

Stories about "Kirishima-Kinkowan National Park and Foods"









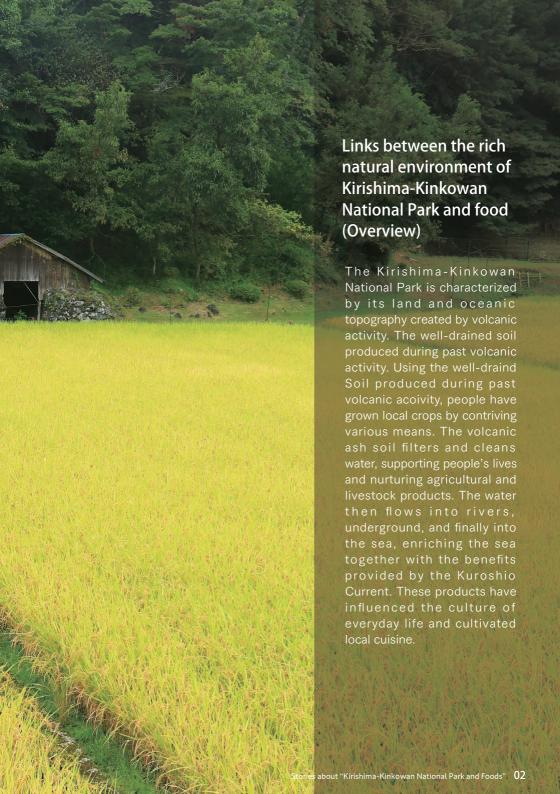


Stories about "Kirishima-Kinkowan National Park and Foods"

How to use this guidebook

The profound charm of the Kirishima-Kinkowan National Park is brought out not only by its beautiful natural scenery but also by its topographical history and local cultural and historical stories nurtured by the native flora, fauna, and other natural assets. Knowing and feeling these stories increases the visitors' satisfaction and enhances the region's brand strength. Food is something that all visitors experience and is a vital element allowing visitors to feel the richness of the local natural environment.

This guidebook lists foodstuffs and local cuisines that are deeply linked with the natural environment of the Kirishima-Kinkowan National Park and explains their links with nature in an easy-to-understand manner. We want to ask restaurants, hotels, souvenir stores, and the food industry in and near the national park to use this guidebook, provide foodstuff produced through the richness of the local environment and regional cuisine, and relate the story of this area to visitors. Let's convey the region's charm by using this guidebook best.





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Food and culture nurtured by volcanoes

The Kirishima-Kinkowan National Park contains active volcanoes and giant calderas formed by large-scale eruptions in the past. Volcanic activities have formed calderas, lava plateaus, and the Shirasu Plateau. Land made up of accumulated volcanic ejector particles, such as Shirasu Plateau excellent drains. However, this property has led to the flourishing cultivation of sweet potatoes, which grow well in well-drained soil and other foodstuffs that are suited to such soil. Let's take a look at the region's food and culture characteristic, produced through the people's ingenuity.

- OKirishima Geopark "Foods and Regional Speciality"
- https://kirishima-geopark.jp/food-and-specialty-goods/

 A Storybook of Kirishima-Kinkowan National Park (Ministry of the Environment)

Japanese Tea

The well-drained land and huge temperature differences produce tea leaves with a good balance of color, fragrance, and umami. Newly harvested tea is a popular gift.



*Award-winner of the Kirishima-Kinkowan National Park Photo Contest 2021 (Kyusyu Regional Environment Office)©excursion2020.everyday

The Kirishima-Kinkowan National Park covers an enormous elevation variation, from 0m at sea level to Mount Karakuni, the highest peak of 1,700m. Mainly, Kirishima city, Yusui town and Miyakonojo city are located at high elevations, are cool throughout the year, have significant seasonal and daily temperature differences, and are well-suited for producing

good green tea. Fog (Kirishima literary means fog island) covers the tea fields, shields sunlight, suppresses catechin production and increases teanine, an umami constituent, producing good tea leaves. Moreover, the soil of Shirasu Plateau drains well and retains the umami constituents in the leaves. The warm climate allows new leaves to emerge earlier than other tea-producing areas. New tea produced in this area has an excellent balance of color. fragrance and umami and is highly regarded throughout Japan.



© Kagoshima Prefecture

[Reference]

Japan Agriculture Cooperatives, Kagoshima Prefecture "Calendar and Map of Seasonal Products" https://www.karen-ja.or.jp/agri/map/







Miyakonojo Ćity tempura of new tea leaves, chabushi (soup made with miso, dried bonito and green tea)

Kirishima Citv Yusui Town

Sakurajima daikon

The heaviest daikon grown in the soils of Sakurajima! Traditional vegetable of Kagoshima that has supported the food culture of the region.





©Kagoshima Prefectural Visitors Bureau

This traditional vegetable grows in well-drained soil formed by volcanic ashes from Sakurajima. Literature during the Edo period relates that "Satsuma Daikon is bigger than ordinary ones", suggesting that it was already grown as an oversized daikon. An ordinary Sakurajima daikon grows to about 10kg, and the one that reached 31.1kg was certified by Guinness World Records as the heaviest daikon in the wo maintains its

© Kagoshima Prefecture

shape when cooked and easily absorbs flavors, and thus, it is widely consumed boiled and pickled. A recent study by Kagoshima University has shown that it contains a constituent that acts on blood vessels and improves their functioning. The best seasons are January and February. It is a fun experience to harvest an enormous radish by pulling it out of the ground.

[Reference]

- Kagoshima Univ. "Discovery of functional components and action mechanisms of Sakurajima daikon" https://www.agri.kagoshima-u.ac.jp/post_156/
- ●Kagoshima Prefecture "Traditional Kagoshima vegetables" https://www.pref.kagoshima.jp/ag06/Sangyo-rodo/nogyo/nosanbutu/dentou/sakura.html



Peanut

The peanut is a unique legume that produces edible seeds underground. It is excellent boiled, dried or processed. It grows well in the soils of Shirasu.



②霧島食育研究会 (Kirishima Food Education Research Society

The Peanut or Arachis hypogaea is unique even among the many crops of the legume family. When flowers finish blossoming, the stalk at the base of the ovary elongates, goes underground, and produces fruit. It is well-suited for growing in Shirasu Plateau, where the soil is soft and drains well. Dried peanuts are famous, but boiled peanuts are also superb. Peanut cultivation was brought first to the Ibusuki area of the Kirishima-Kinkowan National Park and has spread to the Osumi and Sata regions. Peanut-dofu is a local Kagoshima cuisine made using peanuts and sweet potato starch.

[Reference]

 Kirishima Food Education Research Society https://kirisyoku.com/recipe/4723.html













Minamiosumi Town (Nejime area) • Kanova City



peanut-dofu, peanut-miso, tsuantsuan (rice cooked with peanuts)

Buckwheat

The Savior-like crop grown instead of rice. Enjoy the flavorful buckwheat cultivated on volcanic ash soil and cooked in the local manner.



©霧島食育研究会(Kirishima Food Education Research Society)

The crop is easy to grow in the well-drained soil and has taken root in the region's life, where volcanic ash soil is widely spread. A typical way of eating buckwheat is "inakasoba", which involves kneading a small amount of buckwheat flour with the hands, spreading and shredding it, and then cooking it in a soup without pre-boiling the noodles. The soup differs between regions. It is also eaten as "dorozushi", which is half-melted noodles prepared by reheating them the next day. There are many people who make soba noodles from buckwheat flour themselves to prepare the soba noodles eaten on the night of New Year's Eve.

