### Publication/Inquiries East Tokushima Tourism Authority

Tokushima Station Clement Plaza 5F, 1-61 Terashima Honcho Nishi, Tokushima City Tokushima Prefecture Japan Tel. (+ 81) (0) 88-678-2811 Email. info@east-tokushima.jp



Published March 2021





# Experience Tokushima

# Meet our people, Create your memories

Photos and videos are simply records of your travel; it's experiences using all five of your senses that actually make memories. To truly experience at Tokushima, simply visiting tourist spots, looking at sights, and trying different foods will not be enough.

It is encounters with the people involved with Tokushima's cuisine and crafts that will broaden your understanding of the unique features and history here that will make your trip to Tokushima unforgettable.

The people involved behind the cuisine and crafts dearly loved by Tokushima locals will be your guide on these special experiences.

Sharing time with these people will make your trip here more memorable and you will surely want to come back to Tokushima to visit us again.

Try joining one of these exciting activities in East Tokushima and see for yourself!











# Experience Tokushima

# Taste the Local Food

Sake, Vegetables, Fish, Fruits

Participate in a variety of food experiences, such as observing the production of sake, beer and tea, harvesting fruits and vegetables, making traditional preserved foods, and fishing on a fishing boat. You will be impressed by the taste of the food when you hear about the commitment of its creators.

The craftsmanship of the artisans is meticulous, down to the smallest detail, and just watching them work in silence is enough to draw you in to the charm of "tradition. Just by watching the craftsmen at work, you will be drawn into the charm of "tradition." Experiencing the techniques and buying the finished products will make your trip even more memorable.

1	Takagi Awa bancha Plantation	P5	The secret of Tokushima's rare fermented tea		1	Okada Seitaru
 2	P-chyna cafe	P6	Tea time with a peach farmer	6.3	2	Table Kobo kiki
3	KAMIYAMA BEER	P7	Craft Beer and lunch at a Mountain Brewery		3	ON THE TABLE "Yusanbako Project"
 4	Oobatake Sake Brewery	P8	Sipping the Plum Wines of Misato	Same-	4	The Awagami Factory
5	Saito Sake Brewery	P9	Award-winning Sake from a Downtown Brewery		5	Okubo Blacksmith
 6	Matsushige Fruit and Vegetable Co.	P10	Sweet Potatoes and Lotus Root: A farm-to-market-to-kitchen experience	- Car	6	Seirangama
 7	Komatsushima Fishing Association	P11	Komatsushima Port Seafood Experience: Catch, Choose, and Cook		7	Pottery Studio Mayugama
8	Nakano Farm	P12	Sweet Potato Sweets: Confectionery Making Class		8	Watanabe's
9	Tokushima Organic Agriculture Support Center	P13	"Study" the ins and outs of Japanese organic farming		9	Sumotori-ya Asano Sohonten
 10	Tatsumiya Foods Co.	P13	Pickled in Sake: Nara-zuke Making from an Imperial Supplier			
 11	Sanagochi Kiwi Fruit Orchard	P14	Kiwi Fruit Orchard Visit in Tokushima's Only Village			
 12	Naruto Kurumaebi Limited Company	P14	Japanese Tiger Prawn Harvesting Experience and Naruto local lunch			

# Create the Original Product Pottery,Wooden Craft, Awa washi paper



# Taste the Local Food

Sake,Vegetable,Fish,Fruits

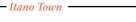
# The secret of Tokushima's rare fermented tea



Awa bancha tea starts with handpicked leaves from the mountain village of Kamikatsu, but the rare fermentation process used here (designated as an Intangible Cultural Asset) produces a distinct taste from lactic acid with many health benefits. Mr. Takagi, a young leader of Awa bancha producers,will guide you around his farm and explain how he continues this tea-making tradition.

