

Shiso Salmon for Lunch

3 Types of lunch meals including a sashimi set-meal at Haga Accommodation from July 4th



Mr. Oigo (left) who started selling the Shiso Salmon and Head Chef Sato who devised the menu (Forest Station Haga)

Yuu Farm was established three years ago by local residents in order to revitalize the depopulated Kamino district. Masato Oigo (age 55), a director, has run an amago farm since his father's generation, and began farming the Donaldson variety of rainbow trout in 2016. Most of the fish from Yu

Farm are shipped when they are still young to marine fish farms, but some of them are kept in Kamino until they mature. Yuu Farm has developed a system that can cultivate approximately 5,000 fish from a weight of 1kg to 3kg in 1.5 to 3 years. Freshwater fish farms produce slower than the marine

'Cultivated it to be a local specialty, to share with everyone!'

based fish farms, but they have advantage of producing during all seasons.

Forest Station Haga has given the name 'Shiso Forest Salmon' to this locally raised fish, and has come up with three meals: sashimi set, chanchan yaki set, and pressed sushi. When served as sashimi, this fish has plenty of bite and a richness typical of white flesh fish. Chanchan Yaki is made by cooking the fish with vegetables in a miso sauce. Enjoy the fragrant miso as it blends in with the umami of the fish as it falls apart in your mouth.

Mr. Hiroyuki Sato, the head chef (age 46), shared the following; "we now have more dishes for customers who want fish, and I want to work with the entire company to promote this local speciality that we have cultivated".

Pressed sushi is sold at Michinoeki Minami Haga (Roadside Rest Station), Michinoeki Haga (Roadside Rest Station), and Haga Onsen Fukaso. Lunch is being served at Forest Station for now, and the menu will be expanded on in the future.

Forest Station Haga
Tel. 0790-75-2717
Enquiries regarding the salmon are to be made to Yuu Farm
Tel. 0790-65-0811

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A menu using local 'Aisuru salmon' farmed by Yuu Farm Institute (Kamino, Yamasaki-cho, Shiso City) will be available from 4th at the accommodation station Forest Station Haga in Ueno, Haga-cho. The salmon will be served as part of the lunch menu at the restaurant there. Salmon is versatile and can be used in any type of cuisine from Japanese, Western and Chinese, and is expected to follow Shiso beef in becoming a local gourmet specialty. (Junya Konegawa)

Cycling Tour Nishiharima Course

Guidebook District Administration Office Production



Pocket-sized booklet for on-the-go 'Grutto Nishiharima'

Available at Roadside Rest Areas & Online

Nishiharima District Administration Office has created a cycling guide, 'Grutto Nishiharima' for those who want to enjoy the rich nature and beautiful scenery of the local area by bicycle. This cycling guide is available free of charge at roadside rest areas (michi-no-eki) in Hyogo Prefecture, and is also available online on the Office website. The Nishiharima model route (approximately 172 km) starting in Aioi runs clockwise along the sea. From Aki it heads north along the Chikusa-gawa River, passing Kamigori and Sayo. It then runs south along the Ibo-gawa River from Shiso to Tatsuno. There are four different routes for different levels of

cyclists included in the guide.

In addition, there are also 10 regional courses broken down by municipality, such as a 'Grilled Gible Udon Zanmai Course (Sayo Town, 20.2 km), and a course of places related to Shotoku Taishi, including Ikaruga-dera Temple and Boji stone (Taishi Town, 38.8 km). The guide also introduces sightseeing and gourmet information along each course.

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(Takanori Dan)

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Anticipating Nights of Dancing Fireflies At the River Near Hidetani, Sayo



When the larvae reach land from the river, they burrow into the soil and become pupae

After the Rain, Glowing Larvae Reach Land

Firefly larvae have started to land at the river edges around Hidetani village in Sayo, Sayo Town. According to Hiroaki Ozaki (age 73), Head of the Community Association, dozens of larvae can be seen crawling around every year at night after the rains, glowing softly and making the darkened riverside look like a starry sky. It is said that they burrow into the soil to become pupae and prepare to hatch.

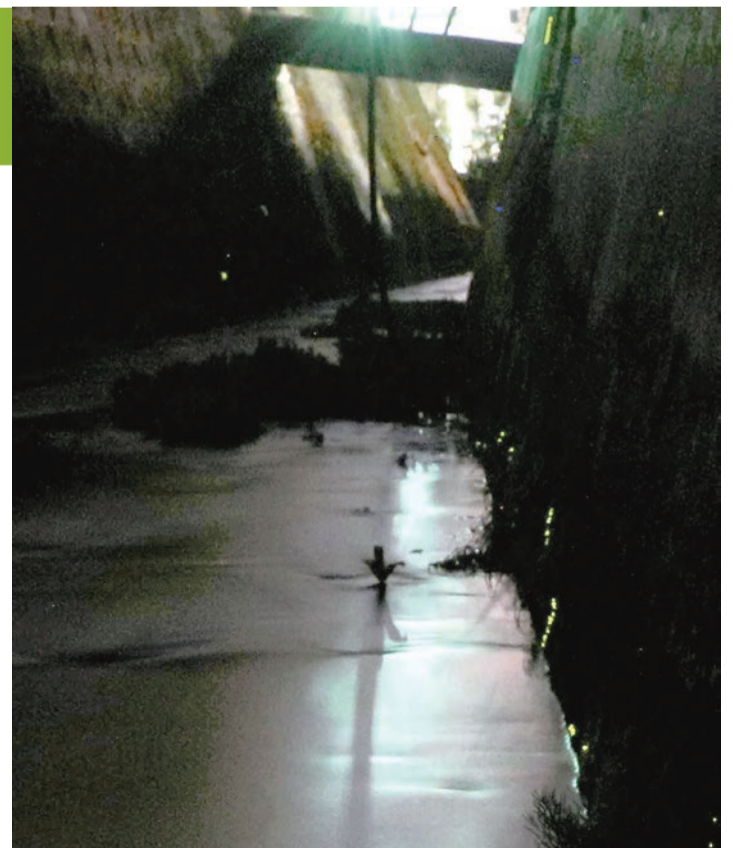
On the 17th of this month (April), when it was drizzling in the evening, with Mr. Ozaki's guidance reporters were able to see

more than 30 larvae. As a habitat for fireflies, the town of Sayo attracts many enthusiasts and photographers every year. In Hidetani village, Genji, Heike and Hime fireflies fly around, but "only people who live nearby know that the larvae glow" he said with a smile.

The fireflies hatch in late May or early June. COVID-19 is still spreading but Mr. Ozaki hopes that by the time the fireflies begin flying, all enthusiasts will be able to gather. (Mika Katsuura)

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Firefly larvae glow faintly at night after the rain (both located in Sayo, Sayo-cho)