[Reference]

 Kirishima Food Education Research Society https://kirisyoku.com/recipe/4229.html

seasonal seasor











Kirishima City · Yusui Town · Miyakonojo Ćity



sobazui (dorozushi)

Jinenjo (Japanese yam)

Yam with strong umami and viscosity grows in volcanic ash soil. It has become rare because satoyama has decreased.



©Kagoshima City

The Shirasu Plateau environment and fallen leaves from the laurel forests, which grow in the warm and rainy climate, create well-drained and nutrient-rich soil. Wild yam jinenjo grows in such soil. It has strong umami and viscosity and is used cooked as well as a convenient ingredient for preparing a traditional confection, "karukan", prepared by steaming grated jinenjo. The areas of laurel forest and satoyama have shrunk in recent years, resulting in reduced production of wild yam, which is now treasured greatly.

[Reference]

Minami Osumi Town

https://www.town.minamiosumi.lg.jp/kanko/sangyo/touksanhi n/tokusanhin2.html

Ministy of Agriculture, Forestry and Fisheries "Our local cuisine - Karukan" https://www.maff.go.jp/j/keikaku/syokubunka/k_ryouri/search_menu/area/kagoshima.html

summer seasonal season spring autumn winter

where it is produced

All areas of Kagoshima Prefecture

tororo (grated raw yam), karukan (confection prepared by steaming grated yam)

Sakurajima komikan

Very sweet and the smallest mandarin orange in the world, which grows using nutrients provided by the volcanoes and the sun



© Kagoshima Prefecture

The smallest mandarin orange in the world is cultivated on the alluvial fans (fan-shaped land created by mudflows caused by volcanic eruption) of Sakurajima. It is cultured on well-drained slopes and is believed to grow well by receiving both sunlight and reflected light from the sea. It is also characterized by single trees producing a large quantity of fruit. One tree produced as many as over 24,000 fruits. Although it is small, it has a top-class sweetness. It is good eaten fresh, and the peel is dried and used as a spice.

[Reference]

- ●Information Website on Japan's Geographical Indications Sakurajima Komikan https://pd.jgic.jp/register/entry/46.html
- Dapan Agriculture Cooperatives, Kagoshima Prefecture "Calendar and Map of Seasonal Products" https://www.karen-ja.or.jp/agri/map/

seasonal season spring summer autumn winter where it is produced

Kagoshima City (Sakurajima area) • Kirishima City (Fukuyama area)

chinpi (dried citrus peel), peel to add flavor to soup, sweets, etc.

Biwa (loquat)

Tropical fruit grown carefully (by covering each fruit) under the benevolence of the warm sun. Not only is the fruit eaten, but the leaves are also used for preparing tea!



© Kagoshima Prefecture

The fruit is cultivated in the Sakurajima and Sata areas. The large loguat fruits are also called "yellow diamonds" and are characterized by their superb balance between sweetness and sourness. When flowering finishes and the fruit starts to develop, farmers cover each fruit with a bag and culture them carefully. Like Sakurajima komikan, loquat trees are planted on mountain slopes to receive abundant sunlight and reflected light from the sea. Loquat grows well in well-drained soil and is suited to cultivation on volcanic ash soil. Nejime, Minamiosumi Town, is active in producing loquat leaf tea.

- [Reference]
- ●The Kagoshima Univ. Museum News latter (2008) https://www.museum.kagoshima-u.ac.jp/publications/pdf_ima es/newsletter/NL20web.pdf
- 🕽 Japan Agriculture Cooperatives, Kagoshima Prefecture "Calendar and Map of Seasonal Products https://www.karen-ja.or.jp/agri/map/

asonal seasor











where it is produced

Kagoshima City • Tarumizu City • Ibusuki Citv Minamiosumi Town (Nejime)

Watermelon

Scarce and sweet "rare watermelon" cultivated in the warm climate and volcanic ash soil of Ibusuki.



@ Ibusuki City, Agriculture Dept.

Watermelon grows where it is warm, and the soil drains well. These are characteristics of the Yamagawa District, Ibusuki city. A brand name watermelon called "Tokko suika" is produced there, characterized by a crunchy texture and sweet taste. Due to its small production and good taste, it is called the "rare watermelon". It was referred to in the literature of the Edo period as follows, "This watermelon has a thin skin and sweet taste and is called Yamagawa Suika by local domain people. I enjoyed it." The warm climate influenced by the Kuroshio Current and the well-drained volcanic ash soil that has accumulated thickly over the Tokko District produces a gem of watermelons.

Reference ●Ibusuki Museum HP, Tokko suika

seasonal season









where it is produced

Ibusuki City (Yamagawa area)

[Season] May to August [Peak season] June to August

Natural water from the Kirishima Mountains

Natural water rich in nutrients from the ground gushes out many years after infiltrating the land of Kirishima.



© Kagoshima Prefectural Visitors Bureau

There are many natural springs in the Kirishima area. Rainwater that falls on the laurel forests and volcanic ash soil, including that from the still active volcanoes, infiltrates into the ground. Over a long period, the water is filtered, minerals stored in the ground dissolve and gushes out from the earth. It irrigates the land and flows into the rivers and to the sea. During this process, it nurtures plants, animals and fish; people use it to agriculture. domestic walter, and make processed articles such as shochu. The natural water produced by the Kirishima-Kinkowan National Park's land supports all life.

[Reference]

Kirishima Geopark HP

https://kirishima-geopark.jp/food-and-specialty-goods/

summer



where it is produced

Kirishima City Yusui City Mivakonoio Ćitv·Kobavashi Citv· Ebino City Takaharu Town

Haiboshi (ash-dried fish)

Haiboshi is a unique technique for preserving the delicious taste of fish by using the volcanic ash from Sakurajima. The ash, which is often considered an annoyance, increases umami, making superb, dried fish.



© Juraku Co., Ltd.

Sakurajima is still an active volcano. Among the things emitted by its eruptions, ash is especially annoying as it adversely affects farm products, makes laundry dirty and causes scratches on the glass of vehicles. Such ash is used in a traditional fish processing technique called "Haiboshi" to reduce the water content of fish and increase umami contents. The technique was considered a mystery, but it was recently revived after being résearched and is now used to produce dried fish on a commercial basis. The Haiboshi dried fish processed using volcanic ash is unique to the Kirishima-Kinkowan National Park, where ash is abundant. The fish contains condensed umami and is superb.

[Reference]

Juraku Co., Ltd.

https://rakuraku.shop-pro.jp/

seasonal seasor

spring





where it is produced Kagoshima City•Ibusuki City•Aira City

grilled fish, tatsuta-age (flavored fish coated with starch and then deep-fried)

Sume cuisine

Steamed cuisine which is a specialty of hot spring areas. Locally produced vegetables and eggs steamed in a natural steamer with vapor from a hot spring, a benefit of the volcano, are full of umami!



© Kagoshima Prefectural Visitors Bureau

In the district near Unagi Onsen in the Ibusuki area, Kirishima-Kinkowan National Park, there are natural steamers called "sume", which use the vapor from hot springs. Once, most homes had their own sume, but only a few that still have one. There are sumes in the village that can be used by anyone. The term "sume" comes from the word "sumoru", meaning "is filled with smoke" in Kagoshima dialect. Sume cuisine is prepared by placing vegetables and eggs into a sume and steaming with the vapor from a hot spring. The vegetables steamed with this high-temperature vapor contain condensed sweetness and umami.

