

This Guidebook is produced by
the junior high school affiliated with
the faculty of education, Iwate University.

School Introduction

There are 459 students in our school.
Many students in this school study hard every day.
And after school, we enjoy each club activity.
Actually we have some differences from others.



Tradition

- We try many activities. In particular, chorus, cleaning and publicity activities are important for us.
- Chorus
We have chorus practices every day. And in school festival in October, we join a chorus competition. All of the classes show how hard they’ve practiced and listen to other classes’ chorus.
 - Cleaning
We have a cleaning time every day. We clean many places such as our classrooms, toilet and special classrooms. When we clean the floor, we put down our knees on the floor and use wiping rags. We concentrate to do each task of cleaning. So we can brush up our mind as well as our school.
 - Newspaper writing activities
There are some groups in a class. We often make newspaper in each group. They have not only information but also each opinion. We can learn many things by reaching them each other.

Our school is 71 years old. These activities have long histories and have become better and better for a long time as one of the cultures. So we call them “Three important culture”.



Human seminar

This is a very unique subject. In this class, we try many activities. We often have a lecture meeting and learn about others way of lives. We talk about many things and exchange each opinion. We also go to many places. School trip is out of them. Through these activities, we consider ourselves and how we live our lives.

Editorial staff

A class

Taichi , Tsubasa , Takuto , Ko , Kenta , Keito , Hayate , Taiki , Shoichiro , Ryo , Suguru , Hiroki , Yusuke , Hikaru , Syota , Kanaha , Salem , Nobuki , Yoichi , Chihiro , I.Megumi , Shina , Aine , Kana , Mao , Fu , Rena , Mio , Rina , T.Akiko , Amika , Miku , Ameri , Nana , F.Akiko , H.Megumi , Yuka , Aoi , Akari

B class

A.Kota , So , Naoya , Masato , Hinata , Fumiya , Yoshito , K.Kota , Aoi , Tetsu , Ryuichi , Keiichiro , Yoshiyuki , Mikiro , Yujin , Shotaro , Bunrin , Kyota , Kenichi , Takuya , Karin , Yui , Tsugumi , Suzumi , Airi , Himari , Riei , Arisa , Junko , Ru , Mami , Atsuko , Anju , Momoka , Miu , Minaki , Aika , Haruka , Mao , Mai

C class

Yuki , Fumiyooshi , Shinnosuke , O.Ryota , Yura , K.Ryota , Ryosei , K.Shun , Ryo , Shu , Tatsuya , Haruto , Futa , Yuto , Kaito , Norimitsu , H.Taiyo , M.Taiyo , Y.Shun , Ari , Momo , Yuri , Minoru , Konomi , Shiona , Kano , Miri , Haruka , Mai , Shuri , Yukina , Hanae , Aria , Ibuki , Yuzu , Ayaka , Momoka , Rio , Nao , Hinata

D class

Ryo , Shinsei , Yuki , Kosei , Harutsugu , Ryoichiro , Ryotaro , Aozora , Masanobu , Motoyuki , Suzuto , Kakeru , T.Hinata , Shuya , Kazuho , Koshi , Makoto , Ryoma , Harumi , Sota , O.Yui , K.Mayu , Akari , Momoko , Miu , Kazuha , S.Yui , Ian , Saho , Kyoka , Kirari , N.Mayu , Waka , Nao , Kaho , Sayako , Nagomi , Yuko , Y.Hinata , Ayasa

Gourmet kingdom
Morioka



Aronia

Morioka Apples



Tsushida Taro

Morioka
Shorthorn Beef



Kurohiramame

Gyoja Ninniku

Welcome to Morioka!

From now on, we introduce our Morioka!

Morioka is surrounded by three rivers. Those are Nakatsu river, Kitakami river and Shizukuishi river. And those river's water is very clean.

There are many trees around Morioka. Morioka has beautiful nature.

What is famous in Morioka? Do you know about Morioka? There are many famous foods, festivals and so on.

First, Morioka is known for three kind of noodles. Those are Jajamen, Reimen and Wankosoba. These are very popular. Especially, Wankosoba is very fun because we enjoy a game about it. When you eat more cups of Wankosoba than other people, you can win! Please try it!

Second, Sansa is a famous and a big festival. We can enjoy this festival with many dancers and drummers. Dancers dance on a long street. Every year, many people join this festival. Sansa set a world record because these are the most number of people who play Japanese drums.

In this way, Morioka has good points. We want that many people to know about Morioka.

When you come, you'll find and realize the beauty of Morioka. Thank you for reading!



