

Let's eat the Agui
Feature Event

知ろう 食べよう あぐいのめぐみ

特集企画

阿久比町では、お米や野菜の栽培が盛んです。代表的なお米は「阿久比米」。野菜はJAの直売所などにたくさんの種類が揃っています。良質な米と水に恵まれているため、伝統製法を守る醸造業もあります。また地産地消にこだわったハムやソーセージも。そんな阿久比の「食」を町民の皆さんと味わう会を開きました。

The cultivation of rice and vegetables is popular in Agui Town. The representative rice is "Agui Mai". JA direct sales stores sell all sorts of vegetables. Blessed with high-quality rice and water, there are brewing industries inheriting traditional manufacturing methods. There are also hams and sausages which were made to be particular about local production for local consumption. We held a meeting to taste the "Food" of Agui with the town people.



生産者のおはなし The Farmer's Talk

阿久比の土は粘土質だから田んぼに最適

阿久比の土壌は粘土質なので水田に向いています。土の栄養分が高く、水持ちも肥料持ちもよいため、おいしいお米ができるのです。そのため古くから米どころとして知られてきました。

The soil of Agui is perfect for paddies because of its clayish qualities. The earth of Agui is suitable for paddy fields because of its clayish qualities. Good tasting rice can be made because the soil's nutritional quality is high and retentive of water and fertilizer. That is why Agui was known as a good source of rice from long ago.

れんげ米は体にも環境にも優しいお米

れんげ米は、春に花を咲かせたれんげを土にすき込み農法で育てられています。れんげが空気中の窒素を根に取り込み肥料となるため、化学肥料は一切必要ありません。農薬は通常の半分以下。安全・安心でおいしい特別栽培米です。

Renge Mai is rice that is friendly to the body and the environment too. Renge Mai is grown using a farming method in which renga (milk-vetch) flowers are mixed into the soil. The renga (milk-vetch) flowers takes the nitrogen in the air into the root turning it into a fertilizer so no chemical fertilizer is necessary. Only half the normal amount of pesticides are used. It is a safe and good tasting rice specially cultivated.

作ってくれた方のおはなし The Cooking Expert's Talk

阿久比米のなかでも「れんげ米」は、冷めてもおいしいのでおにぎりにしました。「れんげ米」の米粉はアレルギーが気になる子ども向けのお菓子作りにもおすすめです。町長のお話にありましたが、阿久比町は野菜も減農薬に取り組んでいるのが嬉しいですね。

Out of the rice made in Agui, "Renge Mai" is good tasting even after it is cooled down so I made rice balls. I recommend rice powder of "Renge Mai" for making sweets for children with concern of allergies. As the mayor mentioned, I'm glad that Agui Town is trying to reduce the use of pesticides when making vegetables.



Let's eat!!



MENU

- れんげ米と知多産海苔のおむすび (知多の自然栽培梅の梅干し、知多産かますの干物、カリモリなど地元野菜のぬか漬け)
- 地元の旬野菜のテリーヌ
- お豆腐・酒粕のキッシュ・ソーセージ
- バターナッツかぼちゃと豆乳の冷たいスープ
- 塩麹から揚げ
- 厚揚げとパプリカの甘酒味噌焼き
- 梅寒天といちじく
- 阿久比米の米粉と無農薬エディブルフラワーのクッキー
- フルーツビネガアのドリンク (いちご&ブルーベリー)

参加者レポート Participant's Report



阿久比はお米以外に、いい野菜も加工品も豊富なことを知りました / お米は冷めてもツヤ・弾力・甘みがあっておいしかった / 普通のお米と「れんげ米」の違いを知れてよかったです / 米粉のクッキーはバターを使ってないのにいい味わい! / ソーセージはキッシュの中に入れていても、肉の味がしっかりしていてジューシー

I learned that Agui is not only abundant with rice but with high-quality vegetables and processed products too/The rice was really good tasting because it had luster, springiness and sweetness even after it was cooled down/It was good to find out the difference between normal rice and "Renge Mai"/The rice powder cookies tasted good even without the use of butter! /The sausages kept the strong taste of meat and were juicy even inside the quiches.