Activity Information 1. Learn about Awa bancha from Mr. Takagi, a farmer Awa bancha tea tasting
 Tour of the tea fields 4. Pack a bag of tea leaves to take home [Included] Awa bancha (200g)

<i>Period of Availability</i> Monday - Friday / All year round	<i>Number of Participants</i> 2 to 6 people
Times Available	Experience fee
$13:00 \sim 17:00$	6,000 yen
Time Required	
2 hours	



Tea time with a peach farmer





### Operator

P-chyna cafe

116-2, Aza-Umagoe, Kawabata, Itano-cho, Itano County, Tokushima, Japan

# Operator

Kamikatsu Town -

Takagi Awa bancha Plantation

70 Aza-Nakano, Oaza Ikumi, Kamikatsu-cho, Katsuura County, Tokushima, Japan

Period of Availability July 1 - August 11, September 1 -May 31 of the following year Closed on Fridays

Times Available  $11:00 \sim 13:00$ 

### Time Required

2 hours

Number of Participants

2 to 6 people

Experience fee

5,500 yen



### Operator

# **KAMIYAMA BEER**

280-1, Aza-Nishiuetsuno, Jinryo, Kamiyama-cho, Myozai County, Tokushima, Japan

Period of Availability Monday - Friday Times Available  $10{:}00 \sim 15{:}00$ Time Required 5 hours

Number of Participants 4 to 12 people Experience fee 15,000yen

### – Yoshinogawa City –

Sipping the Plum Wines of Misato







### Operator

Oobatake Sake Brewery 422 Aza-Toge, Misato, Yoshinogawa City, Tokushima, Japan







Period of Availability Monday - Friday / All year round Times Available  $11:00 \sim 15:00$ Time Required

4 hours



The Misato district is a valley of fireflies and plum trees, and the sweet juice of the plums produce umeshu, a syrupy plum wine. The best way to enjoy umeshu is to sip it on a mountainside terrace, enjoying lunch and letting the sweeping vistas (and the alcohol) slow down time. Mr. and Mrs. Sugitomo of Oobatake Winery are your local guides to this personalized experience.

### Activity Information

- 1. Welcome drink and chat with the owner in
- their garden 2. Lunch and home-cooked appetizers with assorted
- Difference of the season of the
- drying. 4. Make your own plum wine to take home
- [Included] Plum Wine Making Set Plum Wine

Number of Participants

2 to 8 people Experience fee

15,000 yen



# — Matsushige Town — Sweet Potatoes and Lotus Root:

A farm-to-market-to-kitchen experience



### Operator

Matsushige Fruit and Vegetable Co.

122-4, Sumiyoshikaitaku, Sumiyoshi Matsushige-cho, Itano County, Tokushima, Japan

0	p	eı	a	to	ľ

Saito Sake Brewery

7-1 Sako Nanaban-cho, Tokushima City, Tokushima, Japan

Period of Availability	N
Monday - Friday / All year round	_
Times Available	E
$10:00 \sim 14:00$	
Time Required	

2 hours

Number of Participants 2 to 6 people Experience fee 7,000 yen



Period of Availability Monday - Friday, Sunday (July to April: lotus root harvesting, August to November: Naruto kintoki harvesting)

Times Available  $10:00 \sim 12:00$  Get the full experience of harvesting some of Tokushima's most famous vegetables. Matsushige Seika, a prize-winning organic farm, will let you harvest ruby-red Naruto kintoki sweet potatoes from the sandy soil or renkon (lotus root) from muddy fields. Follow the crops into the processing plant and see how they wash, sort, and pack them for market. Finally, farm matriarch Mrs. Tamura will show you some simple and delightful recipes that you can try in your own kitchen.

### Activity Information

- 1. Farm tour by the owners, explaining the
- various crops. 2. Experience digging up lotus root or Naruto kintoki sweet potatoes.3. Experience the process of preparing the vegetables for market
- 4. Taste homemade lotus root pickles and learn simple
- recipes [Included]

•Naruto kintoki 1kg and Lotus root 1kg

Time Requi	red	
2 hours		
Number of	Participan	uts
4 to 10 p	eople	
Experience ;	fee	
5,000 yer	ı	

### - Komatsushima City -

Komatsushima Port Seafood Experience: Catch, Choose, and Cook









### Operator

# Komatsushima Fishing Association

1-15, Minami-Komatsushima-cho, Komatsushima City, Tokushima, Japan



### Period of Availability Early April - Early December Morning market is closed on Wednesdays and Sundays (Hamo is caught by fixed nets in July and August).

