

[Program Outline]

Educational Theme	Program name	Contents	Remarks	SDGs No.	4	5	6	7	8	9	10	11	12	1	2	3
Food & Farming	1-1. Pesticide-free rice farming	Restoration of fallow fields, soil preparation, rice planting, rice harvesting, rice cake pounding, etc.	・Trying new rice cultivation (Yamada-Nishiki) for sake Restoration of fallow rice paddies: including clearing of bamboo groves, burning of fields, and digging up of roots with a yunbo.	2,4,6,8,15,17	・Soil preparation ・Sowing seeds ・Reclamation of fallow land	・Soil preparation ・Rice planting	・Rice planting	・Weed cutting	・Weed cutting	・Rice Harvest	・Rice harvesting ・Threshing	・Harvest Festival	・Pounding mochi	・Soil fertility ・Reclamation of fallow land	・Soil fertility ・Reclamation of fallow land	・Soil fertility ・Reclamation of fallow land
	1-2. Pesticide-free vegetable and herb farming	Field maintenance, soil preparation, onions, beans, summer vegetables, herbs, etc.	Harvesting of mint, lemongrass, and rosemary is possible year-round except during the winter months.	2,4,6,8,15,17	・Soil preparation ・Planting summer vegetables Harvesting beans	・Caring for the fields ・Onion harvest ・Beans harvest ・Chamomile harvest	・Caring for the fields ・Onion harvest	・Caring for the fields ・Harvest Summer Vegetables ・Harvest Makomo Shiso/Basil	・Caring for the fields ・Harvest Summer Vegetables ・Harvest Makomo Shiso/Basil	・Caring for the fields ・Harvest Summer Vegetables ・Harvest Makomo Shiso/Basil	・Soil preparation ・Planting onions/beans ・Edamame harvest	・Soil preparation ・Planting onions/beans ・Making aroma spray	・Caring for the fields	・Caring for the fields	・Caring for the fields	・Caring for the fields
	1-3. Food education	Safe and secure ingredients, local production for local consumption, fermented foods (miso and natto making), etc.	Monthly "International Food Cooking" using a kamado, etc.	2,4,6,8,15,17	Rice cooked with bamboo shoots	Rice cooked with bamboo shoots	・Onion soup ・How to Cook Chicken	・Shiso Juice ・Summer Vegetable Ratatouille	・Shiso juice ・Vegetarian Pizza ・Herb butter ・Makomo Cooking		・Edamame Cooking & Soup ・New Rice Rice Balls Cooked in the Kamado	International Cooking	Making Mochi	Making miso and natto		
Environment	2-1. Satoyama Forest Preservation	Bamboo forest maintenance, tree planting, road building, etc.	Road building includes building bamboo guardrails (as needed)	4,6,11,12,13,15,17	・Tree planting ・Forest maintenance Forest maintenance	・Satoyama Maintenance ・Forest maintenance	・Satoyama Maintenance ・Forest maintenance	Satoyama Maintenance	Satoyama Maintenance	Satoyama Maintenance	・Satoyama Maintenance ・Forest maintenance	・Satoyama Maintenance ・Forest maintenance	・Satoyama Maintenance ・Forest maintenance	・Satoyama Maintenance ・Forest maintenance	・Tree planting ・Forest maintenance Forest maintenance	・Tree planting ・Forest maintenance Forest maintenance
	2-2. Effective use of bamboo, forests and satoyama resources	Bamboo logging, bamboo charcoal making, bamboo powder/compost making, bamboo crafts, bamboo shoot cutting Straw weaving, making straw barrels, straw crafts, making kadomatsu (Japanese stringed pine trees), etc.	Strawberry weaving/straw barrel making is available at any time.	4,6,11,12,13,15,17	・Bamboo Cutting ・Bamboo Charcoal ・Making Bamboo powder/compost making	・Bamboo cutting ・Harvesting bamboo shoots ・Bamboo charcoal making	・Bamboo Cutting ・Bamboo Charcoal ・Making Bamboo powder/compost making	・Bamboo Cutting ・Bamboo Charcoal ・Making Bamboo powder/compost making	・Bamboo Cutting ・Bamboo Crafts ・Bamboo powder/compost making	・Bamboo Cutting ・Bamboo Charcoal ・Making Bamboo powder/compost making	・Bamboo Cutting ・Bamboo Charcoal ・Making Bamboo powder/compost making	・Bamboo Cutting ・Bamboo Charcoal ・Making Bamboo powder/compost making	・Bamboo Cutting ・Bamboo Crafts ・Bamboo charcoal making Kadomatsu making	・Bamboo Cutting ・Bamboo charcoal making	・Bamboo Cutting ・Bamboo charcoal making	・Bamboo Cutting ・Bamboo charcoal making
	2-3. Contribution to the community	Helping the community	Tours of the Hisaihara area are conducted on an as-needed basis.	4,6,11,12,13,15,17	Bamboo Cutting	Rice Planting	Cutting weeds	Cutting weeds	Cutting weeds	Cutting weeds	・Sake rice harvesting ・Cutting weeds	Bamboo Cutting	Bamboo Cutting	Bamboo Cutting	Bamboo Cutting	Bamboo Cutting
Human Development	3-1. Human resources	Global communication (GC), zazen, yoga, etc.		4,8,16,17	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga	・GC ・Zazen ・Yoga

※ Programs are subject to change depending on climate and other
 ※ Please consult with us in advance regarding the content of the program.