



HACHIOJI HIGASHI POST

Special Edition

March 2021

Ranch loved by town until the cows come home

Information about Isonuma Milk Farm

Isonuma Milk Farm is a ranch located in Kobiki-machi, Hachioji, on the west side of Tokyo. From Hachioji Station, take the Keio bus bound for Mejirodai Station and get off at the stop called Nakakobiki.

Since the area around it is residential, coffee dust is laid on the cows' beds to prevent odors. Therefore, the ranch has a coffee scent. This is the consideration of Masanori Isonuma, the owner of Isonuma Milk Farm. There are six types of cows including Holstein, Jersey, and Brown Swiss. You can see the difference in size, pattern, and

personality.

In 1952, Isonuma Milk Farm started "livestock complex farming" which combines agriculture and livestock. After that, it switched to dairy farming, which is more productive than agriculture. In addition, the number of cattle raised has increased year by year. In 1994, Isonuma started making yogurt.

At Isonuma Milk Farm, you can milk cows and make dairy products such as cheese and butter. In addition, various events are held, including open farm, ranch camp, and barbecues. One of the attractive points of Isonuma Milk Farm is that it can be enjoyed by children and adults.



Masanori Isonuma, the owner of Isonuma Milk Farm YU OIKAWA PHOTO

Interview

Isonuma has a commitment to feed. He uses eco-friendly feed such as sake-kasu sediments left at the bottom of a bottle of sake, skins of azuki beans, miso, and so on. He also gives cows the foods they like such as melon, pineapple and cabbage. Those foods do not have very high nutrition, but they are sweet and tasty. By doing so, the stress of the cows is reduced.

We asked Isonuma "How do you feel working as dairy farmer?" He answered, "The productivity of cows is high, so I can feel their vitality and strength. Then they provide us with many things they need for their life, so I can also feel their love. We have to thank them."

Daily Schedule
6:00
Preparation for milking
6:30
Milking
7:00
Cleaning cowsheds
9:00
Checking of the quality of milk
11:00
Making fertilizer from manure
12:00
All morning sessions end
17:00
Milking
21:00
All evening sessions end

Special yogurt with cow's name

There are a lot of goods at Isonuma Milk Farm, such as ice cream and caramel custard. Above all, Jersey Cow Premium Yoghurt is one of the most special ones. It is made from specific cows' milk. Every month, the quality of the milk from the cows is checked. Cows that produce high-quality milk are chosen for the Premium Yoghurt. The name of the individual cow is printed on the cap and label of the yoghurt they produce. It was difficult to make yoghurt in this way because it is expensive. Also, Isonuma wasn't sure whether it would sell well. Although he understood the risks, he produced the original yoghurt which only farmers can make. When he actu-



The name of the cow is printed on the cap and label.

ally sells it, there are many people who want to buy it and see the cow which produced the milk for it.

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Madoka Hironaka, Yu Oikawa and Ayaka Mukuta

HACHIOJI HIGASHI POST

Hachioji Higashi Post was created and published in cooperation with The Japan Times, Ltd. by a group of 14 first-year senior high school students at Hachioji Higashi Senior High School in Hachioji, Tokyo.

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LOCAL CUISINE

Hopeful new face, Hachioji Napolitan

We interviewed Kitchen Rocco, a restaurant which serves Hachioji Napolitan. Hachioji Napolitan has become a popular food in Hachioji in recent years. The owner of the restaurant used to work at a high school in Hachioji. As he offered cooking lessons there, he started to have a desire to open his own restaurant and invite his students to the place. This is why he decided to open an Italian restaurant in Hachioji.

Secret to gaining popularity

Actually, he does not like napolitan very much, so he made a napolitan which even people who do not usually like it can enjoy.

Fundamental aspects of Hachioji Napolitan

First, the characteristic chopped onions of Hachioji Na-



A Napolitan with distinctive features that cannot be found in typical ones. MARIN SAWADA PHOTO

politian are soaked in water to remove the sharp taste. Second, he makes it a rule to use specialty ingredients from the local

communities.

Third, he adds olive oil, tomatoes and other ingredients to Worcestershire sauce to give it

an Italian flavor. Last, thin noodles allow us to better enjoy the sauce since they very well absorb its flavor. This style helped gain popularity for Hachioji Napolitan, leading it to be featured on various TV shows. He says he even has customers from distant areas sometimes.