[Reference]

Ibusuki Tourism association HP

http://seasonal.ibusuki.or.jp/gourmet/











where it is produced

Ibusuki City (Around Unagi Onsen)

Sweet potatoes

~ grow on Shirasu Plateau and have cultivated local culture ~

Shirasu Plateau extends over Southern Kyushu, including the Kirishima-Kinkowan National Park, and sweet potato culture has flourished. Sweet potato is believed to have been brought from Ryukyu (Okinawa) into Japan during the Edo period and has been utilized in diverse ways, including as an ingredient for local cuisine and a material for producing starch and processed articles such as shochu. It is also used as livestock feed. Sweet potatoes are an indispensable product that has contributed to the development of the food culture of Southern Kyushu.



[Reference]

OKirishima Geopark HP

https://kirishima-geopark.jp/food-and-specialty-goods/

OKagoshima Prefecture HP

https://www.pref.kagoshima.jp/ag06/dennpunn.html

Shochu

There is at least one shochu brewer in each district, where you can enjoy its original taste and fragrance. It's also fun to find a shochu that fits your preferences.





©Kagoshima Prefectural Visitors Bureau

In the area, sake, which is brewed using rice, could not be produced, so liquor was made from sweet potatoes instead. Moreover, this area is located in a climatic zone with high temperature and humidity, and brewing liquor by fermentation is difficult. Therefore, spirits of high alcohol content have been produced. Each district has at least one shochu brewer, which uses local water, a gift from the land. Shochu is one of the traditional beverage that can be produced thanks to the rich natural environment of the

© Kagoshima City

land and the warm climatic zone. Because each brewer produces its own sweet potato shochu, which has a different taste and fragrance from the others, visitors can enjoy each one's special characteristics.

[[Reference]

Kagoshima Shochu Culture Story (Agency for Cultural Affairs)

https://www.bunka.go.jp/seisaku/bunkazai/joseishien/syokubunka_story/pdf/94054901_23.pdf https://www.bunka.go.jp/seisaku/bunkazai/joseishien/syokubunka_story/pdf/93910613_02.pdf

●The Nishinippon Shimbun HP

https://www.nishinippon.co.jp/yakusake/2022/11/14/shochu-kyushu/











Gane

Local cuisine literally meaning "crab" in local dialect. It is a kind of tempura that uses lots of sweet potatoes but differs from tempura made with sweet potato disks.



© Ministry of Agriculture, Forestry and Fisheries "Our local cuisine

Gane is a local dish prepared by cutting sweet potatoes and carrots into rather thick strips, mixing them with leek and a sweet tempura batter and then deep-frying in rape seed oil. The ingredients and taste differ between areas. The fried form resembles a crab and is thus called "gane", the local dialect of "kani (crab)". It is crispy when it is freshly cooked. It keeps its soft texture even after several hours. It is cooked as a children's snack, a side dish for meals and a snack to have with shochu. It was also prepared as a preserved food.

[Reference]

Ministry of Agriculture, Forestry and Fisheries "Our local cuisine - Gane'

https://www.maff.go.jp/j/keikaku/syokubunka/k_ryouri/ search_menu/area/kagoshima.html

seasonal seasor

spring

summer

autumn



where it is made

All areas of Kagoshima Prefecture Miazaki Prefecture

Satsuma-age (tsuke-age)

A preserved food of Kagoshima prepared using local fish. Using sweet potato starch as a secret ingredient gives it a soft and spongy texture.



@ Ichikikushikino City

The fish cake is prepared by mashing locally caught fish into a paste using a large pestle, adding starch from sweet potato, tofu and seasoning, to give it a sweet taste. The texture varies with the cook and may range from firm to spongy. It was a special preserved food in earlier years because oil was expensive. Frozen Alaska pollock is widely used these days. The traditional method uses locally caught fish, so the species vary according to the place and season. The texture and taste also vary. Visitors can enjoy satsuma-age specific to Kagoshima by selecting those containing Kagoshima specialties, such as green soybeans, sweet potato and bamboo shoots.

Ministry of Agriculture, Forestry and Fisheries "Our local cuisine -

https://www.maff.go.jp/j/keikaku/syokubunka/k_ryouri/ search_menu/menu/tsukeage_kagoshima.html

seasonal season

spring







where it is made

Karaimonettabo

This sweet potato snack is commonly made with mochi, which is prepared at the end of the year, and is served with soy flour.



© Ministry of Agriculture, Forestry and Fisheries "Our local cuisine"

Karaimo means sweet potato. Another name is "karaimon-ne-bo". It is prepared by pounding steamed sweet potato and waxy rice in a mortar with a pestle and rolling it into a bite-size ball when it becomes sticky. It is served with soy flour seasoned with salt. It can be prepared even at home and is very suitable as a snack for children and for serving with tea. It is a local food of Kagoshima and may also be served in school lunches.

[Reference]

• Ministry of Agriculture, Forestry and Fisheries "Our local cuisine – Karaimonettabo" https://www.maff.go.jp/j/keikaku/syokubunka/k ryouri/search menu/menu/karaimonettabo kagoshima.html











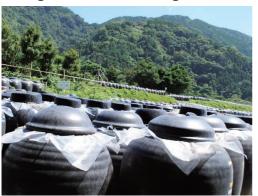
Condiments and oils coloring local cuisines

In this area, diverse and characteristic condiments have been produced by cleverly using materials and production methods suitable for its warm and humid climate and volcanic ash soil. They are indispensable in creating the "flavor of the region". Let's check out the wealthy tastes that seem to capture the geographical character of the region.

4 -

Kurozu (black vinegar)

Jar fields spread on hilly slopes along Kinkowan Bay, fermenting Kagoshima's black vinegar with its condensed umami.



© Kagoshima Prefectural Visitors Bureau

Shirasu Plateau is the area around Kinkowan Bay, and the land was carefully worked to cultivate rice. Kurozu is produced by processing and preserving this precious rice. Made using unpolished rice and natural water, which is provided by this land of volcanoes and laurel forests. the vinegar is fermented within jars lined up on warm and sunny slopes, creating an astonishing panorama of "jar fields". The matured vinegar fermented by the sun's warmth contains abundant umami with little acidity and tastes superb.

[Reference]

- Kirishima Geopark HP
- https://kirishima-geopark.jp/food-and-specialty-goods/
 Ministry of Agriculture, Forestry and Fisheries "Our local cuisine - Kurozu

https://traditional-foods.maff.go.jp/menu/tsubozukurikurozu

spring

summer

autumn

where it is produced

Kirishima City (Fukuyama area)

Camellia oil

Excellent pure Sakurajima's vegetable oil having elegant umami: This excellent oil, also called Japanese olive oil, is also good for skin care.



© Sakurajima Museum•Kagoshima City

Sakurajima is a place where volcanic ash frequently falls and salty winds blow. Even under such a harsh environment, Japanese camellias flower and produce fruit. In Sakurajima, oil is carefully squeezed out from the seeds and processed. Edible camellia oil is also called 'Japanese olive oil" providing elegant umami and flavor. The oil is also popular as a skincare product and moisturizing agent that can be directly applied to the hair and skin. It is a delicious and beauty-supportive bounty of the volcano and land.

[Reference]

 Sakurajima Museum HP (Tsubaki Oil) https://sakurajimatsubaki.com/

asonal seasor









where it is produced

Kagoshima City (Sakurajima area)

Local sake (akumochi-zake)

A cooking sake with abundant umami and natural amino acids from rice. Produced using a passed-down traditional method, it draws out the tastes of local cuisine ingredients.