What is gourmet kingdom Morioka?

We have a big plan to spread Morioka's foods. The name is "gourmet kingdom Morioka". It began since 2018.

We want to tell many people, to tell now nice morioka's food is . Because those foods are grow by hard weather in Morioka. Now, those are not famous enough. But we hope many people feel happy to eat the foods.

Gourmet kingdom Morioka is working on branding local agricultural products and livestock products. The logo mark expresses that the producer, business operator and consumer are on the same table. In gourmet kingdom Morioka, Morioka apple, Tsushida taro, Aronia, Morioka short horn beef, black flat beans and Ascetic garlic is advertised.

• **Gourmet Kingdom Morioka Web**

<https://oishii-morioka.com/>

• **Introducing 'Morioka's delicious Ambassador' approved shop**

<http://www.city.morioka.iwate.jp/kankou/1016397/1023466/index.html>

MORIOKA APPLES



Apple farmer, Mr. Kitada says

Morioka apples are one of the special products of our town. They have many ways to eat. All of them are very delicious. I think that raw apples are the most delicious. The taste and the smell are really sweet. Besides, the color is beautiful. You can enjoy apples with your mouth, your nose and your eyes too.

Maybe you have heard this saying "An apple a day keeps the doctor away." Apples are nutritious. They have many polyphenols and pectins. Polyphenols have the effect of protecting your skin. Pectins have an effect when you eat them with the peel.

In conclusion, apples are great fruits. Adam and Eve would have gladly eaten it. They are loved by many people. Men, women, children, adults and old people eat them.

But Morioka apples have a big problem. Apple farmers are decreasing. If this continues, they will disappear. A charm of Morioka will be lost. We must protect the apples. I want you to be interested in them and tell you about their charm.

Finally, I'll tell you again. Morioka apples are very delicious. Please come to Morioka to eat them.



Commitment to the taste

The farmers that grow Morioka apples are particular about the taste. Morioka apples' charming points are their sweet taste and good texture. A lot of ideas and struggles are supporting their charm.

Morioka apples receive a lot of favor. For example, they receive the sun's favor and water of the thawed snow.

They store nitrogen and phosphoric acid from the soil. Also they have a lot of nourishment. Morioka apple trees that use clean water to grow richly are making starch in photosynthesis.

The starch will change into sugar in the apples. The apples become sweet because of the struggling farmers. In Japan, when farmers grow an apple, they sacrifice about 24~25 apples. They concentrate on the nourishment and condensation of sugar of an apple. They pick off apples so they are particular about their taste.

Please try to eat Morioka apples.



The history of Furusawa Hayashi

Morioka apples have been grown since 1872. Morioka apple trees are small. So, they are very delicious. The Morioka apple was made by Furusawa Hayashi. It will be introduced by Furusawa Hayashi. This is Furusawa Hayashi's history.

Year	Month	Event
1831	2	Furusawa Hayashi was born in Morioka.
1872	5	He bought the apple trees in Yokohama. He carried them to Morioka. The first time of cultivation was in Morioka.
1876		He began apple cultivation at home.
1879	11	He began to sell apples in Tokyo.

Morioka apples grow on land that is hit by sunshine on a slope and land that has good drainage. Morioka apple trees are low because there is little snow. They are not influenced by the wind. So they are easy to manage. Morioka apples grow on land that contains a lot of nourishment. Morioka is fit for



growing apples. When the temperature goes down the apples become sweet. The growing way is different from other places. Let's find an apple which is your favorite!

What is the Morioka apple?



There are many kinds of apples in Morioka. For example, there are "Fuji" apples, "Shinano gold" apples, and so on. The

Morioka apple has two color types.

They are red and yellow. Which color is popular in your country? May be, you always eat yellow apples.

The red apple is a "Fuji" apple. The "Fuji" apple is often eaten in Morioka Reimen. The yellow apple is a "Shinano gold" apple. "Shinano gold" is sweeter than "Fuji" but it has good texture.

The Morioka apple has a lot of vitamin-C. So it is good for your health.

Please eat Morioka apples!!



About the size of the apple



The Morioka apple's feature is its big volume. Morioka apples are eight times as big as foreign apples.

An apple passes through many stages of work. First, removing the flowers is one of the stages. Three fifth of all foreign apples' flowers are removed. Four fifth of all Morioka apples' flowers are removed.

So Morioka apples are bigger and sweeter than foreign ones. Second, Morioka apple trees have many leaves. The leaves catch the sunshine and take water. They get a lot of nourishment and photo synthesize.

