

Improvement of Tonburi's recognition

Odate Kokusai Joho Gakuin Senior High School



TAKASUGI Hiyori
KIMURA Akari
ASHINA Reon
YAMAGUCHI Takui
SATOYU Yuhi

~Today's content~

- ① Our aims
- ② The reason why Tonburi is not popular
- ③ Tonburi's features
- ④ Cultivation method / Processing method

~Today's content~

⑤Fieldwork in JA

The problems of Tonburi

Interview with Mr.HONMA

⑥New recipes for Tonburi

⑦The prospect for the future

~Our aims~

- We would like many people to know and eat Tonburi.**
- We would like Odate city to become more famous for Tonburi.**

~Hypothesis~ The reason why Tonburi isn't popular



- Decrease in farmers
- Decrease in the number of people processing Tonburi
- Few recipes for Tonburi dishes

~Tonburi's features~

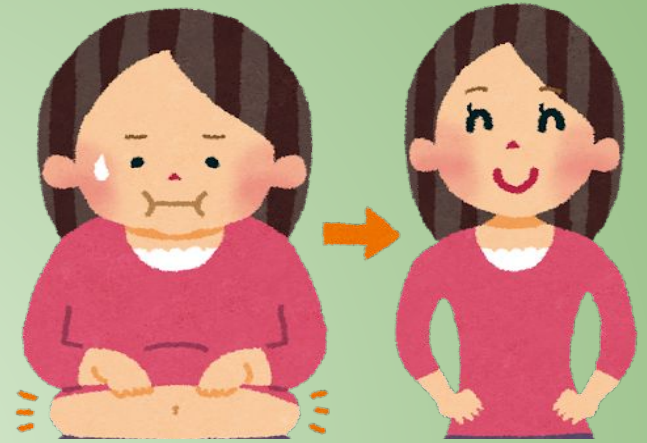
- Small green fruit with a diameter of

1-2 mm

- Bubble wrap texture

- Light taste

- Highly nutritious and suitable for dieting



~Principal component~

▪ Protein ▪ Lipids ▪ Sugar ▪ Dietary fiber

▪ Energy ▪ Sodium ▪ Calcium

▪ Potassium ▪ α -Carotene ▪ β -Carotene

▪ Saponin ▪ Vitamin K ▪ vitamin A

etc...

~Efficacy・Effect~

Diet

Beauty

**Cancer
prevention**

Low calorie

**Anemia
prevention**

**Smooth
stool**

**Diabetes
prevention**

**Obesity
prevention**

etc...

~Cultivation method~

April– early May Sowing seeds

- Late May Thinning out seedlings
- Mid June Planting work
- July Topdressing / core fixing
- Early August
- Flowers bloom
- September- early October
- Harvest season
- After mid-October

Parching Tonburi



~Strong points~

- Tonburi can be harvested in 3 batches.

⇒ Easy to work!

- Sales price does not change
throughout the year.