© Higashi Shuzo Co., Ltd.

Akumochi-zake is prepared by adding the ash of glossy-leaved trees, which grow abundantly in the mountains in the Kirishima-Kinkowan National Park, to unrefined sake in order to prolong its shelf life. By avoiding the boiling process, the sake retains active enzymes, which draw out the umami from ingredients in food. Having a taste that combines the good elements of cooking's sake and sweet sake is indispensable for cooking local cuisines, such as sakezushi and satsuma-age. As there are only a few breweries, the sake is rare and treasured.

[Reference] Higashi Shuzo HP https://higashi-sz.com/













All areas of Kagoshima Prefecture

sakezushi, Satsuma-age

Condiments of Kirishima-Kinkowan (brown sugar, salt, soy sauce, barley miso)

Condiments special to the climate of the Kirishima-Kinkowan National Park. Flavors of the region, indispensable for local cuisines.



@photoAC

What is especially noteworthy in the Kirishima-Kinkowan National Park is condiments. The basic condiments for cooking (sugar, salt, vinegar, soy sauce and miso) are produced in the region, including brown sugar from sugar cane, salt from seawater (there are the remains of salt farms along Kinkowan Bay), sweet soy sauce produced at local breweries using local water and soybeans, and barley miso prepared also in the home using barley. All are vital for supporting the tastes of local cuisines.

[Reference]

Ministry of Agriculture, Forestry and Fisheries "Our local cuisine -Brown sugar, Buta miso

https://traditional-foods.maff.go.jp/area/kagoshima/ ●Kirishima Food Education Research Society HP "Barley miso" https://kirisyoku.com/recipe/2531.html

easonal seasor

spring









All areas of Kagoshima Prefecture Miazaki Prefecture

tonkotsu (cooked pork cuts with bones and root vegetables with barley miso), but a miso (cooked pork with miso)

Dashi culture in the Kirishima-Kinkowan area

and what the environment was like. In and around the Kirishima-Kinkowan National Park, dashi has been prepared using the diverse natural bounties of the environment and used for cooking.

Prawn (kuruma prawn, green tiger prawn)

Grilled prawns hung from the eaves of grocery stores are a winter symbol of Kagoshima. Huge prawn catches from the expansive tideland and sandy beaches have gifted us with this traditional flavor.



In the Satsuma Peninsula, Kagoshima, the dashi used for zoni (a New Year's dish containing mochi) is prepared using grilled prawns. We can imagine that the culture of using prawn dashi was developed because tideland and sandy beaches once extended over a wide area in Kinkowan Bay and there were big catches of kuruma and green tiger prawns. Over the years, the tideland and sandy beaches were reclaimed, and natural kuruma prawns were no longer caught. However, the dashi culture still remains. In order to be able to keep eating prawn dashi, we need to retain an environment that prawns can inhabit.

[Reference]

- Ministry of Agriculture, Forestry and Fisheries "Our local cuisine Ebi-dashi-zoni" https://www.maff.go.jp/j/keikaku/syokubunka/k ryouri/search menu/menu/satsumaebizoni kagoshima.html
- Kirishima Food Education Research Society HP https://kirisyoku.com/recipe/1919.html

spring

summer

autumn

place to catch Kagoshima Prefecture (Satsuma Peninsula)

ebi dashi zoni (prawn dashi zoni), sashimi, tempura, deep-fried in breadcrumbs

Flying fish

"Gliders of the sea" found in warm waters: popular as sashimi, dried fish, minced and dashi



© Kagoshima Prefectural Fisheries Cooperative Association

In the Sata area, fishermen catch flying fish, brought here by the Kuroshio Current, using a traditional method called "tobiuo sukui ami ryo (scoop net fishing of flying fish)". At night, when it is dark, flying fish are attracted using fishing lights and are caught using big scoop nets. Fresh flying fish are eaten as sashimi. The fish is also cooked in many different ways. Minced fish is used to make satsuma-age. Flying fish is also served grilled and deep-fried. It also makes good, dried fish, which can be preserved. The bones and the characteristic pectoral fins are grilled and used to prepare flying fish dashi (ago dashi).

[Reference]

Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima"

http://kagoshima-sakana.com/seasons/spring/124-002.html

spring summer autumn winter





place to catch Minamiosumi Town (Sata area)

ago dashi, sashimi, salted and dried fish, grilled fish, deep-fried in breadcrumbs, satsuma-age

Honkarebushi (dried bonito)

Honkarebushi is the top-class dried bonito produced using a great deal of labor and time, as well as artisans' traditional methods and skills.



Yamagawa Bay is a good natural port created by volcanic eruptions about 5700 years ago. Yamagawa fishing port has great depth, allowing large vessels to dock. Throughout the year, fresh bonitos are landed. The Kuroshio Current flows near Ibusuki area, bringing bonitos and other fish. Of the fresh bonitos caught in the adjacent waters, those that are especially fresh and have adequate amounts of lipids are used to prepare dried bonito. Each piece is carefully produced by artisans, taking almost 6 months. By completely removing the moisture, the top-class dried bonito, or honkarebushi, ends up having the concentrated fragrance and umami of the bonito itself. Ibusuki is the top producer of honkarebushi.

- ●lbusuki Museum HP
- https://www.city.ibusuki.lg.jp/marugoto/spot/%E5%B1%B1%E5%B7%9D% E6%B8%AF/
- Yamagawa Town Fisheries Cooperative HP
- http://jf-yamagawa.jp/introduction/
- Kirishima Food Education Research Society HP https://kirisyoku.com/recipe/6090.html

summer

winter autumn

Ibusuki City (Yamagawa area)

chabushi (soup made with miso, dried bonito and green tea), katsuo miso (miso containing shaved dried bonito)

Nishime (dish of simmered vegetables, etc.)

Local cuisine cooked by simmering locally grown vegetables, etc. A local delicacy formed by a combination of vegetables' umami and dashi.



© Kirishima Food Education Research Society

Nishime is a local cuisine prepared with simmering seasonal vegetables, pork, chicken, satsuma-age and/or other ingredients. The "shime" means permeate, and the dish is cooked until the liquid is almost gone. The clever use of dried vegetables combined with dashi specific to the region (chicken, pork, dried shiitake mushroom, etc.) makes superb nishime. Another process characteristic is using local sake (akumochi-zake) to draw out umami. Ingredients cut into large pieces make the dish look splendid. Packed with the seasonal flavors of the region, Nishime is like a treasure box incorporating the bounties of Kirishima-Kinkowan National Park into one dish.

[Reference]

Kirishima City HP

https://www.city-kirishima.jp/kenkou/documents/kyoudoryouri.pdf

JA Group HP

https://life.ja-group.jp/recipe/detail?id=5066
•Kirishima Food Education Research Society HP

https://kirisyoku.com/recipe/2017.html







where it is produced

All areas of Kagoshima Prefecture, Miyazaki Prefecture

Kaiten-shiki soumen nagashi (Rotary flowing soumen noodles) Catch the soumen noodles flowing around in the natural water of Ibusuki, dip them

into the soup of abundant dried bonito, and enjoy. A style specific to this region.



