

LIVING GUIDE MORIOKA

MORIOKA INTERNATIONAL RELATIONS ASSOCIATION

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Seasonal Eating for a Healthy Life – Let's eat Morioka's freshest food in season!

Lately it's been getting cooler here as we leave the hot summer days behind and approach the fall season. The temperature in autumn is comfortable, so we have many events like athletic meets, autumn festivals, and art festivals. For that reason, there are some words which are used with the word "aki," which means "autumn," in Japan. For example, we say things like "the autumn of art," "the autumn of reading," "the autumn of sports," "the autumn of appetite," and "the autumn of harvest."

Seasonal food is said to be the most delicious, and it is also very healthy and rich in nutrition. We have four distinct seasons in Japan, so seasonal food plays an important role in its respective season. For example, summer vegetables like cucumbers and tomatoes cool down our bodies, and root crops like radishes and carrots, which are in season in winter, warm up our bodies.

In Morioka, we also have some seasonal crops in fall. This time, we will introduce the "Morioka Ringo" and "Tsushida Imo," which are listed as products under the Morioka Specialty Goods Brand.



Tsushida Imo (Tsushida Taro)

Tsushida Imo are taro roots. The soil in the Tsushida area is well-drained, which is said to be suitable for growing taro. Taro has been produced since the Edo period (about 400 years ago), and it had a very good reputation for its taste. It was so popular that one of the popular poets in the Meiji period (about 150 years ago), Takuboku Ishikawa, who was born in Morioka City, wrote this poem: "I miss the taste of Tsushida Imo."

Besides the "mother tuber" variety of Tsushida Imo, there are also many "daughter tuber" and "secondary tuber" varieties. If you eat taro in "Imonoko jiru" (taro soup), it tastes almost as if it's melting on your tongue. Compared to other potatoes, its taste is very thick, which sets it apart from other tubers. In addition to Imonoko jiru, "Muki imo" is another specialty which you can enjoy with Tsushida

Imo by boiling secondary tubers and smashing them with your palm. You can enjoy its simple velvety and sticky taste with some grated radish and soy sauce. It is a very rare dish, so hurry and try it while you can.

Shochu is a type of Japanese liquor that is clear and distilled. In Morioka, there is a type of shochu that is made from taro roots. You can enjoy the scent, the sweet flavor, and the fresh, great taste of Tsushida Imo. How about giving this rare type of shochu a try?

You can buy it at supermarkets or liquor shops in Morioka City.



Morioka Ringo (Morioka Apples)

Morioka was one of the first places in Honshu, the main island of Japan, to start growing apples. The original Fuji apple trees, which are the most widely produced type of apples in the world, are grown in Morioka as well.

The sugar content of Morioka Ringos is high, and they are filled with a natural honey-like sweetness. This is due to the huge temperature difference between day and night. They are also not harvested until they are fully ripe to ensure sweetness.

Some apples were developed right here in Morioka, such as "Sansa" and "Haruka" apples. Sansa apples are both sweet and sour, and you can enjoy its fresh taste. Haruka apples are yellow with a firm, chewy texture. The sugar content of Haruka apples is very high, making it extremely sweet and juicy.

Try some Morioka Ringo after a meal or as a snack! You can get them at farmers markets, which are called "sanchi chokubaijo" or "sanchoku" in Japanese. There are many fresh products grown by local farmers for sale at these markets.

【Types of Apples】

Sansa,
Kiou,
Tsugaru,
Orin,
Jonna Gold,
Shinano Gold,
Fuji,
Haruka



【Notice】 The Social Security and Tax Number System

According to "The Act on the Use of Numbers to Identify a Specific Individual in the Administrative Procedure," which was announced in May 2013, all residents, including mid- to long-term residents and special permanent residents, will be notified of his or her own Individual Number (nicknamed "My Number").

In October 2015, you will receive a notification card. You can receive an Individual Number Card at your city hall after you fill out and mail in the application form that will arrive with the notification card.

This Individual Number will be used for administrative procedures related to social security, taxation, and disaster response beginning in January 2016. Individual Numbers will be used only for legally stipulated tasks, such as procedures for the national pension, unemployment insurance and medical insurance, receipt of public assistance and welfare benefits, and the filing of income tax returns and other tax procedures.

For more information, please go to the website or call the number below.

●Cabinet Secretariat Homepage for the Social Security and Tax Number System

Japanese : <http://www.cas.go.jp/jp/scisaku/bangoseido/index.html>

English : <http://www.cas.go.jp/jp/scisaku/bangoseido/english.html>

Simplified Chinese : <http://www.cas.go.jp/jp/scisaku/bangoseido/chinese-kantaiji.html>

Traditional Chinese : <http://www.cas.go.jp/jp/scisaku/bangoseido/chinese-hantaiji.html>

Korean : <http://www.cas.go.jp/jp/scisaku/bangoseido/korean.html>

Spanish : <http://www.cas.go.jp/jp/scisaku/bangoseido/spanish.html>

Portuguese : <http://www.cas.go.jp/jp/scisaku/bangoseido/portuguese.html>

Other languages : <http://www.cas.go.jp/jp/scisaku/bangoseido/otherlanguages.html>

●Call Center for the Social Security and Tax Number System

Call Center 9:30-17:30 (excluding Saturdays and Sundays, national holidays, and New Year's holidays)

•Japanese 0570-20-0178

•Foreign Languages 0570-20-0291 (available in English, Chinese, Korean, Spanish, Portuguese)

※Call charges will apply because these are Navi-Dial services.