~Processing method~



1 Boil for 15 minutes in a kettle.

2 Machine peel the epidermis.

**3 Rub and wash
multiple times.**

**4 Wash with water and
remove foreign substances.**

**5 Place the weight on the Tonburi
and drain for 8 hours.**

6 Sift and remove foreign matter.
cited from Matsuno.Ltd

Fieldwork in JA

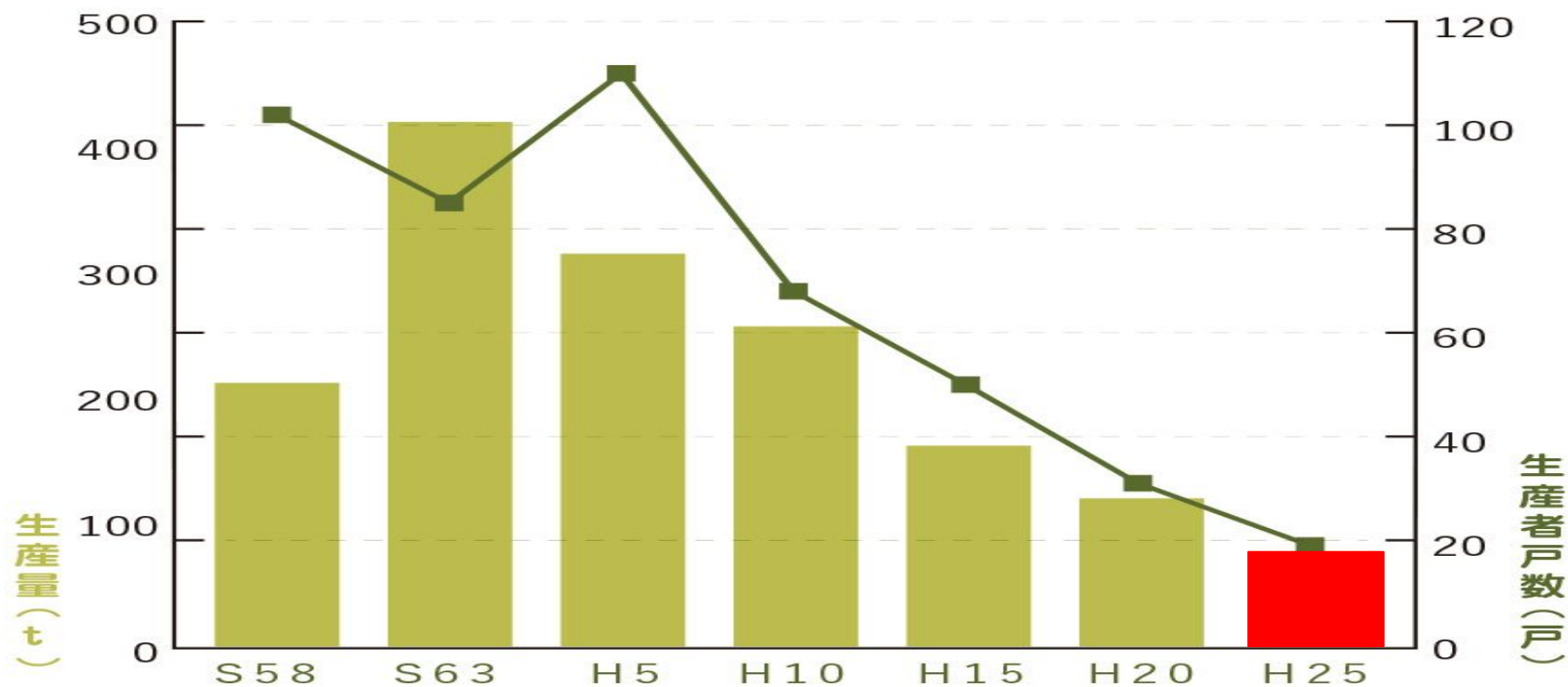
~You can't be too careful~

- 1 Take one by one with tweezers
- 2 Watch Tonburi carefully
using a machine and pick it up.
- 3 Remove foreign substances
with a metal detector or X-ray

They are safe enough to eat!!



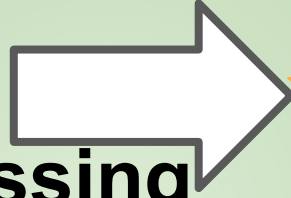
**What are the problems of
Tonburi production?**



source:Odate Tonburi Petit Book(大館とんぶりプチブック)

~Big problems~

Farmers are getting older
Lack of successors
The burden of processing
work is heavy

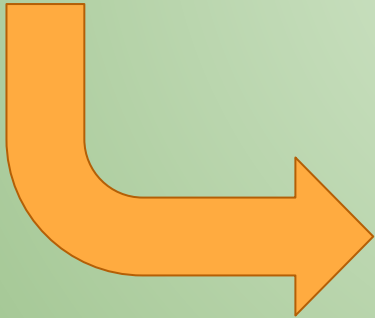


**Decrease in
Producers**



~Attempt to overcome the problems~

- To increase the number of new producers
- Sharing cultivation and processing work with JA

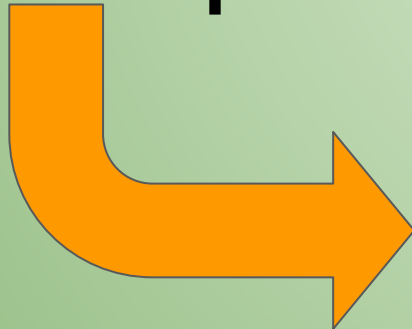


**Reducing the burden
on producers**

**We asked HONMA Hitoshi.
What is the most impressive
thing about producing Tonburi?**

~Interview with Mr. HONMA~

- I'm glad that customers will enjoy Tonburi and say that it is delicious.**
- I want to keep on producing this special product, Tonburi.**



**I want to pass on
Tonburi to the future!**

~Recommended way to eat Tonburi~

- 1 Put plenty of tonburi on the top of hot rice.
- 2 Put dried bonito on it.
- 3 Just sprinkle the soy sauce and soup stock.



TOKORO George also praised this way of eating Tonburi!!

『Tofu hamburger with Tonburi inside』

~What to prepare~

- Tofu hamburger base
- One piece of silken tofu
- A lot of Tonburi



~How to make~

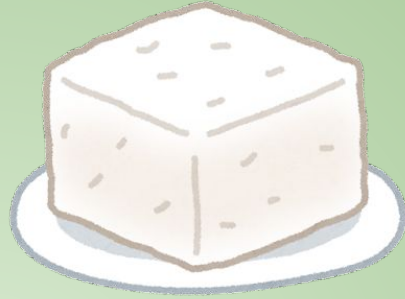
1 Drain tofu.

2 Put tofu hamburger paste in a bowl

and mix it.

3 Add Tonburi and mix gently to form it into a patty.

4 Oil a frying pan and bake it until it becomes golden brown.



『とんぶり入りだし巻き卵』

～What to prepare～

- Dasimakitamago base
- Two eggs
- A lot of Tonburi



~How to make~

1. Mix eggs, Dashimaki tamago base, and tonburi.
2. Bake it.

It does not have to be rolled eggs. Scrambled eggs are also delicious.



~The prospect for the future~

- Organize events to introduce Tonburi to other prefectures
- Tonburi sales expansion (Making leaflets, etc)
- Utilizing SNS (twitter, instagram, tiktok)
- New recipes



～source～

- ・Leaflet tonburi リーフレットとんぶり
- ・Taberugo (What is tonburi? Tonburi nutrition and how to eat)

たべるご (とんぶりとはどんなもの？とんぶりの栄養や食べ方)

- ・Useful ! Information Bureau (Are you allergic to tonburi?

How does it taste? Is it safe for pregnant women to eat?)

お役立ち！季節の耳より情報局 (とんぶりにはアレルギーがある？

どんな味？妊婦さんでも大丈夫？)

～source～

・**LIFE** (Delicious♪ A treasure trove of nutrition♪

Learning about the charm of “Odate Tonburi”)

LIFE (美味しい♪栄養の宝庫♪「大館とんぶり」の魅力に迫る！)

・Delivered to Tokoro-san

・Tokoro-san's delivery

Thank you very much!

▪ JA Mr.Sasaki

▪ Farmer Mr.Honma



Thank you for your attention!