© Kagoshima Prefectural Visitors Bureau

Tosenkyo Kyoden Spring in Ibusuki was chosen as one of the "Selected 100 Exquisite and Well-Conserved Waters" and is said to be subsoil water from Lake Ikeda, the largest caldera lake in Kyushu. The abundant water serves as the water source of the local communities. A spring water specialty is kaiten-shiki soumen nagashi (rotary flowing soumen noodles). Ordinary soumen nagashi involves noodles flowing in a bamboo shoot cut in half. In Kagoshima, people enjoy kaiten-shiki soumen nagashi (rotary flowing soumen noodles). The natural water nurtured by the volcanoes in Ibusuki is poured into a special ring-shaped device, and pure white soumen noodles flow in the stream. People catch the noodles and dip them into a rather sweet sauce, prepared using abundant dried bonito made in Ibusuki. This is Kagoshima's soumen nagashi. It is a culture that uses the ample natural bounties of Kirishima-Kinkowan and can be enjoyed not only during summer but throughout the year.

[Reference]

- Ministry of the Environment, Selected 100 Exquisite and Well-Conserved Waters https://water-pub.env.go.jp/water-pub/mizu-site/newmeisui/data/index.asp?info=97
- Kagoshima Prefecture Pamphlet

https://www.pref.kagoshima.jp/ad05/kurashi-kankyo/kankyo/suishitu/heiseimeisui/documents/kyoudennyuusui3.pdf



Food cultivated by the warm climate

The Kirishima-Kinkowan National Park is located in the southern part of the Japanese Islands and the Kuroshio Current flows nearby. It is warm throughout the year and in a climatic zone that is not very cold even in winter. In particular, Cape Sata, the southernmost point of the Japanese mainland, on the Osumi Peninsula, is home to a number of subtropical plants and has a very tropical atmosphere. It receives a great deal of rain because warm and moist breezes blow from the sea, helping diverse plants to grow and providing us with their bounties.

Vegetable (okra, beans and peas)

Okra in summer and beans and peas in winter and spring. Gifts from the land are produced throughout the year using the warm climate.



© Kagoshima Prefecture

The Ibusuki area has a high mean annual temperature of 19° C. By making use of the warm climate even during winter, people cultivate a wide variety of vegetables that like warm weather. The irrigation project using water from Lake Ikeda, a caldera and natural regulation basin, moistens the well-drained land of Ibusuki and has made the area a major producer of okra, beans and peas. Ibusuki boasts the top production of okra, broad beans and snap peas in Japan (as of 2024). Harvests of beans and peas here are the first of the season in Japan, sending the taste of spring to the entire nation early.

- Ministry of Agriculture, Forestry and Fisheries, Pamphlet https://www.maff.go.jp/j/nousin/sekkei/museum/suido/attach/pdf/170220-8.pdf
- http://ja-ibusuki.or.jp/tokusan Ibusuki City, Okura recipe
- https://www.city.ibusuki.lg.jp/main/machi/nouchiku/page013559.html











Ibusuki City

salad, boiled dishes, mame gohan (pea rice), potage

Canola blossoms

Yellow carpets appear when people greet the new year. The flower gardens make us aware of the early approach of spring.



© Kagoshima Prefectural Visitors Bureau

The warm climate in the Ibusuki area allows us to feel the early approach of spring. In January, when it is still cold in other parts of Japan, yellow flower gardens appear everywhere in Íbusuki, sending signs of the end of winter and the approaching spring. At the end of the Edo period, the production of Canola seed oil from Canola blossoms was encouraged to reconstruct the economy of the feudal clan. The oil was once a specialty. However, the flowers of Canola for producing rape seed oil last for only a week or so and cannot please the eye for very long. Today, Canola blossoms intended for viewing are grown on fallow rice fields.

[Reference]

- Discover Kagoshima, Official Travel Guide
- https://www.kagoshima-kankou.com/guide/51481
- Ibusuki Nanohana Marathon HP

https://ibusuki-nanohana.com/history/

asonal seasor











Ibusuki City

boiled, stir-fried, tempura

Citrus fruits

Orange jewels of various kinds that receive abundant warm sunlight and light reflected by the sea.



© Kagoshima Prefecture

In many areas of the Kirishima-Kinkowan National Park, citrus fruits of various kinds are cultivated using the warm climate, sunlight and the light reflected by the sea. In particular, steep slopes along the sea have been turned into citrus orchards to use the reflected light from the sea. Diverse varieties are grown, including brand-name citruses such as Hetsuka daidai and Daimasaki and those cultivated from long ago, such as yuzu and kinkan (kumquat). Yuzu and kinkan also serve as excellent ingredients for processed products, such as yuzu kosho, a condiment essential for meals in this area, and traditional confectionery like yubeshi and kinkan-mochi.

[Reference]

JA Kagoshima, Kimotsuki

https://ja-kagoshimakimotsuki.or.jp/recipe_cat/daidai/









Ibusuki Citv • Minamiosumi Town Miyakonojo City • Kobayashi City • Ebino City

yuzu kosho, yubeshi, kikan-mochi, kinkan zuke (sweetened kinkan preserve), ponzu, juice, cocktail, sweets

Longan, lychee

Rare tropical fruits with a history of over 300 years can grow in the Sata area thanks to its warm climate.



© Kagoshima Prefectural Visitors Bureau

Longan, which means "dragon's eye", is a rare fruit. Lychee is popular but is rarely seen as a fresh fruit in Japan. Both were planted in the Sata area 300 or more years ago and are still producing fruit. It started during the Edo period when the Satsuma Domain constructed the Sata medicinal herb garden for medical research and collected and planted tropical medicinal herbs, using the warm climate. The fruits are rarely marketed, but you may have an opportunity to try them if you visit the garden. They are rare fruits nurtured by the warm climate of the Sata area.

[Reference]

Minamiosumi Town HP

https://www.town.minamiosumi.lg.jp/kanko/sangyo/ touksanhin/tokusanhin4.html









where it is produced

Minamiosumi Town

Tropical fruits

Avocados, mangoes, pineapples and passion fruits! Fruits from the tropics are grown, taking advantage of the warm climate.



© Miyazaki Prefecture Tourism Association

In the Ibusuki and Sata areas, cultivating tropical fruits has been achieved by taking advantage of the year-round warm climate (it does not get very cold even in winter). Greenhouses have enabled stable production, and the fruits are even used for summer gifts. There are greenhouses warmed with the heat from a hot spring in Ibusuki. Tropical fruits produced in these areas have a high sugar content due to research over a long period. The production of avocados was started recently.

[Reference]

Satofull / Ibusuki City

https://www.satofull.jp/products/detail.php?product_id -1219432













Ibusuki City • Minamiosumi Town Kobayashi City

Kesen dango

A local confectionery for enjoying the fresh scent from the leaves of glossy-leaved trees nurtured by the warm and moist climate.



© Kagoshima Prefecture, Minami Satsuma Regional Development Bureau

A noted characteristic of the Kirishima-Kinkowan National Park is its laurel forests. Because it is warm and receives much precipitation, many glossy-leaved trees grow. Of such trees, species of the genus Cinnamomum are called nikki or kesen and were once widely planted in home gardens because their leaves have a bactericidal effect. Kesen dango is a sweet dumpling sandwiched by leaves. It is a fresh-tasting local confectionery with a cool scent specific to Cinnamomum, which brings out the flavor of the dumpling.

[Reference]

Kirishima Food Education Research Society HP

https://kirisyoku.com/recipe/5536.html

Kagoshima Prefecture HP

https://www.kagoshima-shoku.com/kyoudo/1809











Ample fruits of the sea nurtured by the Kuroshio Current

The seas near the Kirishima-Kinkowan National Bark are the Kuroshio Current. The mainstream of the Kuroshio and enters Kinkowan Bay. Because of the current, warm sea water flows into the bay, resulting in the presence of abundant fish species.