Times Available  $9:00 \sim 13:00$  Local fishing ports allow an intimate opportunity to enjoy Japan's bountiful seafood, but Komatsushima has the perfect full experience for those without sealegs. You'll visit the Komatsushima Fish Market in the morning and select the freshest fish with the help of a market staff member. Then jump on a boat and pull up the nets to see what can be caught in the local seas. By then, you'll be hungry, so you'll visit a local restaurant where the chef will have prepared the fish you first selected for the freshest seafood lunch you've ever had.

### Activity Information

1. Visit the morning fish market at Komatsushima Port

Port 2. Select your favorite fish to eat for lunch 3. Experience net fishing on a fishing boat. 4. Visit a processing plant at the fishing port. 5. Enjoy a special seafood lunch at a local restaurant

### Time Required

4 hours Number of Participants Only 4 people are accepted.

Experience fee 15,000 yen (tax included) If you want to take home a hamo shabu-shabu, you can pay an additional 5,000 yen. The price does not include seafood for lunch. Please purchase the fish of your choice at the market.

### – Kitajima Town -

# Sweet Potato Sweets: Confectionery Making Class



### Operator

# Nakano Farm

40-13, Takabohyakuiuchi, Kitajima-cho, Itano County, Tokushima, Japan

Period of Availability All year round Times Available  $15:00 \sim 17:00$ Time Required 2 hours

Number of Participants

2 to 8 people

Experience fee 6,000yen

# "Study" the ins and outs of Japanese organic farming



Activity Information

normally only open to farmers, is a training facility where they study organic vegetable cultivation techniques from soil preparation to harvesting. You get a special "half day pass" to attend classes, where you'll visit fields, learn about the reasons why organic vegetables taste so good, as well as healthy and ethical consumption. Class ends with a shopping trip to one of Tokushima's largest and most popular markets for organic produce.

 Learn the basics of organic vegetables (how to select vegetables and how to cook them well).
 Experience harvesting in the field at the training facility's farm. 3. Enjoy shopping at "Aisai Hiroba", one of the largest farmer's markets in Tokushim

Included your visit (may not be available depending on the sea

### Operator

Aizumi Town

Komatsushima Cit

Tokushima Organic Agriculture Support Center 11-4 Aza-Mamachi, Kushibuchi-cho, Komatsushima City Tokushima, Japan

 Period of Availability	Number of Participants
Early September - Early March	4 to 10 people
Times Available	Experience fee
$13:00 \sim 16:00$	5,000 yen
Time Required	
3 hours	

# Pickled in Sake: Nara-zuke Making from an Imperial Supplier



Nara-zuke is made by pickling vegetables such as melons and cucumbers in sake lees. Though famous as a standard souvenir of Nara Prefecture, in fact Tokushima Prefecture is the largest producer of Nara-zuke pickles in Japan. This is a specially-created two-day experience to see the process of how these crisp white melons are transformed into amber-gold delicacies. You will try part of the picking process by hand (this experience is only available from June to August). You will learn about the history of Nara-zuke and how to eat it from the artisans of Tatsumiya Foods Co., which is designated as an official supplier of Nara-zuke to the Japanese Imperial family.

Period of Availability

Times Available

 $10:00 \sim 17:00$ 

Monday through Friday,

June through August

### Activity Information (DAY1, half day) Learn the history of Nara-zuke Harvest white melons for the pickles (DAY2, half day) Salting of white melon Taste the Nara-zuke pickles and learn how to cook with then ncluded 2.5kg of Nara-zuk

Time Required 5 hours (4 hours for the first session, 1 hour for the second session) Number of Participants 4 to 10 people Experience fee 7,000 yen