Owner's future goal

He wants to serve Napolitan in school lunches once a month and have elementary school students become familiar with it. Moreover, he hopes to revitalize the economy of Hachioji by promoting "local production for local consumption" with Hachioji Ramen, which is mainly made from locally made ingredients.

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Shihomi Tsuchiya, Marin Sawada, Arisa Sano

Hachioji ramen has been cherished by locals for a long time

Hachioji ramen is one of the local specialties of Hachioji. There are three distinctive features that make Hachioji ramen different from others. First, the broth is based on soy sauce. Second, the surface of the broth is covered with oil. Third, and most importantly, it is topped with chopped onions. Then it can be called "Hachioji ramen."

Origin of Hachioji ramen

At first, Hachioji ramen was not called by any particular name. It was just "ramen." However, the characteristics of the dish, such as chopped onions, were the same as they are today. As the ramen be-

came popular elsewhere, it came to be called "Hachioji ramen."

Minmin and Hachioji ramen

We interviewed one ramen shop, Minmin, which serves Hachioji ramen. Minmin was started by the husband of Noriko Okamoto, who passed away 10 years ago. He was determined to have his own shop, even if it was small. Minmin first started as a local ramen shop, but it also became popular outside of Hachioji. Recently, Hachioji ramen was featured on TV and it became even more famous. There are even customers who come from

Kyushu. There is always a long line of customers in front of the shop.

Passion for Hachioji ramen

Minmin is particular about the ingredients they use. According to Okamoto, everything in the ramen is handmade, such as noodles, oil, and broth. In particular, the chopped onions on top are prepared both manually and mechanically, giving them a subtle texture that would not be possible if minced only in either of the two ways. The menma, or bamboo shoot is special. While most shops use ready-made products which are often imported, Minmin specially orders domestically produced dried menma and spends a lot of time rehydrating and seasoning it. All these efforts make us feel the passion the owner has for her work.

Future goal

Okamoto said that Minmin is her husband's shop, so she has a sense of responsibility to keep running it. "It is difficult to keep running the shop, but I hope that this Hachioji ramen will also be eaten by many people in the future," says Okamoto.



The owner of Minmin.

Similarities between the two restaurants

The first thing in common is the commitment to food ingredients.

Kitchen Rocco uses ingredients which are made in Hachioji to promote the "local production for local consumption" policy.

Similarly, Minmin uses a quality domestic roast pork fillet. Their strong preferences for ingredients like these play a crucial role in the overall quality of the dishes at the two restaurants.

Lastly, although both are located away from major streets or stations, the shops are not only visited by regulars but also many new customers every day. These are the factors that constitute their long-lasting popularity.



Hachioji Ramen with a lot of chopped onions on top, at the center of attention in the current ramen industry.

CONVENIENT SWEETS

“Reasonable Price and Easy to buy.”

History of convenience stores

There are 50,000 convenience stores in Japan. They are necessary for our lives. Convenience store’s sweets are attracting many age groups.

According to 7-Eleven’s official Japanese website, convenience store history dates back to small ice retailers in America in 1927. At that time ice was an essential part of life because refrigerators were not yet widespread. Their customers said to the retailers, “It would be convenient for us if you sold eggs, milk, or bread.”

Among the products sold at convenience stores, sweets have become popular in recent years



Best seller products and new products. AOI NAKATA PHOTO

with men and women of all generations. They won the hearts not only of women, but also of men

who are reluctant to go to pastry shops. 7-Eleven boasts the lion’s share of sales in Japan.

Since there is a branch near our school, we decided to research 7-Eleven’s sweets.

Voice of our students

We conducted a questionnaire about convenience store sweets among about 300 first-year students at Hachioji Higashi Senior High School.

Question:

- ① Which convenience store do you like?
- ② Which convenience store do you go to to buy sweets?
- ③ Which sweets often do you buy?
- ④ When you buy sweets, what do you consider to be a reasonable price?
- ⑤ When do you want to buy sweets?
- ⑥ What is the most important factor when you buy sweets?

Looking at the graphs, we can see that many people buy sweets based on mood.

One student said, “I like convenience store sweets because they are affordable. Unlike pastry shops the casual atmosphere of convenience stores allows us to buy sweets without caring about what we wear.” It is true that some people love sweets but feel nervous going to pastry shops.

7-Eleven tries to make high quality products at low prices.

