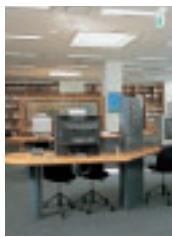


Aiming for international exchange of food culture and rich eating habits

The goals of the Kikkoman Institute for International Food Culture are to contribute to the international exchange of food cultures and to offer nutritional education through the introduction of the history of eating habits and food cultures from around the world.



Reading corner



Media corner



The buildings of Kikkoman's Noda headquarters harmonize nicely with the surrounding neighborhood.



Library



Exhibition corner

<http://kiifc.kikkoman.co.jp/>

Kikkoman Institute for International Food Culture

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Hours: 10:00am-5:00pm, Monday-Friday The Institute is closed for the year's end and New Year's holiday, Golden Week and Obon
Call for details regarding dates.

KIKKOMAN FOOD CULTURE No.18

New Series

Vegetables and the Diet of the Edo Period, Part 1

Vegetables and Meals of *Daimyo* Living in Edo

With the development of fertilizers and farming tools, rice, wheat and a wide variety of vegetables were produced during the Edo period. A record from the Edo period shows that *daikon* radish, for instance, was produced in many provinces. This document lists 164 different names for *daikon* radish, signifying harvest season, production area, and even shape. Part One refers to a historical document containing records of everyday and ceremonial meals served to a retired *daimyo* (regional lord) in his Edo residence over a ten-month period. This record is used to examine the varieties of vegetables served to him and monthly use of the most common vegetables.

By Ayako Ehara (Professor Emeritus, Tokyo Kasei-Gakuin University)

Japan's Use of Flour Began with Noodles, Part 3

Wheat Cultivation Led to the Independence of Small, Powerless Farmers

During the mid-Kamakura period, small farmers reclaimed forests and other uncultivated lands to grow tax-exempt wheat. The cultivation of wheat, along with the use of quern-stones to grind wheat into flour and the means to process wheat flour into noodles and other foods, led to the acquisition of a major new foodstuff that first became common at monasteries and temples. Due to its marketability, wheat (noodles) brought farmers hard currency and wealth. This change in living conditions eventually led to a sort of social revolution by which small farmers were no longer subjugated by estate lords, landlords and more powerful landed farmers.

By Hiroshi Ito, owner of Nagaura in Ginza

Supporting Roles in Food Culture III

The History of the *Manaita*

Articles in previous issues covered the development of chopsticks and *o-zen* (low dining trays or tables). In this issue we will examine the role and evolution of *manaita* (cutting boards), another tool that plays a supporting role in Japan's food culture. *Manaita* were originally wood boards on which meat and fish were offered at shrine altars. Later, as cooking techniques developed, the size and shape of *manaita* evolved through several stages until the flat, plastic *manaita* we see today was born.

Supervising editor: Hiroshi Ogawa, lecturer at Showa Women's University

Cover: *Honen Mansaku no Zu*; by Gofutei Sadatora, property of a private collector

Agricultural scenes have long been a popular motif in picture scrolls, folding screens, *ukiyo* (woodblock) prints, *ema* (small wooden tablets on which Shinto worshippers write their prayers or wishes) and porcelain. These sorts of artifacts are used to research agricultural history throughout Japan. *Honen Mansaku no Zu* illustrates the entire process of rice cultivation in a concise way and allows us to understand the steps involved by following the picture from right to left. The steps depicted include the drying of the paddy, seeding, ground leveling, collecting of seedlings, transplanting of seedlings, weeding, drawing of water, harvesting, threshing, cleaning and storing. This illustration portrays the farmers as happy with a good harvest achieved through the efforts of the entire family. Today this illustration gives us a mental picture of the rural landscape of the time with scenes that show us the most basic aspects behind the long tradition of the Japanese diet.

Sadatora was a prominent student of Utagawa Kunisada I (1786-1864). Little is known of his life other than that he was active in his work from 1818 to 1844. *Honen Mansaku no Zu* would have been published around the end of the Edo period (1830-1840) by a descendant of Tsutaya Juzaburo (1750-1797), well-known for having published colorful *ukiyo* prints.