## – Sanagochi-Village

# Kiwi Fruit Orchard Visit in Tokushima's Only Village



### Operator

## Sanagochi Kiwi Fruit Orchard

84-1 Aza-Miyamae, Murakami, Sanagochi-Village, Myodo County , Tokushima, Japan

### - Naruto City -

# Japanese Tiger Prawn Harvesting Experience and Naruto local lunch



nese people enjoy various kinds of shrimp, but there is a saying that goes: "Ise Japanese people enjoy various kinds of shrimp, but three is a saying that goes: "Ise-(lobster) for the shape, Japanese tiger prawns for taste." It means that Japanese tig prawn is the one of the greatest ingredients. In this experience, you will ride on small boat and retrieve a basket which was set up overnight to catch some prawn The advantages of live prawns are their scent, texture, and color. Let's quickly brit them to the place where we will have lunch. You can enjoy them "raw," "boile or "grilled." and the udon noodles with wakame seaweed tempura, which is also specialty of Naruto.

### Operator

Naruto Kurumaebi Time Limited Company 9: 156 Ejiriyama Mitsuishi Naruto-cho, Naruto City Time Tokushima, Japan

187 Aza-Inui, Okuno, Aizumi-cho, Itano County, Tokushima, Japan

Operator

Tatsumiya Foods Co.

13

Tokushima is known for growing a diverse variety of produce, and this visit to the Higashino family's kiwi farm in Sanagochi Village is the perfect example of the prefecture's farming versatility. After touring the vine orchard, find out how Japanese eat this fuzzy fruit and enjoy homemade desserts and jams. Meeting local farmers in this mountain village is a wonderful half-day trip.

Activity Information

- 1. Listen to local farmers talk about how to eat it
- 2. Kiwi fruit Orchard visit/tour

3. Harvest experie 4. Taste homemade desserts and other kiwi fruit products [Included] Kiwi fruit 2kg

Period of Availability mid-October to mid-November Times Available  $13:00 \sim 15:00$ Time Required 1 hour 30 minutes

Number of Participants 4 to 10 people Experience fee 5,000 yen

ebi	Activity	Information	
iger	1 control y	111901111111011	

Per

salt farm. Then put those fresh prawns into a box pring iled," Schwer's family explains about prawns as a lux the effects of using sea water from Narturo Strait. So choose your preferred recipe "raw," boiled," eg	aury ingredient, the feed for cultivation, a history of salt farms,
<i>riod of Availability</i> January,February,August to November	Number of Participants 1 to 6 people
A	Eutomiana fac

Times Available	Experience fee
$9:30 \sim 12:30$	8,000yen $\sim$ 18,000yen per person
Time Required	 depending on the participants number
3 hours	

# Create the Original Product

Pottery,Wooden Craft, Awa washi paper

Wood and Metal: The Craft of "Ohitsu" (Wooden Tubs)



If you've seen a sushi chef mixing rice with vinegar for sushi in a round wooden container, you've seen an "Ohitsu." The wood grain is simply elegant, but also naturally controls the moisture of the rice. Ohitsu and other wooden containers bound by copper strips are an essential part of the Japanese kitchen. Okada Seitaru is one of the few woodwork stores in Tokushima that crafts a variety of round containers by hand. Come and discover the traditional child head informership to part. discover the traditional skills behind these indispensable tools.

Activity Information 1. Craftsman/Owner Mr. Okada explains about the making of Ohitsu and other wooden containers Factory tour and product tour
 Try part of the crafting process under the guidance of craftsmen

[Included] Pre-made Original products Okada Seitaru Products : Taru, Oke, Ohitsu

Operator Period of Availability Time Required Tuesday to Thursday of the 1st and 2.5 hours Okada Seitaru 3rd week of the month. Number of Participants 2 to 6 people Times Available 30-2, Aza-Higashikakuen, Aihata, Ishii-cho,  $10:00 \sim 14:00$ Experience fee Myozai County, Tokushima, Japan 15,000 yen



Operator Table Kobo kiki

– Kitajima Town ·

35-1, Hyakuteigai, Takabo, Kitajima-cho, Itano County, Tokushima, Japan

Ishii Town

Period of Availability All year round Times Available  $10:00 \sim 14:00$ Time Required 1 hour 30 minutes

### Number of Participants 2 to 10 people Experience fee 10,000 yen (1 small clock or 2 cup holders)

15,000 yen (1 large clock or 3 cup holders) Please choose either a clock or a cup holder.

