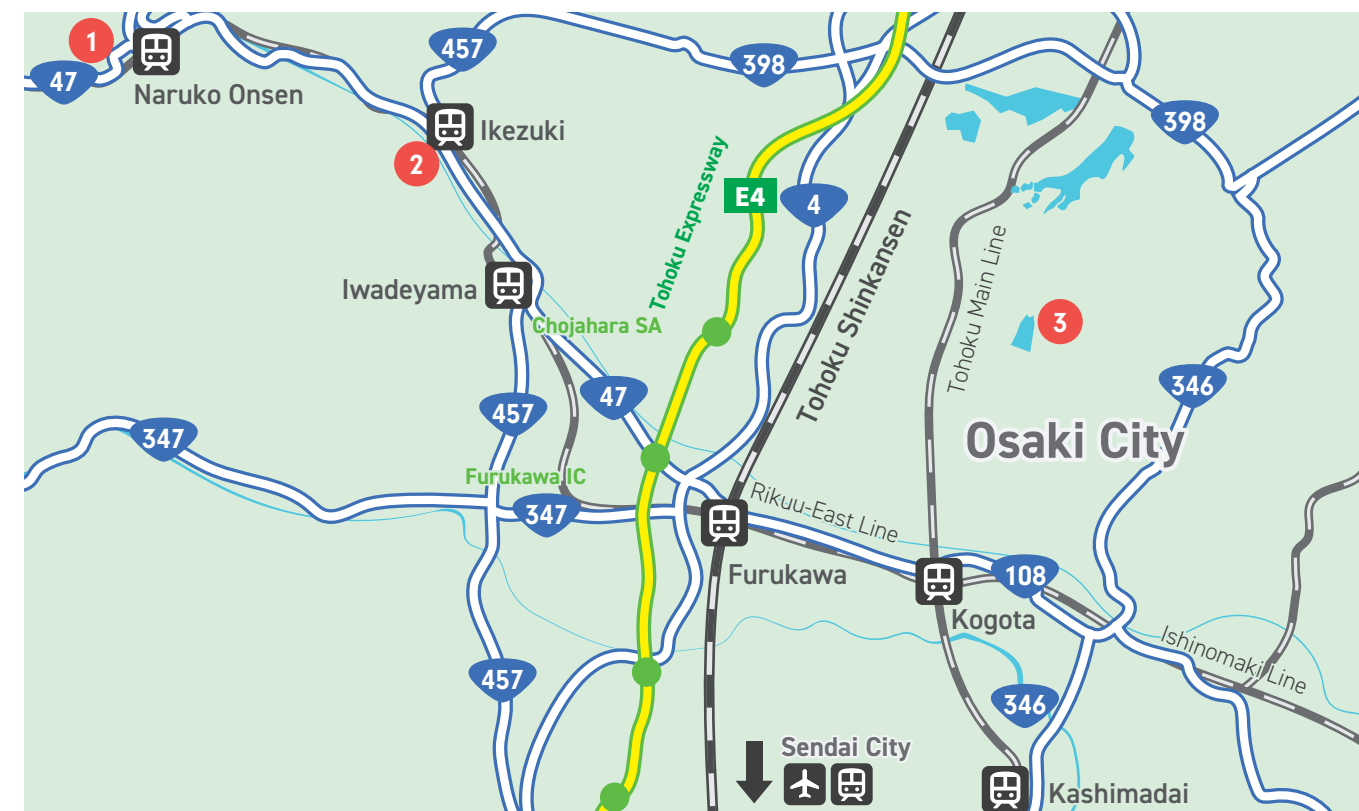
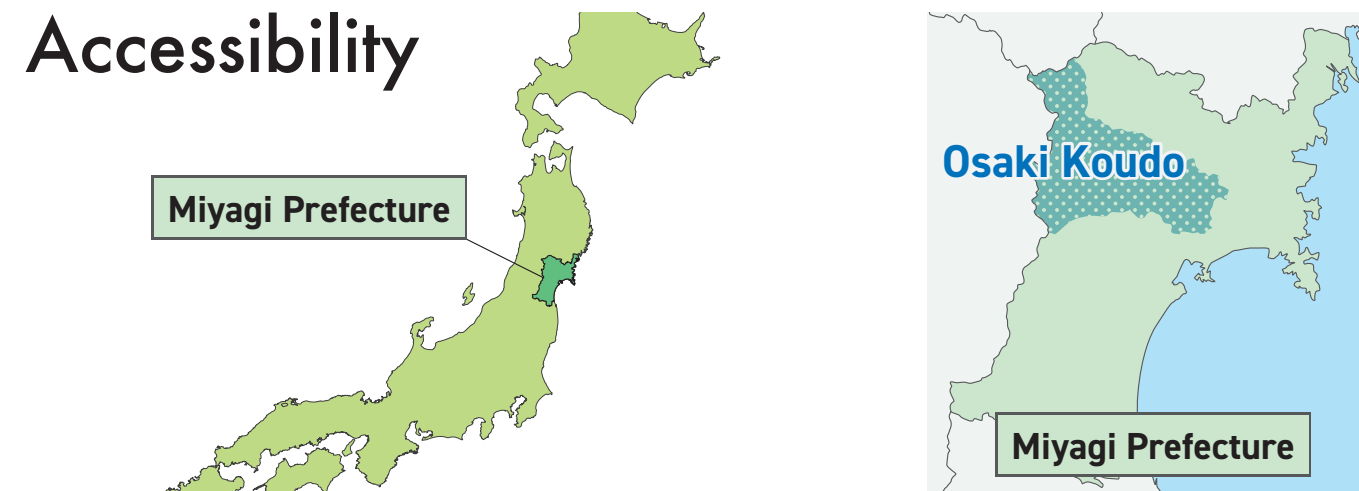