Bonito

Pole-and-line fishing does not cause overfishing or damage to other fish. Sashimi of mackerel tuna and striped bonito are superb!



©Kagoshima Prefectural Fisheries Cooperative Association

Bonitos are fished also as an ingredient for producing dried bonito (honkarebushi). The fish arrives with the Kuroshio Current in the sea south of the Ibusuki and Sata areas. The sea near Mt. Kaimon in Ibusuki is where fish gather because of the nutrients from the mountain and the warmth of the Kuroshio Current, and the catches of mackerel tunas and striped bonitos are large. Mackerel tunas are fatty, and striped bonito is light. It is recommended to compare their tastes.

[Reference]

● Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima" http://kagoshima-sakana.com/seasons/spring/123-001.html



Red seabream (sakuradai)

Red seabream in Kinkowan Bay is at its most delicious during the season of cherry blossoms among all the seasons and is eagerly awaited to be used as an ingredient of sakezuhi, a delicacy eaten under the cherry blossoms.



©Kagoshima Prefectural Fisheries Cooperative Association

The representative fish of Kinkowan Bay is red seabream. The fish grow well in the sea because nutrients flow from mountains, and the seawater temperature is stable throughout the year due to the Kuroshio Current. In particular, those that are caught during the season when cherry blossoms bloom are called sakuradai and have been presented to the Emperor. The local cuisine that uses sakuradai is sakezushi. Prepared by soaking cooked rice with local sake (akumochi-zake) and letting it sit with sashimi of the fish and wild vegetables for half a day, sakezushi is a delicacy full of spring flavors eaten under the cherry blossoms.



Ministry of Agriculture, Forestry and Fisheries "Our

[Reference]

• Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima" http://kagoshima-sakana.com/kagoshima-sakana/details/interview/78-04/147-001.html http://kagoshima-sakana.com/recipes/29.html

http://kagoshima-sakana.com/seasons/spring/125-003.html



Kinkowan Bay

sakezushi, sashimi, stewed, deep-fried, aradaki (cooked seabream head). tai chazuke (rice and sashimi with tea or clear soup poured over them)

Blue mackerel

Blue mackerel are killed on the vessel on the day they are caught to keep the umami content high. Sashimi from fish caught here is delicious.



© Kagoshima Prefectural Fisheries Cooperative Association

Blue mackerel is a type of mackerel that has dark spots on the abdomen. Blue mackerel caught in the southern fishing grounds are killed on the fishing vessel to keep the freshness and the high umami content. Fresh blue mackerel is eaten as sashimi in the catching area. Most fish to be distributed are processed into delicious, vinegared mackerels and dried fish. Blue mackerel sashimi, which can be eaten only in the catching area, is superb with a nice texture and rich umami.

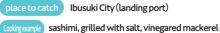


[Reference]

- Japan Fisheries Research and Education Agency HP https://sh-u-n.fra.go.jp/search/?task=detail&fc=23&rc=461
- ●Yamagawa Town Fisheries Cooperative HP http://jf-yamagawa.jp/calendar/
- Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima"

http://kagoshima-sakana.com/seasons/autumn/133-003.html





Indo-Pacific sailfish

The appearance of akitaro, or Indo-Pacific sailfish, announces the arrival of aki (autumn)! The fatty but compact flesh is good as sashimi or steak and reminds us of autumn in Kagoshima.



© Kagoshima Prefectural Fisheries Cooperative Association

Indo-Pacific sailfish migrate into the seas of Kagoshima Prefecture in the autumn. The fish is called "Akitaro" (autumn boy)" in the Prefecture, and the people look forward to their catches. It has an impressive appearance with a huge dorsal fin resembling a leaf of Musa basjoo and a sharp upper jaw. Scenes of the sailfish lined up in markets in the autumn frequently appear in the media and are enjoyed by foreign tourists visiting the markets. Its compact and moderately fatty



flesh is savored as sashimi, steak, deep fried in breadcrumbs and broiled with soy sauce.

[Reference]

● Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima" http://kagoshima-sakana.com/recipes/14.html

http://kagoshima-sakana.com/seasons/autumn/132-002.html

National Federation of Fisheries Co-operative Associations HP https://www.pride-fish.jp/JPF/pref/detail.php?pk=1466681068





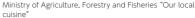
All areas of Kagoshima Prefecture

sashimi, steak (by making use of its thickness), deep fried, stewed

Kibinago (silver-stripe round herring)

No knife, use your hands! Local children start to learn how to fillet fish with this special fish. A memorable taste enjoyed with vinegared miso.





Kibinago (silver-stripe round herring) is a fish full of memories for local people. Children learn how to fillet a fish with the herring by using not a knife but their thumbs. Because it loses its freshness very quickly, kibinago is rarely available in areas other than the catching area, where it is cut open with the hands immediately after the catch and eaten as sashimi with vinegared miso. It is a dish special to this area. Mirinboshi of kibinago is local to the Sata area and is prepared by drying the fish seasoned with mirin.

© Kagoshima Prefectural Fisheries Cooperative Association

[Reference]

• Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima" http://kagoshima-sakana.com/seasons/summer/127-001.html



Japanese spiny lobster

The Japanese spiny lobster inhabits the coast where the Kuroshio Current whirls, nurtured by a combination of nutrients from the forests and marine organisms. The firm meat contains abundant umami!



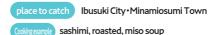
© Kagoshima Prefectural Fisheries Cooperative Association

The Japanese spiny lobster is a lobster that lives in coastal reefs facing the Kuroshio Current. Water flowing from the mountains in Minamiosumi Town and Ibusuki City to the sea contains many nutrients and nurtures marine forests. Japanese spiny lobster is one of the organisms that inhabit marine forests. Suspended in the Kuroshio Current, young lobsters reach the coast and use the marine forests to live, feed and hide. In the strong streams of the Kuroshio Current, lobsters grow to have firm bodies. The firm meat is said to be highly tasty. It is a luxury food available throughout the year except during the spawning season from May to August and is known as a symbol of perennial youth and long life.

■Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima"

http://kagoshima-sakana.com/market/32-jf-kagoshima/kagoshima-sakana/details/seasons/winter/140-005.html http://kagoshima-sakana.com/seasons/winter/140-005.html





The bounties of Kinkowan Bay

Kinkowan Bay is created by a lot of volcanic activity and thus features a deep abyss of over 230m despite being an inner bay. Seaweed grows thanks to the water flowing from the laurel forests, and corals grow here because of the Kuroshio Current, Sand beaches and tidal flats extend across the shallows, and there are reefs formed by lava. The Bay Area is like a marine theme park that houses diverse environments.

[Reference]

OKagoshima Univ. HP, "Kinkowan Bay"

Deep-sea shrimps and deep-sea fish

Treasures from the deep sea caught by a traditional method. The miraculous shrimp have wonderful umami as well as texture. It is such a missed opportunity (mottainai) not to use deep-sea fish, which is rich in umami flavor!



© Kagoshima Prefectural Fisheries Cooperative Association

Namikudahigeebi

Tontoko-ryo is a traditional fishing method handed down from the past to fishermen in Tarumizu and Kanoya, which are located in the central part of the Kinkowan area. It is said to have been developed in order to catch only deep-sea shrimp. It has not been easy to enjoy deep-sea shrimp outside this area because they quickly lose their freshness, but recent advances in refrigeration technology have enabled the shrimps to be distributed more widely. People can enjoy umami, umami-enhanced sweetness and springy texture with these luxurious shrimp. There have been recent moves to make effective use of the deep-sea fish that are caught and returned to the sea. They are now a new specialty.

