### MISO **A B**

Making miso has remained vital in Japan for ages. The art of fermentation allows for a vast amount of difference in taste depending on the creator. An undeniable pleasure to make by hand.



## 六月 June

### SMOKED YAMAME TROUT **A**

Smoked food's distinct flavor, potent savor and scent of wood is of immense appeal. We catch yamame trout in the clear stream of Okutama to serve up smoked greatness.

# MAKE TRADITIONAL CUISINE TO LIVE AS IN ANTIQUITY.

Oh the inheritance of ingenuity. Oh the feel of shovel in hand as nature collaborates in wondrous coexistence. Familiarize yourself with both the four seasons and Japan's true culinary experience.



Living as I have dependent upon and in awe of nature, I bequeath my passion for our culinary culture.



Furusato Mountain Village  
Teacher Mrs. Sakamoto



## 十二・二月

*From December to February*

### PICKLED VEGETABLES **B**

Preserved foods that enhance the shelf life, aroma and savor. Choose "Takuan pickles" or "Wasabi pickles" from our local vegetables. A souvenir sure to complement any dinner table.



## 十・十一月

*From October to November*

### KONJAC **A B**

The "devils tongue" speaks of texture and oceanic taste. Many testify that this delicacy can detoxify. Our konjac potato are low calorie but filling. A perfect noodle substitute.

## 十一月 November

### DRIED

### PERSIMMON **A**

Inedible when raw, the astringency of persimmon fades away as sweetness becomes concentrated when carefully tied and hang under the roof of your home to let the sun take care of the drying.

## PLACES TO LEARN THE KNOW-HOW FROM LOCALS.

### **A** Okutama Lakeside Park Furusato Mountain Village

**Okutama**

There are many programs to participate in to bring you up close and personal with the nature of Okutama. Experience not only culinary culture but also crafts such as wood and stoneworking.



☎ 0428-86-2551 📍 1740 Kawano, Okutama  
🕒 9:00~16:30/All year around

### **B** Hinohara Village Community Exchange Center Mori no Gakko

**Hinohara**

Who knows the local cuisine better than the locals? No one. Lectures that tap into the wisdom of the community to bring insight to cuisine and so much more. Indispensable!



☎ 042-598-0069 📍 403 Hinohara 🕒 9:00~16:30/  
Closed Tuesdays (Excluding July and August)