Morioka apples become bigger and bigger.



KUROHIRAMAME



Wild goose's bean

Long long ago, there was a wild goose in Shibutami. It flew in the sky. Then, it dropped a seed that was held in the goose's mouth. A person of Shibutami picked up the seed and grew it, but now, it is grown in Tamayama. After that, the trees bore "Black flat soy beans". They have a peculiar wrinkle on it and the wrinkle looks like a pattern eaten by a wild goose. So, another name is "Gankuimame". This means "picked by a wild goose". This story is one theory. Another theory is the wrinkle looked like a wild goose. So another name is "Gankuimame".



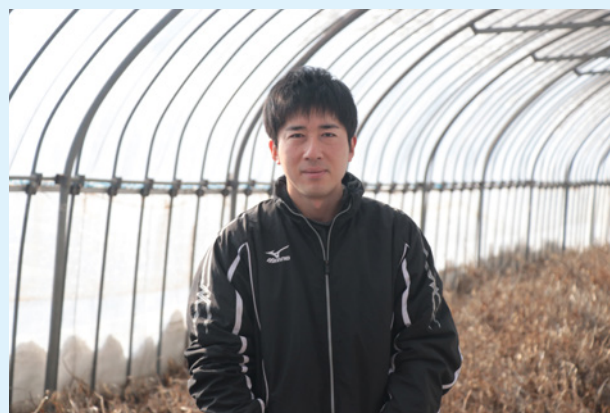
Kurohiramame bread

This is Kurohiramame bread. It is one of the most popular foods in Iwate. It's very delicious. However, it takes a lot of labor to make this. First, mechanization is not done so Kurohiramame's farmers make it by hand one by one. Second, it is very difficult to make this because the softness of the bread changes with temperature, so people who make Kurohiramame bread have to get up early at 3 A.M. It takes a lot of labor, but we want to eat this because it's delicious. Are you interested in special bread? These are sold only at four stores. For example, Nanakku (Nakanohashi street 1choume6-8, phone number 019-625-1800). Second, San fresh Tonan (Shimo ioka 21-180, phone number 019-637-6801). When you come to Morioka please eat this.

Farmer

Everybody, do you know what a farmer thinks of black flat soy beans? A farmer said, "I want everybody to eat it across the country. Iwate is full of nature. Tamayama is continued to be protected. A farmer said "I will grow hard, I want to recognize that Tamayama is the place of black flat soy beans".

In conclusion, a farmer grow black flat soy beans hard so, let's eat it.



Fujiyuki Yamamoto

Shop Baigetsudo July~August



Kurohiramame Pudding

This dish is pudding that uses kurohiramame. Kurohiramame is used for *Kanten on the matcha pudding. You can eat it and it's fresh. And also you can enjoy the beans' taste and texture. Kurohiramame is sweeter than others and its sweetness matches that of matcha. You can buy it at Baigetsudo in Morioka. This dish is sold in summer only. Why don't you go eat this in the hot summer?

*Kanten Agar A jelly made from sticky juice of seaweed.



Road to Baigetsudo

If you go to the Baigetsudo, you should take a bus at Morioka station. You should get off at the city hall there, go straight and turn right at Iwatekenkokaido. You should go two blocks on your left. You will take about four minutes.



Beautiful effects, health effects

The black soy beans give some beautiful effects and health effects. For example, It is helpful in lowering blood pressure. It is recommended for people who have high blood pressure.



What is the Gyoja Ninniku?

Ascetic garlic is a traditional food of Morioka. It is one of the vegetables that grow in the mountains. It tastes like garlic. Ascetic garlic grows in cold places. For example, it grows in Hokkaido, Yamagata, Iwate and so on. Yabukawa in Morioka is famous for it. Actually, Yabukawa is the coldest place in Honshu. Farmers grow them without using agricultural chemicals. It takes about 7 years from seeding to harvesting. We can get them at stores from May first to the middle of May in a year.

The Ascetic garlic has a history. Do you know why they are called so? Once upon a time, an ascetic was so tired. So, he ate ascetic garlic to get energy. This is the origin of its name, "ascetic garlic". After that many people want to supply their vitality by eating that vegetable.



※Ascetic garlic is called Gyoja Ninniku in Japanese.



Nutrition

We can eat alpine leeks for only a few weeks in May, so it is called the "ascetic garlic".

The ascetic garlic of Yabukawa in Morioka tastes very good, and it is good for our health. People in Yabukawa have loved and grown them for many years. However, in recent years, the amount of them is decreasing. Farmers made sign boards and appeal to people living in this area to protect them.

