



③急須に茶葉を入れお湯を注いで、 すり鉢にお茶をそそぐ。クルミ

あんの濃さはお好みで。

材料: むきクルミ 250g 三温糖 150g 緑茶 適宜 醬油 適宜

Northern Miyagi Prefecture has a long tradition of a rich "rice cake culture." When there is a happy event or in an occasion where people gather, they pound steamed rice to make rice cakes. And the cakes are cut and served with various flavors. Minamisanriku also has this "rice cake culture" which has been handed down through generations. Ms. Keiko Abe, who lives in Minato in the Utatsu district, prepares a variety of rice cakes during the New Year's holidays. They include red bean rice cakes, rice cakes in vegetable soup, sesame rice cakes, fermented soybean rice cakes, walnut rice cakes, and rice cakes with sweet paste made from young soybeans. All these rice cakes are arranged on the dining table side by side surrounded by the lively laughter of family members gathered for the New Year's celebration.

The walnut rice cake is especially popular and has a rich flavor. The river carries the walnuts from the mountain to an area near Keiko's house. She collects the walnuts and washes them clean and dries them. She cracks the shells and takes out the kernels. Then, her husband and children take turns crushing the kernels in a mortar. Walnut rice cakes remind people of home and they feel blessed to live in Utatsu which offers them not only delicacies from the sea but also delicacies from the mountains.



Local Gourmet

南三陸

おやっ

の時間

Residents of Isatom

to Mishima Sh





⑤つきたてのもちをちぎって入れ、 あんとからめる。

クルミもち作りの違人



恵子さんは、南三陸町 食生活改善推進員連絡 協議会会長として、仲 間たちと食育にも取り 組んでいる。 「クルミは身体によ い脂肪や抗酸化物質、 食物繊維が含まれ、 血管が若返り美 肌効果もありま すので、ぜひ積 極的に食べて

ください!」

④醬油を適宜加え、味を調える。



神輿渡御の日、この石段をご神体が 神輿にのって人々のもとへ下りて行く

> The shrine silently stands watch over Isatomae Bay. Members of the Isatomae Keiyakukai (mutual-aid association) have prayed at Mishima Shrine for many generations. The enshrined deity is Kotoshironushi no Mikoto (also known as Ebisu, god of sea and luck). The people in Utatsu come here to pray for a big haul and safe voyage. The chief priest Hiroshi Oyama of the Mishima Shrine says that members of the Oyama Family held positions as chief priest of the shrine that stood at the summit of Mt. Tatsugane. When the town distribution was made in 1693, they moved to Isatomae and the shrine was established. The entire shrine office, mikoshi (portable shrine), and old records of the Mishima Shrine which was located near JR Utatsu Station were

> destroyed by the massive tsunami following the Great East Japan Earthquake of 2011. The "Isatomae Keiyakukai" made up of about 85 households were responsible for activities such as shrine festivals and operation and maintenance of the shrine office. They were able to overcome many trials and tribulations to rebuild a splendid new shrine office in May 2016. When the New Year draws near, members of the "Keiyakukai" clean the shrine pavilions made in the architectural style of "Gongen-zukuri" (a Shinto shrine complex in which the worship hall and the main sanctuary are interconnected under the same roof in the shape of an H.), and make and decorate the shimenawa, a sacred festoon. Such religious devotion still lives on in the hearts of the townspeople.

> The shrine festival is celebrated every four years and representatives of the believers hold discussions and prepare for the event. The next festival will be held on May 3 and 4 of 2018. They plan to conduct a mikoshi parade that will travel to every corner of the Utatsu district and are deciding on the route and stops for the mikoshi to make. Accompanied by drums and "shishimai" (lion dance) performances, the gorgeous mikoshi shrine parades through the streets. In the forest surrounding the shrine at Mt. Mishima, "goshintai" (body of the deity) quietly awaits the day when the gorgeous mikoshi parades again along the beaches of Utatsu.

南三陸町観光協会公式予約サイト 南三陸町の春といえばつし!! みなたび 極上!三陸7カメ狩り体験 2018

> 南三陸町の自然や文化を満喫できる冬ならではのプランです。 で予約は「南三陸町観光協会公式予約サイト「みなたび」から!

「極上7カメ」か詰め放題! (1,000~1,500 円相当) 3 季節限定企画!

漁場体験のあとは漁師さん直伝!プロのワカメ加工方法をレクチャー。 一度始まると意外にハマる加工作業、慣れると没頭しちゃいます。 自分で収穫したワカメはそのままお土産としてお持ち帰りできます。

■当日の流れ 10:00 歌津泊浜漁港集合 ワカメ収穫体験 (乗船)→ワカメ加工体験→生ワカメ試食 →体験後に「極上ワカメ」を詰め放題でプレゼント 12:00 体験すべて終了。現地解散。 ■開催期間 (予定) 3月開催予定日 3/4・11・18・25 4月開催予定日 4/1・8・15・22・29 ※3月、4月の2ヶ月間の内、毎週日曜日開催予定 ■料金 3,780 円 (税込み/お1人様あたり)

■定員 21 名(最少催行人数:6 名) ■申込締切 団体の場合は開催日の3週間前まで 個人の場合は開催日の7日(1週間)前まで。 ■参加対象年齢 小学生以上

(「南三陸 金比羅丸」すぐそば。 三陸自動車道 歌津 IC より車で TEL0226-47-2550 (南三陸町観光協会)

■当日の集合場所

歌津泊浜 99-1

歌津泊浜漁港

〒988-0444 宮城県本吉郡南三陸町

カメの生育状況や天候により不催行になる場合がございます。 催行となる場合は催行予定日の数日前を目安にご連絡いたしま キャンセルについては、ご予約料金より当日 100%、前日 50%



寒鱈まつり福興市



9:00-13:30 志津川仮設魚市場

鱈に脂がのるこの季節。寒鱈鍋であたた まってください。新春餅つきとつきたて お餅のお振る舞いもあります。恒例・鱈 の一本売りも!真冬の福興市は、福がいっ

社蠣まつり福興市



9:00-13:30 志津川仮設魚市場

牡蠣がおいしくなる2月。牡蠣が主役の 福興市でお楽しみください。当日はこの 季節ならではの蒸し牡蠣の販売など、真 冬の魅力満載の福興市です!