# Accessibility



## 1 Naruko Onsenkyo

Naruko Onsen area, Osaki City

Renowned as a therapeutic hot spring resort. It is rich in both quality and quantity of hot spring water, and is well known for its efficacy and spring quality.

## 2 A la datena Michi-no-Eki (Roadside station)

6 Kamikawaramachi, Iwadeyama, Osaki City

There is a farmers' market and a souvenir shop, bringing together the local specialties from the Iwadeyama and Naruko areas.

## 3 Kabukuri-numa

Shin-Onuma area, Tajirikabukuri, Osaki City

Over 100,000 migratory geese can be seen at Kabukurinuma, which is a Ramsar wetland site.



The Taberu (eating) Field Museum

[osakikoudo.jp/food-museum/](http://osakikoudo.jp/food-museum/)



Osaki Region Committee for the Promotion of Globally Important Agricultural Heritage Systems

[osakikoudo.jp/](http://osakikoudo.jp/)

## Contact Us

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大崎耕土  
世界農業遺産



OSAKI  
KOUDO

GLOBALLY IMPORTANT  
AGRICULTURAL  
HERITAGE SYSTEMS

大崎耕土  
OSAKI KOUDO

GIAHS tourism  
in Japan







# about Osaki Koudo (大崎耕土)

**A region rich in biodiversity, recognized as a Globally Important Agricultural Heritage Systems site**

Located in the Tohoku region of Japan, the Osaki area of Miyagi Prefecture (consisting of one city and four towns: Osaki City, Shikama Town, Wakuya Town, Kami Town, and Misato Town) has a high-quality water source and fertile soil that has been protected since ancient times and was recognized as "Osaki Koudo", a Globally Important Agricultural Heritage Systems (GIAHS) in 2017. With its rich, natural rural landscape, unique lifestyle and culture, and vast biodiversity, this place offers a relaxed and peaceful time not found in the city.