I want more people to know about the ascetic garlic, so we produced some products of ascetic garlic. Sometimes, we sell them in other prefectures. We can't produce them a lot at once, so the number of them is small, and the price isn't very cheap, but I really want more people to eat them!



How to cook and eat

I'm going to recommend many ways to eat of ascetic garlic such as, "Tempura" and "Gyoza". Especially, the best way to eat is with pickle soy sauce because we can keep ascetic garlic and we can cook them easily. I will introduce how to cook pickle soy sauce.

- ① Cut the ascetic garlic
 - ② Put it in a bottle which is full of soy sauce.
 - ③ Wait a day.
- Also, my favorite way to eat them is "pickle Miso".
- ① Put the ascetic garlic in a pan with hot water.
 - ② Put in Miso, sugar and oil.
- How simple it is!! Let's enjoy eating ascetic garlic and cooking.



Shopping & Eating

There are main shopping stores and bars to enjoy Ascetic garlic in Morioka.

[CROSS TERRACE MORIOKA]

- 3-4-1 Odori, Morioka-shi, Iwate-ken 020-0022, Japan
- Shopping zone: AM10:00 ~ PM8:00
- It's about a 7minutes walk from Morioka Station



[HYOTAN CLUB]

- 2-2-9 Honchodori, Morioka-shi, Iwate-ken, Japan
- Open: PM5:00 ~ PM11:00 from Monday to Saturday
- It's about 5 minutes by car from Morioka Station.

Ascetic garlic gyoza: 500yen
Ascetic garlic sausage: 700yen

If you have a chance, let's go to these places!



What is Aronia?



Aronia is one of the fruits which became famous in recent years. We called it "Morioka berry". It can stand the cold, so it's grown in North America and Russia. In Japan growing it started in 1976, because the seeds were introduced from the Soviet Union.

In the Isagozawa area (East Iwate) aronia is produced. It is too cold in winter, so it is suitable for growing aronia there. It's better to eat it as it is, because it has anthocyanin. But it can be frozen and defrosted or made into wine, jam, syrup, juice, soft spreads, tea, salsa, chili starters, beer, ice cream, gummies, cookies and so on. We can eat it like other berries.

It tastes like other berries. However aronia has more nutrients than others.

Aronia is super food!

Aronia has much polyphenols. One of them is anthocyanin. It's famous for helping the eyes function. But it has many effects. Let's introduce it. First, it helps the eyes function. If you look at something for a long time, your eyes will be tired and your eyes' rhodopsins will decrease. Anthocyanins help to make rhodopsins. So your eyes will improve and your eyesight will become good. Second, anthocyanin has an antioxidative effect. It decreases the bad things that are made by UV rays or stress. Thanks to it, you can be saved from cancer or disease of the brain. Next, aronia has three times as much anthocyanins as blueberries. I want people who work hard or use phones to eat it!

Do you know beta carotenes? It is in aronia. Aronia has 1.4 times as much as tomatoes. If you eat it, it's made into vitamin A. Vitamin A is good for many things. First, immunity improves. Vitamin A makes your skin and mucous membranes strong. So your immunity becomes better. Second, vitamin A has an antioxidative effect. It's the same as anthocyanin. It prevents cancer and diseases of the brain. And vitamin A has other effects. For example, it makes your skin beautiful and prevents lifestyle related diseases. Beta caroten is a special food for your health.

Aronia has a lot of dietary fiber. Aronia has six times as much dietary fiber as bananas. So aronias are the things that are good to go on a diet. If you eat it, it's not digested and absorbed. So it absorbs the cholesterol and is excreted out of your body. In addition to this it also absorbs the sodium, so your blood pressure becomes low. Next, it prevents colon cancer. Because it absorbs the things that are bad in your body, so you can empty easily. Let's adopt aronia in your diet or your health!

Store Information

These are shops which sell food made of aronias in Iwate. Let me introduce two of them.

Boule de neige Midorigaoka store

It sells an aronia's snack chosen as an umaimon ambassador. It's called bijin chocolate. Of course the patissiers use aronias which grew in Iwate, but they use chocolate made in France too. It can be said that it is the cake which we can enjoy aronias the best. I recommend you to try it.



Morioka tedukurimura

It is an amusement park in which we can make items, foods and so on. In this amusement, we can buy raw aronias too. You can cook aronias as you want.



A recipe for aronia

Like this, aronia has many good points! We thought up a recipe to eat aronia more deliciously!

