

# Local gastronomy experience

— Discover the wisdom that lies in the food culture of a frozen land —



In winter temperatures drop way below zero, but snow rarely falls. It is a kingdom of frost. Yet the locals have found ways to turn even the cold into an ally. Here food is laid outside to freeze and dry, we call this preservation method "culture of frost". That is how we make kanten, frozen daikon etc.

## Cook local traditional dishes with the village grannies

The locals' life follows the rhythm of nature, so the food culture varies with every season: the "culture of frost" in winter, wild vegetable picking in spring, farming in the summer and preserves in autumn. But in a frozen land winter is never far from mind and the locals, strong with their ancestors' wisdom, keep preparing for it all year. Find out more about the unique local ingredients and recipes while cooking and eating with our cute grannies. Enjoy the delicious rustic food of tradition.



### Details and conditions

Season	All year
Price	5,000 yen (+tax) / person
[Details]	English-speaking guide available for an extra 4,500 yen per group Prices vary for children under 13
Capacity	Max. 15 persons Min. 2 persons
Duration	3h
Access	20 min by car or 30 min by bus from Chino station
Deadline	10 days prior the date of the activity
Misc.	If you have any allergy, please let us know. Vegetarian and vegan options available.

### Why choose this activity

When traveling, eat like a local. If you agree, then this is the activity for you. No menu for tourists, you get to cook and taste authentic dishes deeply rooted in the unique climate and history of this area. Also, what better way to try a new cuisine than to learn from a local grannie.