[Reference]

■Kagoshima Univ. HP, "Kinkowan Bay"

https://www.fish.kagoshima-u.ac.jp/fish/kinkowan/motto/shinkai/index.html

●Research Association of Kagoshima Deep-sea Fishes HP https://unmaka-fish.jp/



Himeamaebi

spring summer autumn winter seasonal season

Kinkowan Bay (Tarumizu City • Kanoya City)

See pages of Research Association of Kagoshima Deep-sea Fishes: https://unmaka-fish.jp

Marine aquaculture
(Japanese amberjack, greater amberjack)
The best Hamachi in Japan, cultured receiving all the bounties of Kinkowan Bay. The fatty flesh is loved in all parts of the world.



Left, Upper Right: Cagoshima Prefectural Fisheries Cooperative Association Lower Right: Ministry of Agriculture, Forestry and Fisheries "Our local cuisine"

The cultured fish representative of Kinkowan Bay is amberjack. The environment specific to Kinkowan, such as the warm climate, warm and stable water temperature, abundant inflow of nutrient salts from laurel forests on caldera slopes and stable water quality due to the deep water depth, raises delicious amberjacks. Kagoshima boasts the largest shipment of amberjacks in Japan, and they are also popular among foreigners especially known as Hamachi. The recent success of total aquaculture, which raises fish from eggs, is attracting global attention.

[Reference]

• Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima" http://kagoshima-sakana.com/seasons/winter/136-001.html

Kagoshima Univ. News Letter

 $https://www.museum.kagoshima-u.ac.jp/publications/pdf_images/newsletter/News\%20Letter\%20No30.pdf$



Moray

The umami-rich white-flesh is tender when it is grilled and crispy when it is dried. Sun-dried kidaka (moray) is a winter feature in the Sata area.



Minamiosumi Town, Planning and Tourism Division

Morays are fierce and called the "gangsters of the sea". They are called "kidaka" in Kagoshima. The Sata area has a custom of cutting kidaka open and drying them in December. Scenes of scores of morays being hung to dry at fishing ports ("kidaka no tenpi boshi") are a local seasonal symbol of winter. The sun-dried moray has condensed umami and is tender when grilled. A newly developed specialty of shredded dried moray becomes crispy when deep-fried and is becoming popular due to its texture. Precious kidaka is a delicacy that can be tried in the Sata area.











place to catch

Minamiosumi Town (Sata area)

sun-dried, grilled, hot pot cooking, deep-fried

Seaweed growing on rocky shores

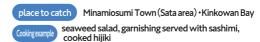
(tosakanori (red alga, Meristotheca papulosa), hijiki) Seaweed nurtured by mountain nutrients serves as a cradle for juvenile fish in the sea. This important food source supports both people and young fish.



@ Minamiosumi Town, Planning and Tourism Division

The rocky coastline of the Sata area houses many types of seaweed. Especially famous ones are hijiki and tosakanori, which resemble a cockscomb. Crucial elements for the growth of these seaweeds are the nutrients flowing from the mountains to the sea. The mountain nutrients reach the sea through rivers and submarine springs and help the seaweed to grow. Seaweed is not only good to eat but forms an essential habitat (marine forest) for young fish. These seaweeds are decreasing because tropical fish feeding on them has increased. It is important to protect seaweed.





The bounty of satoyama

(border zone between mountain foothills and arable flat land)

The warm and moist climate of the Kirishima-Kinkowan National Park nurtures laurel forests. Rainwater that falls on these forests flows into rivers or seeps underground and is used in villages. Satoyama is a zone connecting deep forests and places where people live. It includes wetlands, paddy fields formed by utilizing water, planted forests for growing bamboo and producing wood, and large land areas used as upland fields. The existence of satoyama, which is the key to keeping sustainable links between people and nature, provides various bounties for people.

Rice

The characteristic delicious taste of the rice is due to the high elevation, large temperature differences and nutrients from the mountains.



© Kagoshima Prefecture

Rainwater that falls on Kirishima Mountain Range springs from the ground after many years. In Kakutou Basin, located on the north side of Kirishima Mountain Range, rice is cultivated using this spring water. As rice is cultivated using water rich in nutrients from the mountain, at high elevations and under large temperature variations, it is very sweet and delicious. Once, this land of volcanic ash soil was unsuitable for paddy rice cultivation. The efforts of previous generations to improve the land have enabled rice to be cultivated. This history led to a culture of treasuring rice to take root in the region. Farmers in and around Kobayashi and Ebino Cities hold "Sanobori" parties in June to celebrate the completion of rice transplanting and the "Hoze" harvest festival in November. Stone statues of "ta-no kamisa (the god of paddy fields)" are enshrined near paddy fields. Landscapes of satoyama, existing together with rice cultivation scenes, remain.

[References]

 Miyazaki Prefecture Ebino City Tourism Association https://ebino-kankou.com/whats-tanokansaa













Kobavashi Citv Ebino Citv Miyakonojo City



menomochi-arare, amazake, akumaki. satsuma sumoii, sakezushi

Akumaki, Ikomochi, Irikomochi

Local confectioneries developed to preserve precious rice are filled with the know-how of previous generations. The soft and sticky textures are without a peer.



@ Ministry of Agriculture, Forestry and Fisheries "Our local

Volcanic ash soil is unsuitable for rice cultivation, and thus rice was very precious in olden times. Non-perishables prepared for preserving such precious rice in such conditions are akumaki and ikomochi. Akumaki is prepared by soaking mochi (sticky) rice in a kind of lye made from glossy-leaved trees, wrapping the rice in bamboo leaves, and boiling it in the lye to suppress bacterial propagation and achieve long-term preservation. Today, it is eaten as a confectionery by sprinkling (sweetened) soybean flour, but it was served with soy sauce in the past. Ikomochi is prepared by roasting flour made from mochi rice, kneading it with sugar, steaming, and evaporating the moisture to preserve it. Both have soft and sticky texture.

[[References]

Ministry of Agriculture, Forestry and Fisheries "Our local cuisine" https://www.maff.go.jp/j/keikaku/syokubunka/k_ryouri/search menu/menu/akumaki kagoshima.html

seasonal seasor









where it is produced

All areas of Kagoshima Prefecture Western part of Miyazaki Prefecture

Aquaculture in the mountains

(salmon, sturgeon, carp)

Freshwater fish are bred using delicious spring water containing nutrients from the mountains. These special aquaculture fish can be raised thanks to the abundant spring water.



top left and right: @Kobayashi City, Local Revitalization Division bottom left and right: ©ベクトル株式会社)

In the Kirishima area, freshwater fish are bred using the abundant spring water nurtured by the mountains and the earth. Carp have been consumed since olden times in the area, and there are many restaurants that serve carp dishes. Aquaculture in inland waters has recently increased, and the breeding of sturgeons and salmons is also flourishing because of the abundant nutrient-rich spring water. In this area, non-salted fresh sturgeon caviar is available and is a treasured food.

[Reference]

Kirishima Salmon HP

https://www.kirishima-salmon.shop/

Kobavashi Citv HP

https://www.city.kobayashi.lg.jp/soshikikarasagasu/ sogoseisakubuchihososeika/chihososei/1/3/index.html

spring summer

autumn

winter

Kirishima City (Salmon) • Kobayashi City (Sturgeon • Carp) • Ebino City (Carp)

slices of carp washed in cold water, carp cooked in miso soup, salmon carpaccio, sturgeon sushi

Eel

Eel fry from the sea is raised in natural water from the mountains. An important organism that links the sea and mountains, posing questions to people about sustainable engagement.