### – Tokushima City –

# Discover Tokushima's Unique Picnic Box





### Operator

# ON THE TABLE

"Yusanbako Project" 1-39-1, Minami Showa-cho, Tokushima City, Tokushima, Japan (In the table coordinate studio ON THE TABLE) Period of Availability Time Required 2nd week : Tuesdays and Wednesdays, 3 hours 4th week : Wednesdays, Thursdays and Fridays Number of Participants 4 to 10 people Times Available  $11:00 \sim 14:00$ Experience fee 20,000 yen

Activity Information

[Included] Yusanbako box to take home

Yusanbako

Table coordinator Ms. Shimauchi explains Yusanbako's history
 Arrange food in Yusanbako.
 Indoor picnic Yusanbako lunch in Ms. Shimauchi's atrium studio.

4. Explore Ms. Shimauchi's personal collection of

### – Yoshinogawa City –

# Japan's oldest papercraft at the Tokushima's only remaining studio



# Operator

The Awagami Factory

141 Aza-Kawahigashi, Yamakawa-cho, Yoshinogawa City, Tokushima, Japan

Period of Availability Closed on Mondays. If Monday is a national holiday, the museum is closed the following day (irregular).

Times Available  $13:00 \sim 17:00$ 

Time Required 2 hours Number of Participants 2 to 10 people Experience fee 15,000 yen



## **Okubo Blacksmith**

- Katsuura Town

107-2, Mitanisadaoka, Katsuura-cho, Katsuura County, Tokushima, Japan

# Times Available Monday through Friday Time Required 2 hours

Experience fee 15,000 yen

### • Kamiita Town Pottery Rhapsody in Tokushima Blue



Seirangama Pottery Studio's name is composed of the characters for "blue" and "indigo," and this fun workshop goes all in with this theme. After a quick explanation, you'll take and this full workshop goes an in with this thene. After a quick explanation, you it take a seat in a 100-year-old renovated Japanese house and experience both the hand-building technique, which is easy for beginners, and pottery making using an electric potter's wheel. After making your two pieces, the owner Mr. Matsushita will create a piece for you from a design of your choosing. After you're done, the artisans will fire and glaze the pieces in all shades of blue and indigo, reflecting the sky, ocean, and rivers of Tokushima.

### Operator

### Seirangama

216-3, Sebe, Kamiita-cho, Itano County, Tokushima, Japan

### Ishii Town

# The joy of pottery in the middle of nature



3 hours

Pottery studio "Mayugama" is located on a hill Activity Information surrounded by seasonal flowers and trees. It's the perfect setting to enjoy the charm of ceramics with Mr. Sato, one of the few potters in Japan who can handle celadon, a temperamental pale-blue glaze. You 1. Observe the works of Mr. Sato in his studio Basic pottery lesson
 Special workshop where Mr. Sato makes a piece will be able to create your own piece with authentic hand-building techniques, and the master himself will throw a dish of your choosing on his wheel for you. cluded Original hand-built Work Work by Mr. Sato \*Please note: It will take considerable time (several weeks to two months) to fire and glaze (See note below) the pieces. Please inquire regarding shipping options. Period of Availability Number of Participants Monday - Friday 5 to 20 people Times Available Experience fee  $11:00 \sim 14:00$ 19,000 yen Time Required

### Operator

### Pottery Studio Mayugama

1055-3, Aza-Jonouchi, Ishii, Ishii-cho, Myozai County, Tokushima, Japan

### Activity Information

1. Introduction of Seirangama and explanation of today's pottery at the studio 2. Making one-of-a-kind pottery pieces using hand- building technique and electric potter's wheel (one piece each) 3. The owner creates a piece based on your wishes (one piece)

Period of Availability
Monday - Friday
Times Available
$13:00 \sim 15:00$

Time Required 2 hours Number of Participants 2 to 3 people Experience fee 12,000 yen