Smoothie

First, we will introduce a recipe of an "aronia smoothie". We can make it very very easily! You only have to prepare frozen aronia and sugar-free yogurt. Then, you mix them in the blender. You can add sugar as you like. You can enjoy a refreshing taste. You are also able to pour this smoothie over cereal. It's so delicious!

Aronia bread

First, you prepare hard flow dry yeast, sugar, egg, salt, salt-free butter, water and aronia. You put them in a bowl except aronia and you knead it and bandle it. If you almost knead it, you put aronia in it. And you ferment and bake it. It's complete! It becomes a light purple delicious bread.



Farmer



Hello, My name is Takamitsu Simomura, an aronia farmer. Thank you for your interest in aronia.

Recently, aronia is becoming famous as a healthy food. In northern Europe, it has been popular for many years. Have you ever eaten aronia? Maybe the number of people who have eaten it is still few. I want many people to eat aronia.

Actually, aronia can't be eaten without other food. We can eat it with bread, yogurt, and so on. We just should eat a little amount, so it's not difficult to eat aronia every day. To continue to eat aronia is important.

I will work for Morioka, to be famous for aronia.



Tsushida Taro....

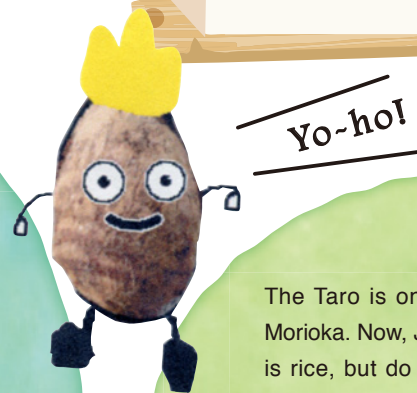


Characteristic

I'm going to tell you about Tsushida Taro in Morioka. Do you know it? And have you ever eaten it? I have information about it. Tsushida Taro really melts in your mouth. It's one of the characteristics. If you eat it, you will be afraid that you will get addicted to it. So it's a very smooth and special taro. Also Tsushida Taro is good for the health. It's low calorie. And it is rich in dietary fiber. So it is friendly to your stomach. Tsushida Taro grows only Morioka, but this food is famous and loved by many people. So it's very delicious and precious.

Soil

Tsushida Taro's taste is very sweet. And there are some reasons. First, the Taro's taste is closely related with Tsushida's soil. Long long ago, there was Shizukuishi River by the Tsushida soil. So the soil is highly nutritious. And it has a great effect on Tsushida Taro. Second, Tsushida Taro likes a cold climate because the colder weather makes the taro delicious. After all to be delicious is that sweetness increases. Morioka's September to November is very cold. Why? Morioka's average temperature of September to November is 12.2°C. Also, the average lowest temperature is 8.4°C. The temperature of this next tern lowers to an order of magritude, this cold climate is important for Tsushida taro's sweet taste to with draw taste.



History

The Taro is one of the traditional foods of Morioka. Now, Japanese people's staple food is rice, but do you know about the relation between Taro and Japan? Tsushida Taro has continued being made from the Edo era. Japanese food has become famous all over the world. We can use the Taro for Japanese food easily. Tsushida Taro's history is continuing.

How to eat

We'll tell you how to eat Tsushida Taro in Morioka and in the world. First, in Japan, we usually eat Tsushida Taro as Imonokojiru. Imonokojiru is like miso soup. But, Imonokojiru is a local food in Morioka so Imonokojiru is very famous and popular. Second, in the world, many countries have their own recipe of taro.

① Africa → Fufu ② Taiwan → 芋圓 (taro ball ,Taiwanese dessert) ③ Hawaii → Poi ④ China → shaved ice of Taro In 2019, the Rugby World Cup will be held in Kamaishi. If you come to Morioka, you should buy Tsushida Taro and eat Tsushida Taro as your country's local food.



Farmer

Mr. Yoshida raises Tsushida Taro. His troubles are said to be decreasing production as farmers decline and successors are short. As aging is advancing, farm work is struggling. Because 30 taros in one stock have more than 20 kilograms, it is hard on the body. However, he feels a strong desire to have people eat more "Tsushida Taro".

From now on it is said that the Rugby World Cup in Iwate and the Tokyo Olympics are close so that foreigners also want to know the taste of "Tsushida Taro".



Shigeru Yoshida



His recommendation

Tsushida Taro has three kinds. There are the Parent taro, Child taro, and Grandchild taro.