They combine taste, quality, and affordability to satisfy their customers.

This may be why 7-Elven has the top sales in Japan.

Secret to selling sweets in convenience

In stores, you can find not only products that have been loved for many years, but also newly released products.

Recently, products have been released that were collaborations with major confectionery companies or TV dramas.

Then we were doubtful. How fast are they introducing new sweets?

We asked 7-Eleven about this. They told us that they sell the one Western confectionery and one Japanese confectionery every week. There is also a product renewal of existing products.

It takes about half a year to develop the product after market research, analysis, trial production, test sales, etc.

Convenience store sweets contain a lot of seasonal ingredients which represent seasonal changes.

Since convenience stores closely reflect our daily lives, they are able to develop and sell products that cake shops wouldn’t plan to develop.

Also, convenience stores sell various goods from in-house bento to baked goods, so employees can produce unique ideas.

By releasing new products, they have been trying hard to entertain consumers.

Introduction of convenience store’s sweets

Custard pudding

A steamed pudding with the rich taste of egg.

Bittersweet caramelized sauce brings out the flavor of the pudding. (¥178+tax)



Crepe with whipped cream & chocolate

Fresh chocolate cream and whipped cream is wrapped in a chewy crepe.

Chocolate chips and crispy chocolate provide a nice additional texture. (¥158+tax)

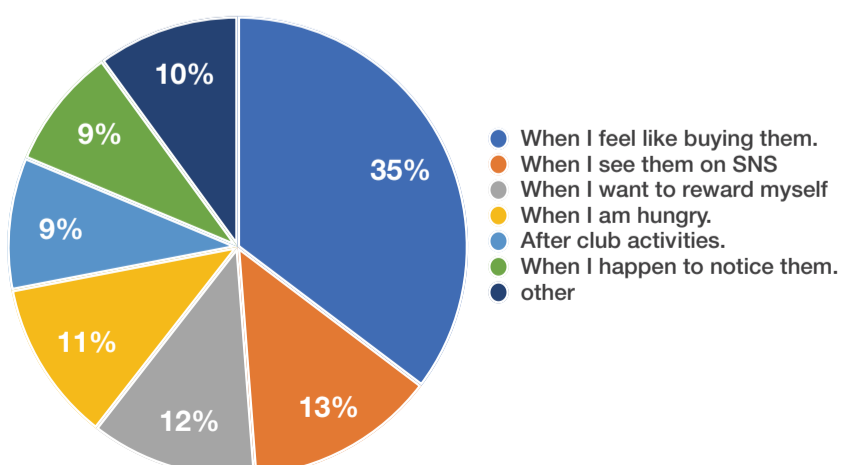


Milk crepe with fresh cream & chocolate

A luxury cake with smooth chocolate cream and cocoa dough layered on top. A glossy chocolate sauce and gold powder are on the surface. (¥278+tax)



When do you want to buy convenience store sweets?



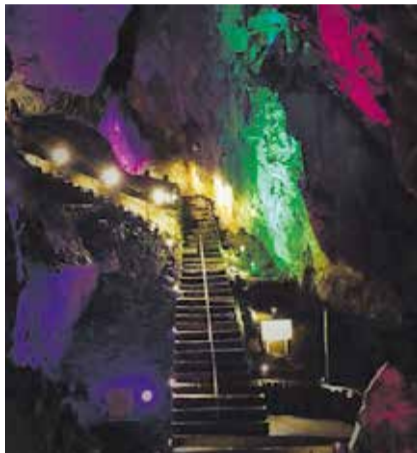
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Aoi Nakata and Meri Watanabe

NATURE / HISTORY

Am I really in Tokyo?

Structure of Nippara Limestone Cave

Nippara Limestone Cave was formed by the dissolution of limestone by carbon dioxide contained in rainwater. The stalactites that hang down like icicles from above are magnificent and visitors are overwhelmed by their beauty. It is said that it takes about 70 years for a stalactite to grow just one centimeter. The



Nippara Limestone Cave illuminated HOSHOKAI PHOTO

temperature inside the cave stays at 11 degrees Celsius throughout the year, so it feels cool in summer and warm in winter.