# Innovative Indigo: Dyeing with a Next-Generation Artisan



kno Blue perp the take stu arti

'atanabe's" is an indigo-dyeing studio located in Kamiita-cho, a town	Ac
own for its production of Awa indigo dye (recently known as "Japan	110
e"). Mr. Watanabe is part of a new generation of young artisans who are	1. I
petuating the entire process from cultivating the plants to fermenting	a
dye compound called sukumo, and dyeing the final product. You can	2. \
e home a piece of Japan Blue by choosing one of five accessories from the	3.0
dio workshop and dyeing it in the studio's vats. Joining this tour helps	[Ir
isans like this continue to revive traditional crafts in a modern way.	In

ctivity Information Informative talk by Mr. Watanabe about indigo dyeing culture, with Japanese wasanbon sugar sweets and coffee/tea

<ol> <li>Visit the indigo fields and dyeing workshop.</li> <li>Create original indigo-dyed goods. Choose 1 item (T-shirt, pouch, hat, cushion cover, or apron)</li> </ol>			
[Included] Indigo-dyed original product			
Period of Availability Monday - Sunday / All year round	<i>Number of Participants</i> 2 to 6 people		
Times Available			
$10:00 \sim 14:00$			
Time Required			
3 hours			

# Watanabe's

Awa City

Operator

314-10, Sebe, Kamiita-cho, Itano County, Tokushima, Japan

# Amulet Making for a Safe Henro



The pilgrimage to 88 temples in Shikoku associated with Kobo-Daishi is called "Henro." Asano Sohonten has been selling pilgrimage goods near Kirihataji temple, the tenth temple of the pilgrimage, for 130 years. In this course, you will make a protective amulet bracelet from prayer beads to ensure a safe journey. After trying on a pilgrim outfit, Mr. Asano will lead you to the temple and guide you through a simple yet meaningful ceremony to honor the ancestors. After visiting the temple, you can be on your way with a protective charm for your next adventure.

### Activity Information

1. Informative talk by Mr. Asano about the pilgrimage and various accessories 2. Amulet bracelet making

. Try on pilgrim's outfit

4. Guided walk to Kirihataji temple by Mr. Asano

5. Simple ceremony to honor the ancestors (explanation by Mr. Asano)

6. Visit Kirihataji temple

Included Protective amulet bracelet Special gift from Asano Sohonten

Operator	Pe
Sumotori-ya Asano Sohonten	Ti
173 Kirihatakannon, Ichiba-cho, Awa City,	
Tokushima, Japan	Ti

Period of Availability	Number of Participants
All year round	2 to 8 people
Times Available	Experience fee
$10:00 \sim 14:00$	9,000 yen
Time Required	
2 hours	

# Please note the following regarding experiences

# 1. Food allergies

If you are participating in a food-related experience and have a food allergy, please notify us in advance when you apply. We will prepare accordingly, to the extent possible.

# 2.

# Alcohol consumption

Please travel by public transportation (train, bus, taxi, etc.) or with a designated driver. If it is necessary for you to drive a car after an experience, we are unable to offer alcohol.

# 3. Pick-up and Drop-off

Please make travel arrangements to the experience location on your own. Depending on the experience, there may pick-up and drop-off services available; please inquire for details at the time of reservation.

# Prices

The price of the experience includes everything listed on the introduction page of each experience.

Any additional items arranged or purchased locally are not included in the experience fee

All prices are in Japanese yen and include tax.

Travel agent's commission (margin) is not included.

# 5. Item Shipment

Items that cannot be taken home the day of the experience will be mailed with the cost of shipping separately charged. We ship within Japan as much as possible. Please note that some items may not be able to be shipped overseas.

6.

### How to apply to an experience

If you would like to apply to an experience, you may do so from the following web page on the East Tokushima DMO website: https://www.east-tokushima.jp/experience

# 7. **Experience** Information

The experience information listed here may be subject to sudden changes by the provider. Please inquire to confirm experience details when you apply.

# 8. COVID-19 Countermeasures

In order to prevent the spread of COVID-19 infection that is prevalent worldwide, the experience provider may ask you to use a disinfecting alcohol spray, to have your temperature checked, and to wear a mask. Your compliance and understanding are appreciated.