We can changethe way of cooking. For example, the Parent taro is in "Oden", the Child taro is in "Nimono", and the Grandchild taro is in "Imonokojiru".

Tsushida Taro has some good points. These points are stickiness and nutrition. Tsushida Taro's nutrition is carried from Shizukuishi River.

Tsushida Taro is delicious becauseit is made in a very nutritious land. It is very hard to make Tsushida Taro. Ishikawa Takuboku said"I want to eat Tsushida Taro".

He is the greatest man in Morioka.

Recently I gave Imonokojiru to many people in the Iwate National Athletic Meet.

The Tsushida Taro season is inSeptember, October and November.

Please eat this food and make many cooking ways.



INTRODUCTION

Morioka shorthorn beef is one of the famous foods in Morioka. It is made in five places in Iwate. But many people say Morioka shorthorn beef is the most delicious of the five. Morioka shorthorn beef was started in 2007. First people, mixed another other kind of cattle which is called Nanbu cattle with a kind of shorthorn cattle. Later people tried to improve the breed again and again. At last, Morioka shorthorn cattle were born in 2012. Like this, a lot of history and love are full in Morioka shorthorn beef. Let's eat it and feel a long history.



DELICIOUS



MORIOKA

How do you like to eat Morioka shorthorn beef? I'll introduce three ways Mr. Nakamura recommended.

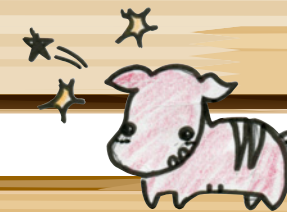
First, he said that roasting it was the best. He also said that the recommendation of the thickness of the beef was two centimeters.

The next way is sukiyaki. Do you know this? It is a the Japanese recipe and we cook or stew the meat and vegetables and so on. You can enjoy the hot beef with the other foods.

The third way is croquette. You can eat it in the food stands or at events. The coquette containing many grains of beef is popular now.

The beef is said to match with many other foods. Why don't you try the others?

FARMER



Morioka shorthorn beef is bred by Tetsuo Nakamura. He is one of the men who is breeding shorthorn beef in Morioka. He has done a lot of effort to breed cows. So Morioka shorthorn beef's safety is the highest in the world.

He wants many people to know the attraction of Morioka shorthorn beef. If you visit Morioka, please try to eat in and find the attraction.

INTERVIEW

I have confidence in my meat. Anytime I'm trying to give it all I have got and am improving.

The shorthorn beef is good for everyone even if young children and golden years.

Do you want to live for a long time? If you think so, let's eat shorthorn beef!!



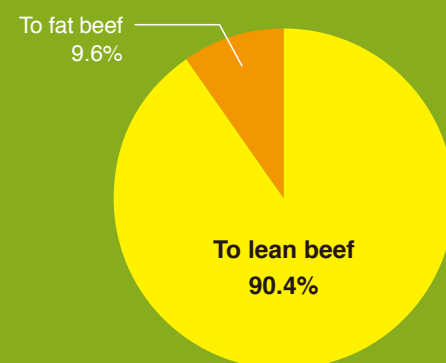
TETSUO NAKAMURA

HEALTHY

Do you know what the advantages of lean beef are? I'll introduce about two of them.

First, beef has many kinds of nutrients. For example, it has iron, vitamin, protein and so on. Especially, lean beef contains more nutrients than fat beef. The nutrients have good effects on our body, such as recovering from fatigue, making our brain work well and making our function which makes muscle better. So Morioka shorthorn beef is healthy.

Second, look at the graph. The graph shows that 90.4% of the people are loving lean beef. In short lean beef is getting more and more popular. These are the advantages of lean beef.



The percentage of people who changed liking of beef from 5 years ago.



SHORT HORN BEEF

Taste of Morioka shorthorn beef



Morioka shorthorn beef's taste is very good. Because it has many good points. First you can enjoy biting it. Second, when you eat it, you can feel the original taste of the meat. Third, it has hidden fat. It is very sweet. The fat matches with lean beef. At last it full many groups in your mouth.

Do you know why the beef becomes such a nice taste? There are two points to make that taste. These are the breeding environment and feed. These cows are raised on mountain in the summer and spring. In fall and winter, they come to the plains. These cows eat grain. So that we can make them fatter. Let's eat it.

GOOD RESTAURANT

"Takumino"

Address : Morioka Odori1-11-4 1F
Tel : 019-652-1804
Open : 11:30 ~ 14:00 18:00 ~ 26:00
Close : Irregular