In this tranquil environment, visitors can experience the satisfaction of actually growing crops and enjoying produce grown in this area with its unique local flavors. This relaxed form of travel is called "GIAHS Tourism". It allows visitors to enjoy the "Osaki Koudo", a Globally Important Agricultural Heritage Systems, by experiencing the natural environment and history, and is linked to the preservation of "Osaki Koudo" by utilizing local resources. Take a break from the hustle and bustle of the city and experience an extended vacation to enjoy interacting with the nature, culture, people, and creatures of Osaki Koudo.

大崎耕土  
世界農業遺産



**OSAKI  
KOUDO**  
GLOBALLY IMPORTANT  
AGRICULTURAL  
HERITAGE SYSTEMS

## About Globally Important Agricultural Heritage Systems

It is a system under which the Food and Agriculture Organization (FAO) of the United Nations, recognizes globally important agriculture, forestry, and fisheries regions (agriculture, forestry, and fisheries systems). These efforts are aimed at passing on to the next generation the traditional agriculture, forestry, and fisheries that have been practiced for generations, and the culture and landscape that have developed along with them, as a "living heritage".



**more about**

[osakikoudo.jp/english/](https://osakikoudo.jp/english/)



## Agricultural Experience

With its high-quality water sources and fertile soil, the Osaki region is still home to many farmers who produce a variety of food products. Here we will introduce some of the places where you can interact with these people, learn about the biodiversity, their wisdom, and culture, and experience their lifestyle and farming activities.

pp.3-4



## Food

Having developed as a rice paddy area since ancient times, the Osaki region is home to fermented foods such as miso and soy sauce, the "Gotsuo" (treat/ feast) rice cakes of the Osaki Koudo, and traditional vegetables that are unique to the region. We will introduce recipes that are unique to Osaki, where a wide variety of ingredients are available and a unique cooking method that has been loved for many years has taken root.

pp.5-6





The Osaki region has long protected its high-quality water sources and fertile soil. As a result, there is long-standing agricultural wisdom and culture that has been passed down through the generations. There are a wealth of places in the Osaki area where you can learn about some of the farming activities from the farmers who operate the farms there, and also observe and experience their lifestyle. Surrounded by the endless expanse of nature and friendly Osaki farmers, you can experience the extraordinary culture, including the joys of farming.

# Agricultural Experience in OSAKI KOUDO



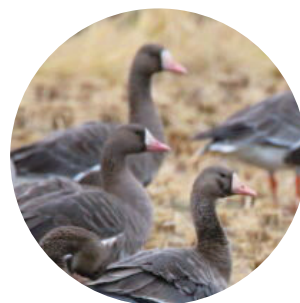
## Paddy Field

The rural landscape stretching as far as the eye can see is a unique landmark of the Osaki area. It changes its appearance depending on the season, from green and blue in the summer to gold in the autumn.



## Yashikirin "Igune" (homestead woodlands)

Yashikirin or homestead woodlands is planted around the properties. It is used to protect the property from wind and snow, and for food, building materials, and fuel. Numerous creatures that inhabit the paddy fields and Igune, move back and forth between the two depending on the season.



## Biodiversity

The paddy fields are home to numerous aquatic organisms and serve as important wintering grounds for migratory birds. About 100,000 geese migrate to "Kabukurinuma", a Ramsar wetland.

# Spots



## Yusa Kajitsu Kobo (Yusa fruit workshop)

Blueberries are grown without the use of pesticides or chemical fertilizers. The farmers grow Yukimusubi rice with fewer pesticides and chemical fertilizers, and are committed to providing delicious, safe, and worry-free products. Hands-on blueberry picking experience is offered.



## Yotchan's Farm

Rice (hitomebore), vegetables, chili peppers (about 7 kinds) are grown almost pesticide-free. These ingredients are processed into the signature product, Yotchan's-nanban. Hands-on bamboo shoot digging and rice harvesting experience is offered.



## Kanbai Shuzo (Sake brewery)

Established in 1918. With the product concept of "one cup of delicious sake", the extensive selection that includes Miyakanbai, Ousaki, and Yo-no-Shizuku is also appealing. You can experience the depth and deliciousness of sake on a brewery tour.



