

<People> Interview	・・・P1
ちさんちしょう 地産地消 (Chisan Chishou)	・・・P2
Let's Enjoy Direct- sale Events of Farm and Marine Products!!	・・・P3
“Nabe” (Hot Pot Cooking) ☆ Yose-Nabe (Mixed Hot Pot) ☆	・・・P4
Eco-Heating Items in Winter	・・・P5
Editor's Postscript	・・・P6

Himeji Cultural and International Exchange  
Foundation newsletter editing volunteers  
URL <http://www.himeji-iec.or.jp>

<People> Mr. Yuche Shih

Mr. Shih is from Kaohsiung, Taiwan, and came to Japan as an international student at Himeji Dokkyo University graduate school in April 2015. He studies linguistics at the university now.



Q: Why are you interested in Japan?

A: I started to play Badminton from age eight, and became a representative for my prefecture. However, I was seriously injured twice, when I was a high school student. I gave up my dream being Badminton player and manager. As I looked for something else to find interest in, I found the Japanese language.

Q: How did you study Japanese?

A: I watched Japanese dramas, and wrote down vocabulary that I could not understand. Then, I practiced by recording my pronunciation and listening to it. I repeated the same drama to learn the words, while checking facial expression and the intonation when the words were used.

Q: What surprised you when you came to Japan?

A: There is a high awareness regarding trash and there is no trash on the roads. Although, urban areas in Taiwan are clean, the country side still is not. Also, Japanese people are very polite about greeting others and have good manners too. And, I was surprised in the big difference between Kansai dialect and standard Japanese.

Q: How do you spend your free time?

A: I joined Aikido club at the university and table tennis club in Himeji city to make friends. I appreciate their support for the challenges I face with life in Japan. I enjoy understanding about Japanese households and culture, through the good company of individuals of various ages.

Q: What is your dream?

A: First, I would like to gain work experience at Japanese company which makes me use Japanese. Then, I want to use that experience as a teacher in Taiwan.



Do you know the word “Chisan Chishou”? It literally means “to consume farm produce in the produced area”. This has several merits such as you can eat seasonal fresh food rich in nutrition, help raise self-sufficiency ratio for food and it is environmentally as well as economically friendly.

Himeji has established the 23rd and 24th of every month to be “Himeji Chisan Chishou Day”.

#### Introduction of agricultural produce

Ohichi’s Bamboo Shoots · · · Produced in Ohichi district in western Himeji

Best season: March through May

Special quality: Soft and fine texture, hardly tastes bitter. It is said that bamboo shoots produced in Kyoto have a good appearance, whereas the ones in Ohichi have a good taste.

Recommended cooking: Bamboo *sashimi*, Rice cooked with bamboo shoots, Boiled bamboo shoots in sweetened soy sauce, Boiled bamboo shoots with sea vegetables, etc.

Himeji Lotus Root · · · Produced in Ohtsu ward Kanbe area in south-western Himeji

Best season: September through February

Special quality: White, soft and crispy

Recommended cooking: Vinegared lotus roots, Boiled lotus roots with seasonings, Tempura, Deep fried Lotus Root sandwich, etc.



Jumbo Green Pepper · · · Produced in Sayou cho in Sayou County

Best season: July and August

Special quality: Very big, growing up to 20cm, and weighing around 100 grams. (three times bigger than regular size), very fleshy with some sweetness, no strong smell typical of green pepper.

Recommended cooking: Salad, BBQ with Charcoal, Stuffed peppers, etc.



Aboshi Melon · · · Produced in Aboshi area

Best season: June through August

Special quality: Sweet with high sugar content. You can eat a lot since they do not leave a strong taste in your mouth.



Himeji Beef · · · Produced in Himeji and western Harima region.

Special quality: It is a Japanese beef called *Kuroge Wagyu* certified as top or second top class of the five ranks. Among the Himeji beef, one, related to Tajima beef, is called “Premium Himeji Beef”. Now a PR character called Himemaro has made a debut.



姫路和牛PRキャラクター  
ひめまろ

You can buy a variety of other local ingredients at direct-sale shops introduced to page three of this newsletter.