History

Nippara Limestone Cave was worshipped for many years. In 1902, an author explored with his students and published his story as exploratory novel. Since then, the role of the cave changed from faith into tour, and it came to be called Nippara Limestone Cave. Then the Nippara Hoshokai (a committee for the preservation of natural scenery) was established. Management of the limestone cave was transferred from Ichiishiyama to the Hoshokai. The facilities have been gradually improved. In 1950, a campsite was opened nearby. Buses went into operation too. Then methods of hiking and climbing were developed. A new tunnel was discovered by a Tokai University

research team in 1962.

Interview

We interviewed a member of the Hoshokai about Nippara Limestone Cave.

Q. How do you select the illumination colors?

A. It is discussed and decided by the members of the Hoshokai, which is run by local people. They are the managers of Nippara Limestone Cave.

Q. What kind of preventative measures did you take against coronavirus infection?

A. We made a poster which asks our guests to take preventative measures. In addition, we set out hand sanitizer and drew white lines to help visitors maintain social distance. Although the number of visitors is decreasing at various sightseeing spots, it has increased here.

Question

In the limestone cave, there are rocks that seem to have been formed by running water. What

do you think this rock looks like? Choose from the following options:

- A. gecko
- B. turtle
- C. toad



This rock is called "gamaiwa"

YUKI OBA PHOTO

The above photo shows Toad Rock, so named for its shape. It is fun to imagine which parts of the rock could be the toad's mouth or back. In addition, there is a part of the cave which is so tall that the ceiling cannot be seen. The resulting fantastic view is called Tenjo Shirezu or "Limitless ceiling."

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Yuki Oba, Waka Fukumoto, Yui Yamada

Those who fought with pride are now pride of the citizens of Hino

Ten minutes on foot from Hino station, there's a museum which displays historical documents about Shinsengumi, a security squad for the Edo government.

Many people visit the museum every year, and locals are proud of it.

About Shinsengumi

Shinsengumi is a group of young people who used katana, or Japanese swords very well.

Today, there are many games and comic books about Shinsengumi around Japan.

They actually made a big contribution to the Edo shogunate, which controlled Japan from 1603 to 1867. They fought and arrested extremists in Kyoto called Sonno Joi ha, who attempted to overthrow the Tokugawa shogunate. They did so to protect the government and emperor in the late Edo period, or after Commodore Matthew Perry came to Japan. The organization is relevant to Hino City. Some members of Shinsengumi, such as Okita Soji, started training with katana in Hino. As a result, we can find a bunch of informa-



Exhibits are immediately noticeable after entering the museum

tion about them in the Tama area.

Historical materials and fiction works

The museum also exhibits the novels and illustrations of anime in which Shinsengumi appears, because many fans of Shinsengumi who visit the museum learned about it from those fiction works. Guides who work there try to watch animations about Shinsengumi as often as possible and have the same level of knowledge as such visitors. So if you are a fan of such animations you may discover new facts about Shinsengumi by talking to them. What you have thought to be historical fact may turn out to be fiction. Displays of fiction works are separated from

historical materials. Although the guides and curator understand that the fiction works about Shinsengumi can be what sparks your interest, and those works reflect what fans think about Shinsengumi, they also think that it is important not to confuse fiction works with historical materials. Keeping the two separated helps us to more deeply understand Shinsengumi.

People who do not know much about Shinsengumi can also enjoy the exhibits with explanations. There are hands-on exhibits, where visitors can do such things as getting dressed up in the costume of Shinsengumi or experiencing swordsmanship forms with bokuto. Currently costume and swordsmanship form experiences are suspended due to COVID-19.

From director to readers

Hirofumi Konno, the director of the museum changes the exhibition and holds many events on a regular basis. For example, he holds special exhibits and rotating exhibits as well as permanent displays so that even people who have visited the museum can

enjoy it again. Many people visit not only from local areas but also from other prefectures or abroad.

In order to attract a wide range of visitors, the museum continues to devise new ways to present their exhibits. The director explained his philosophy as a curator, saying "It is important to think from various perspectives without clinging to one idea. If you keep thinking only from the same point of view, you will not be able to notice mistakes and biases. Depending on the time and the situation, we must change our approach." This message brought home to us high school students that we also need to do our best without dismissing the importance of studying.

I myself was fascinated by Shinsengumi fighting in the TV drama *Shinsengumi!*. If you are not interested in Shinsengumi yet, please check out the dramas and anime first. If you are interested in it, then we highly recommend visiting this museum when you visit Hino or Hachioji.

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Mana Iwasaki, Sayaka Sakurada, Ryutaro Nakamura