壮蠣わかめまつり福興す



9:00-13:30 志津川仮設魚市場

旬の南三陸ワカメは、しゃぶしゃぶで食べ るとそのおいしさが実感できます。ますま す旨みを増す牡蠣とワカメをお得な価格で ご提供します!



〈高速バスで来られる方〉仙台駅から南三陸町間を結ぶバスが一日4本出ています。柳津から南三陸町までの所要時間は約30分です。 ■高速バス 宮城交通 仙台・南三陸線 (自由乗車制・予約不要) 【仙台発】◎乗車のみ/県庁市役所前[8:10-12:10-14:10-17:00] ⇒ 仙台駅前(宮交仙台高速/スセンター40番)[8:20 -12:20-14:20 -17:10] ◎降車のみ/BRT志津川駅 [9:59-13:59-15:59-18:49]→歌津枡沢 [10:20-14:20-16:20-19:10] 【仙台行〕 乗車のみ/ 歌津桁沢 [652 - 842 - 1032 - 1622] → BRT 志津川駅 [7:13 - 903 - 1053 - 1643] ◎降車のみ/ 仙台駅前[8:56 - 10:46 - 12:36 - 18:26] ⇒ 県庁市役所前[9:02 - 10:52 - 12:42 - 18:32]



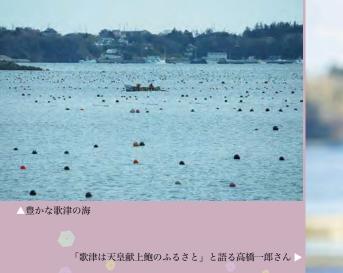
阿三陸町へのアクセス

















歌津町史に記録されている泊浜の採捕人たち。白装束に身を包んでいる。

Utatsu boasts abalone of the highest quality Everyone on the beach was excited over the abalone presented to the Emperor

In 1928, dried abalone of Utatsu was presented to Emperor Starting in 1974, the number of the boats which can catch Showa as a ceremonial offering upon his accession to the throne at the Kyoto Imperial Palace. Seventeen persons in Tomarihama were chosen to harvest the abalone. They were harvested in September and dried at the home of Tonoshin Oikawa in Tomarihama. The gift of abalone was successfully presented to the Emperor.

Ichiro Takahashi, Chairman of the Miyagi Fishery Cooperative Association Utatsu Branch Steering Committee has memories of the beach filled with throngs of people at the start of the abalone harvest season. Ichiro has gone abalone fishing together with his grandfather and father and showed valuable records of his

In 1969, there were 10 days when abalone could be harvested. The Takahashi Family's catch of abalone was 634 kg in total. At the time, gasoline was 44-45 yen per liter, and abalone was 1400-1700 yen per kilogram. Abalone was expensive and the price was much higher than other things. It was said that a fisherman could build a mansion by abalone fishing. Thus, for fishermen, abalone fishing was a big source of income. Ichiro said that he was so excited that he could not sleep the

night before abalone fishing. Children in Utatsu rode on a fishing boat together with their families, and learned how to fish by watching others and following their example. When they became junior high school students they became good fishermen. In the 60s, on days when abalone, sea urchin, and octopus fishing were allowed as well as when harvesting wheat, schools in the town were closed. Since abalone fishing was an important source of Ichiro expresses his appreciation. cash income, family members would join forces.

abalone on the days allowed was limited to one per household. After that the number of days when abalone fishing is allowed was decreased to four or five times per year. In Ichiro's personal records, on the first day of the season in 1976, he caught 160 kg; however, in 1989, only 31 kg of abalone was caught. Catches of abalone for the whole fisheries cooperative association

in Utatsu was 29 tons in 2006 and decreased to 11 tons in 2016, showing a downward tendency.

The beaches in Utatsu are blessed with abundant reef resources which are home to abalone, hijiki (edible brown algae), hornwort, and gumweed. In order to conserve the environment, 200,000 young shellfish were released at the beaches this year. While the marine environment changes under the influence of global warming and reconstruction following the tsunami disaster, Ichiro and others have been making efforts to protect abalone and increase the harvest.

"Abalone is always delicious." Ichiro breaks into a smile. "It is fantastic to eat abalone grilled lightly!"

In Utatsu, the "Abalone Festival" is held every December 23, reflecting how proud the townspeople are of this precious

"Even when Utatsu suffered serious damage from the Great East Japan Earthquake, young fishermen did not leave the area. In fact, the number of members is also increasing. The fishermen of Utatsu are glad to receive the bounties of the sea, including reef resources such as abalone."



歌津産の鮑。「少し小さめだけどね。」と漁師が言う。















パワースポットだ! 力をくれる のになけるものに

呼んでくる。 呼んでくる。 野れ心意気。 はまて来た漁師たちない心意気。 はながパワーを はながパワーを 燃えてくる。合わせってからなんなの太鼓が

を 大鼓のうなりは 無竜が住んでいた。 歌津の海には

南三陸町