You can enjoy shopping while talking with the producers and the locals there.

## Let's Enjoy Direct- sale Events of Farm and Marine Products!!

### ★Grocery store on the bus in Himeji

Date: Weekdays: 10:00~19:00

Saturdays, Sundays, Holidays: 11:00~17:00

Place: Shinki building first floor (former bus waiting floor)

Fresh vegetables harvested in the morning, daily ingredients, processed goods of farm produce are sold.



### ★Himeji Marche

Date: Friday January 20, 2017 and Friday March 17, 2017 15:00~18:00

Place: Nigiwai Koryu Hiroba located in the central underground, below the north side of Himeji station.

Fresh agricultural products by Himeji farmers, delicatessens cooked with the local ingredients and local processed goods are sold.



### ★Himeji Tore Tore Fair Aboshi Oyster Festival

Date: Sunday February 5, 2017 10:00~15:00

Place: Eco park Aboshi, 15-min bus ride from Sanyo Aboshi station

Free shuttle bus service is available (one service per hour)

### ★Nikaimachi Fureai Fresh Bazar Furusato Harima Fair

Date: Every first Friday and Saturday except January 13 (Fri.) and 14 (Sat.) 2017.  
9:00~17:00 (closed when sold out)

Place: Special site in Nikaimachi shopping arcade

### ★Other information:

Oyster Fair in January is scheduled at JF Boze Himeji Tore Tore Market in Shirahama town.

Citizen's morning market and *Ikanago* festival are scheduled at Otemae Park in March.

### “Ikitai! Tabetai! Himeji no mise Mecchauma”

(I want to go and eat at good restaurants in Himeji)

This booklet introduces 70 restaurants whose dishes use the ingredients of Himeji as well as 48 shops that sell Himeji's farm and marine products directly. Also includes a calendar with illustrations of ingredients.

This booklet is available at the general affairs department of agricultural administration (9<sup>th</sup> floor of the Himeji city hall), the municipal government information center (1<sup>st</sup> floor of the city hall), and each branch of city hall. It's on the website, too.



## “Nabe” (Hot Pot Cooking)

### ☆☆☆ Yose-Nabe (Mixed Hot Pot) ☆☆☆

Winter in Japan is very cold with dry air and cold wind. In such season, we recommend Japanese hot pot cooking, called Nabe. It is easy to cook and warms you up. We will introduce “Yose-nabe”, which is a hot pot with a variety of vegetables, fish, and meat. Please try cooking it!

#### Ingredients for 4 servings

○ Chinese cabbage	1/4	* Water	2000 ml
○ Greens (Spinach, edible chrysanthemum, Japanese mustard spinach etc.)	1 bunch	* Sweet sake	5 Tsp
○ White leek	1	* Soy sauce	5 Tsp
○ Carrot	1/4	* Instant bouillon (Dashi)	2 Tsp
○ Chicken thigh	1 piece	Toppings (green spring onions, chili etc.)	
○ Seafood (White fish, Shrimps, Shellfish) as you like			
○ Mushrooms (Shitake, Shimeji, Enoki etc.)	1 pack		
○ Tofu	1 pack		



#### Preparations

- Cut the root off of the Chinese cabbage and greens, then cut them into 5 cm slices.
- Slice Chinese cabbage diagonally.
- Cut carrot into 5mm round slices.
- Cut chicken thigh, seafood, mushrooms, and Tofu, into bite-size pieces.

#### How to cook

- ① Put seasonings marked with \* into the pot, and set to medium heat.
- ② Bring to a boil then add the ingredients.  
※Careful not to cook greens too long.
- ③ When all ingredients are cooked, serve them into small bowls with soup, and add toppings as you like.  
※It is good to put Udon-noodles or Soba-noodles in the soup at the end.

This is the easiest way of cooking of Yose-Nabe. There are also ready-made soups for Nabe with various kinds of flavors such as tomato soup, soy milk, Kimchi, etc. You can cook Nabe easily with using these soups.

Now is the best season for snow crab, so it is nice to have crab-Nabe when you have party or on a special day with many people.