© Kagoshima Prefectural Visitors Bureau

Most people have the idea that eels are found in rivers. But they lay eggs in the Mariana Trench in the Pacific Ocean. The eel fry travels several thousands of kilométers and returns to a river and matures. Eel aquaculture starts by capturing the fry returning to the river and breeding them. The eels raised in spring water containing abundant mountain nutrients have thick flesh and are delicious. Because eels cannot grow without the link between river and sea, they question people about how we should engage with nature.

[Reference]

 Kagoshima Prefectural Fisheries Cooperative Association HP "Fish in Kagoshima"

http://kagoshima-sakana.com/market/32-jf-kagoshima/kago shima-sakana/details/seasons/summer/128-002.html

easonal seasor

spring summer autumn winter



Ibusuki City • Minamiosumi Town etc..

kabayaki (split and broiled), unadon (eel donburi), miso soup with eel livers

Ayu(sweetfish), Japanese mitten crab

They mature in a river and lay eggs in the sea, and the newly hatched life swims up the river and matures in the upper reaches. These organisms connect the mountains and the sea and have supported the people's livelihood.



Ayu and Japanese mitten crabs are found in rivers. Ayu has been used with care since olden times such as smoking on a hearth to make dashi and processing it into shiokara (salted and fermented fish). Japanese mitten crabs are an ingredient of miso soup and hot pot and have supported the diet of people living in satoyama. The crab is especially delicious when it contains eggs and is prepared into soup in autumn and winter. Both ayu and Japanese mitten crab breed in the sea. They swim down the river to the sea to lay eggs. and the newly born juveniles return to the river. Because this area has a volcanic topography, it was difficult for ayu and crabs to swim down and up the rivers, and they were treasured. Recent river improvements have made this migration even more difficult.

[Reference]

 Kirishima Food Education Research Society HP https://kirisyoku.com/recipe/4461.html











All areas of Kagoshima Prefecture

kani maki jiru (miso soup with crushed crab meat), grilled ayu, rice cooked with grilled ayu, sweetened boiled ayu

Game meat (gibier)

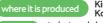
Forest animals have long been a protein source in satoyama villages. Eating this important food source helps to protect forest.



Venison

The deep forests in the Kirishima-Kinkowan National Park provide nurture to wild animals such as deer and boar. Growing up drinking spring water from the mountains, the wild animals build up umami in their meat. Deer and boar have been treasured foodstuffs of satoyama since olden times, eaten roasted and in miso soup. A dish called zoni (soup containing rice cakes) was prepared using boar dashi. The amount distributed for consumption is limited because sanitary cutting and treatment are needed to eat the meat. Attempts have been promoted to utilize captured deer and boar to control feeding damage to precious plant species in farming and forestry, as well as to allow the capturing of animals to continue.





Kirishima Citv Ebino Citv Kobayashi City

steak, stew, shabu-shabu, botan nabe (boar meat hot-pot), deep-fried, al ajillo

Livestock products in daily life

People in the areas near the Kirishima-Kinkowan National Park have raised pigs and chickens domestically since olden times. Ways to consume pigs and chickens without wasting anything remain part of the traditional local cuisine and are still loved by the locals. Pork, chicken and cattle, raised with water nurtured by the earth and forests on the expansive flat land of Shirasu Plateau in its year-round warm climate, are still specialties famous throughout Japan.

Kurobuta pork

This pork with its high-quality fat and abundant umami goes well with rather sweet barley miso. Enjoy this exquisite dish cooked in a way, making use of the whole animal deliciously.



© Kagoshima Prefecture

The area consists of volcanic ash soil and was unsuitable for rice cultivation, so sweet potatoes, which also make good livestock feed, are produced. The livestock industry, helped by the warm climate, has also flourished. In olden times, each family kept a pig, dressed it for the New Year and then consumed it in its entirety. These culinary methods are widely used also in local cuisine. Tonkotsu is especially famous and involves cooking pork cuts with bones and root vegetables produced in the area with rather sweet barley miso. We can learn ways to enjoy eating without wasting it by learning about local cuisines.



Ministry of Agriculture, Forestry and Fisheries "Our local

[Reference]

- ■Kagoshima Prefectural Producers Council HP https://www.k-kurobuta.com/about/
- ■Kyushu Tourism Organization HP https://www.kagoshima-kankou.com/feature/kagoshimap1

spring summer autumn winter seasonal seasor

where it is produced All areas of Kagoshima Prefecture



buta miso (cooked pork with miso), tonkotsu (cooked pork cuts with bones and root vegetables with barley miso), shabu-shabu, shunkan (local cuisine, boiled pork with vegetables and bamboo shoots)

Jidori (local chicken)

Jidori is a term used for various local cuisines, including torisashi (sashimi of chicken meat) special to the area. The cooking methods for eating the whole animal are the key to the delicious flavors.

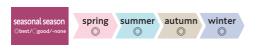


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"Having the same number of chickens as family members" was a characteristic of this area. People collect eggs on ordinary days and dress a chicken to treat a visitor or at times of festivity. Chicken breast and thigh were eaten as sashimi, the meat around the bones was boiled with daikon and konnyaku, the bones were used to make dashi, and the skin was cooked with rice. All parts were consumed. A local cuisine, "nishime" uses chicken meat with bones to improve the dashi made. Enjoy jidori, nurtured by the water and land of the area, in local cuisines devised by the locals.



© Ministry of Agriculture, Forestry and Fisheries "Our local cuisine"



All areas of Kagoshima Prefecture and Miyazaki Prefecture where it is produced torisashi (sashimi of chicken meat), toritataki (sliced surface-roasted chicken meat), jidori no miso korobakashi (chicken meat stewed

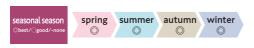
with miso and a small amount of water), Chicken Namban (Fried Chicken with vinegar and tartar sauce) Kagoshima kuroushi, Miyazaki ushi (Japanese black beef brands of Kagoshima and Miyazaki)

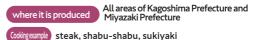
Contemporary specialty meats from cattle raised, taking advantage of the magnificent landscape. nutrient-rich water and warm climate. Fantastic products that boast the highest quality in Japan.



Upper left: Japan Agriculture Cooperatives, Lower left: Kagoshima Prefecture Upper and Lower Right: Karen Kagoshima

Kagoshima kuroushi and Miyazaki ushi were created using repetitive selective breeding and are raised by taking advantage of the year-round warm climate, the spacious flat land of Shirasu Plateau and spring water containing bounties from the forests and land. In general, the Japanese started eating beef in the Taisho period. But kuroushi (Japanese Black beef) breeding had already begun during the Meiji period. Today's stock-raising farmers say they are maintaining the quality by putting the black cattle out to graze on spacious and flat land to free them from stress and using only the water nurtured by the land of the Kirishima-Kinkowan National Park. Because of the land and water that support the Park, cattle of the highest quality in Japan are raised.







Kyushu Regional Environment Office, Kirishima-Kinkowan National Park Management Office

[Sakurajima-Kinkowan•Inner Kinko Bay]

Award-winner of the Kirishima-Kinkowan National Park Photo Contest 2021 (Kyusyu Regional Environment Office) ©武安雅之【Ibusuki】

. Award-winner of the Kirishima-Kinkowan National Park Photo Contest 2021 (Kyusyu Regional Environment Office) のませいどん 【Sata】

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