## Delicious Farm

A leading producer in Kashimadai that grows Delicious Tomatoes, sells processed tomato products, and also manages a cafe. A variety of produce can be harvested throughout the year. Hands-on mini-tomato picking and tomato processing experiences are available throughout the year.



## Kaburinuma Numakko Club

Guided tours are available to experience the roosting and flight of geese in Kabukurinuma and surrounding rice paddies, a Ramsar wetland that is a wintertime tradition of Osaki Koudo. See the breathtaking scenery of about 100,000 geese.



## Miyagi Osaki Tourism Bureau

Visitors can experience the charm of Osaki Koudo through a selection of hands-on activities, including rice planting, making Zunda rice cakes, Kokeshi doll painting, Uchikawa fieldwork, and a visit to Igune.







# Food in OSAKI KOUDO



## Rice

Osaki Koudo is a driving force in the Japanese rice culture. Hitomebore, Sasanishiki, and Sasamusubi were born in this area. Safe and worry-free rice production with consideration for the environment, such as in rice paddies, is also noteworthy.



## Fermented Food

The area is known for its fermented food culture, which has continued since the Edo period. From sake made from rice malt and miso made from fermented soybeans and other agricultural products.

## Traditional Vegetables

Traditional vegetables are rare vegetables that can only be grown in certain regions. Kamiibano-satoimo (taro roots) from the Sanbongi Kamiibano district and Onikoube-na (similar to turnip) from the Onikoube district, Naruko Hot Springs, each has their distinctive flavors and characteristics depending on the soil and climate of the area.



## Mochi Rice Cakes

Mochi rice cake is a feast of the Osaki Koudo. Consumed at festivals, celebrations, and as an offering for hospitality. Some 46 different ways to enjoy mochi, including shrimp cakes unique to the region, are available.

The Osaki area is home to a wide variety of rice, unique local vegetables, preserved foods for surviving the long winter, and a fermentation culture brought about by these ingredients, as well as a food culture filled with the wisdom of the ancestors who embraced nature and lived in harmony with it. Indulge in its flavors under the blue sky after the farming experience. It is sure to be a wonderful trip that will fill both your heart and your stomach.

# Recipe



## Shimippanashi Nimono (Simmered tofu dish)

### Ingredients (for 2)

Shimippanashi (Frozen and matured tofu) (bite-size) ... 4 pieces  
Bamboo shoots (bite-size) ... 200 g  
Dried shiitake mushrooms ... 4 pieces  
Green beans ... 2 pieces  
Carrot (bite-size) ... 1 piece  
Salted kelp ... 40cm  
Konnyaku (Konjac) blocks ... 60g

**A** Dashi stock ... 300ml  
Shiitake mushroom stock ... 300ml

**B** Sugar ... 4 tablespoons  
Soy sauce ... 2 tablespoons  
Mirin (sweet cooking rice wine) ... 2 tablespoons

Salt ... 1/4 teaspoon  
Potato starch ... 8g / water ... 15cc

### Method

#### Preparation

- Soak dried shiitake mushrooms in water. Keep the water for later use.
  - Remove the salt from the kelp, and tie it into a knot.
  - Cut green beans into bite-sized pieces and boil for 2 minutes.
- Tear the konnyaku into pieces and blanch in boiling water.

- 1 Put all ingredients except green beans in a pot, add **A** and cook over high heat. Bring to a boil, reduce heat to medium and remove the scum.
- 2 Add **B**, reduce heat to low, cover with a drop-lid and simmer for about 10 minutes.
- 3 When the carrots are cooked, the dish is ready to serve. Serve in a bowl and garnish with green beans.

### MEMO

The "Shimi Tofu" is a winter delicacy, typical of the Iwadaya-ma area of Osaki City. "Shimippanashi" is matured frozen in the same cooking process as making the "Shimi Tofu" but without the drying-out stage. It features a much moister texture than the "Shimi Tofu" due to the water content.