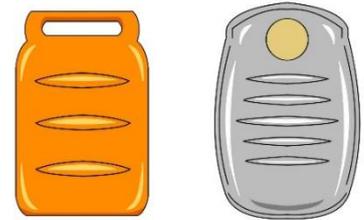


## Eco-Heating Items in Winter

It is getting colder day by day. According to Japan Meteorological Agency, the temperature in western Japan this year, is going to be around average or lower temperatures than usual, from now until February 2017. We will introduce “eco-heating items,” which will help save you money on electricity.

### <<Hot-Water Bottle>>

Put hot water about 80°C into a plastic or metal bottle like the illustrations on the right. To prevent burns, wrap the bottle with a cloth cover, and put it in your bed when you sleep. It stays warm for about 24 hours. There are also bottles that can be warmed up in microwaves, which warmth lasts for about 7 hours.



### <<Kotatsu (Japanese Foot Warmer)>>

Kotatsu is a Japanese traditional low table with an electric heater and is covered with a quilt. Compared with heating systems or other kinds of heaters, it costs about a half in electricity. If you put a heat insulating sheet under the Kotatsu, it increases the heat insulating effect.



### <<Pocket Warmer>>

You can buy disposable pocket warmers at convenience stores or drugstores. There are also rechargeable warmers, which are able to recharge by connecting to electrical outlets or USB ports on computers. They maintain heat for about 5 hours.



### <<Wearable Blanket>>

There is a blanket with sleeves, and fully covers to one's foot. If you use this blanket, you can set Kotatsu or other heaters to a low temperature, and save money on electricity.

### <<Leg-Warmer, Lap Blanket>>

Coldness comes from the feet. Therefore, wearing leg-warmer or using lap robe helps to keep you warm.



Set heating systems around 20°C !

Even if you have “eco-heating items”, sometimes it is too cold to stand without heaters. In order to save money on electricity and reduce CO<sub>2</sub> emissions, it is better to set the temperature around 20°C, if possible, then use “eco-heating items” effectively.

## ◆◆◆Editor's Postscript◆◆◆



The volunteer group, translators and editors of “VIVA! ひめじ”, had a very pleasant and delightful walk to Mt. Hiromine. We had previously mentioned Mt. Hiromine and Masui in Issue 56 of “VIVA! ひめじ”. We were very fortunate to see the Hiromine Shrine was performing the Ceremony of “Soma” (April 18th) - We were all excited and amazed to see the horses wildly racing through the grounds. What a very lucky day it was!! There are many interesting things in Himeji including its history, events and festivals. Join in discovering Himeji with us!!

### Translators and Proofreaders

E n g l i s h : Satoko Takimoto, Toshiko Hatta, Tomoaki Sunagawa, Rosie Okabe,  
Jessany Williams

C h i n e s e : Mika Tsuda, Jin Zhenshan, Hong Yuying, Mie Yamanami, Zeng Ning

S p a n i s h : Shizuka Yoshii, Kenichiro Shimizu, Chie Hattori

Portuguese: Yuma Hasegawa, Eni Takinami, Yu Yamamoto, Misaki Nagao

Vietnamese: Phan Thi Minh Xuan, Tran Thi Thanh Ha, Le Van Long, Pham Thi Le Thuy,  
Dinh Thi Thu Trang

These names are used with the contributors' permission.

Their assistance is much appreciated.

You can read back numbers of “VIVA! ひめじ” at the website of the Himeji Cultural and International Exchange Foundation (International Exchange Section)(<http://www.himeji-iec.or.jp/>).

The next issue of “VIVA! ひめじ” will be available in March. Don't miss it! We invite your comments and suggestions.

We are always looking for translators and native speakers to assist us with translating and proofreading upcoming editions of “VIVA! ひめじ”. If you are interested, please contact us at the following address.

Contact Office  
Himeji Cultural and International Exchange Foundation  
3<sup>rd</sup> floor, Egret Himeji, 68-290 Honmachi,  
Himeji City, Hyogo 670-0012  
TEL : 079-282-8950 FAX : 079-282-8955  
Email: [info@himeji-iec.or.jp](mailto:info@himeji-iec.or.jp)