

Fukushima Forward

EXPO 2025 OSAKA, KANSAI, JAPAN Edition

Prefecture rebuilds through farming,
enhanced food safety, culture

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FUKUSHIMA PREFECTURAL GOVERNMENT

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ON THE REBOUND

Farming improves with quality and determination

Fukushima continues on the road to recovery through strict testing of agricultural goods and food products

In the years since the March 2011 earthquake, tsunami and nuclear crisis, Fukushima Prefecture has become a powerful example of recovery. Among the many sectors affected, agriculture and food production faced major disruptions from infrastructure damage, radiation contamination and the consequences.

Against this complex background, farmers, researchers and local governments in Fukushima have been working together to rebuild the prefecture's agriculture, forestry and fishery industries and regain the trust and confidence of consumers. Driven by a steadfast commitment to transparency, innovation and pride in its products, Fukushima is not only producing safe, high-quality food, but is also sharing its story with the world.

Here's how the recovery of these primary industries has played a central role in the prefecture's revitalization and is now bringing new hope.

From disaster to farming evolution
When calamity struck on March 11, Fukushima's agricultural, forestry and fishing sectors suffered great damage. The ensuing disaster at the Fukushima No. 1 nuclear power plant led to reluctance to purchase or import Fukushima products, quickly crippling much of the prefecture's economy.

Gradually, however, the resilient people of Fukushima began rebuilding their lives and livelihoods. Initially, efforts focused on restoring farmland, repairing facilities and launching decontamination projects. Soil remediation techniques such as inversion tillage (turning over layers of soil) and surface removal were employed to ensure safe cultivation conditions. Potassium was also applied to improve soil conditions, as crops like rice absorb fewer cesium isotopes when there is sufficient potassium present.

While some areas remain off-limits and are still designated as "difficult to return to," many have been decontaminated and had their evacuation orders lifted. As of this year, farming has resumed on about 50% of the farmland in areas where evacuations were ordered.

The prefecture is also working with returning and newly arriving farmers. The Fukushima Agricultural Management and New Farming Support Center, for example, offers consultations on crop selection and farming skills. To attract newcomers — including those without farming backgrounds — the prefectural government hosts consultations in Tokyo and Fukushima. Other initiatives include farm experience tours and trial farming programs, along with guidance on financial aid for housing or equipment offered by each municipality.

Among other initiatives, the Agricultural College, part of a prefectural technology center, is helping to nurture the next generation of farmers, while a training field for smart agriculture is scheduled for completion in fiscal 2025 to help farmers acquire modern skills like drone-based farming.

However, Fukushima's recovery through its primary industries is not just about restoration — it's about evolution.



Expert peach growers in Fukushima carefully examine the color, shape and size of each peach, harvesting only those that have reached their peak. FUKUSHIMA PREFECTURAL GOVERNMENT

One example of successful cooperation among stakeholders comes from the village of Iitate, in the Soma district, which is known for Abukuma mochi, a brand of cold-resistant glutinous rice developed in Fukushima. All farming ceased when the village was evacuated in 2011. When the orders were lifted for most areas of the village in 2017, the number of farming households had significantly decreased.

However, with coordinated support, cultivation of this rice expanded from less than 1 hectare in 2022 to over 9 hectares by 2024, ensuring a stable supply. Farmers, the local agricultural cooperative and the prefectural government worked together to support the initiative by coordinating on production technology, quality control, sales channels and promotional activities.

Rebuilding credibility
Fukushima has gone to great efforts to create one of the world's most stringent safety monitoring systems for primary products, anchored by the Fukushima Agricultural Technology Centre, which is operated by the Fukushima Prefectural Government.

"To ensure the safety of Fukushima's primary products, multiple rounds of inspections are conducted at various stages — from production to distribution and consumption — by the prefecture, municipalities and other relevant organizations," said Eiji Kanno, director general of the center's Agricultural Safety Promotion Department. "In cooperation with local governments, producers and distributors, only products that pass strict safety standards are released to market."

Kanno points out that the amount of cesium permitted in general foods under Japan's food safety standards is 100 becquerels per kilogram, which is 10 times stricter than the Codex Alimentarius international standard of 1,000 Bq/kg.

In fiscal 2024, over 500 product types were inspected at the Agricultural Technology Centre using germanium semiconductor detectors. To promote transparency and maintain the credibility of the data, the results are promptly shared with the national government and other authorities and published on the prefecture's website. The public is welcome to observe the tests, but reservations are required.



Since testing began in 2011, officials have continuously improved the system, making it more effective and efficient. From 2011 to March 2025, 288,724 samples were analyzed.

In 2017, a QR code-based system was introduced to manage sample information, improving speed and accuracy. In addition, the center voluntarily participates in the International Atomic Energy Agency's proficiency testing to ensure its data and procedures meet global standards. This commitment to open data and rigorous monitoring supports producers of primary products across the prefecture.

Sweet success with peaches
Among Fukushima's success stories, peaches stand out as a symbol of pride. The prefecture is Japan's second-largest producer of the fruit, and its farmers are known for their skill, innovation and dedication to quality.

The evolution of Akatsuki peaches, Fukushima's signature variety, reflects the perseverance of the farmers. Developed through national research in the 1950s, Akatsuki peaches are known for being juicy and sweet with a finely textured pulp.

After initial trials by a group of 11 prefectures were abandoned due to the fruit's small size, Fukushima's farmers persevered, refining the fruit through decades of careful cultivation to increase the size. The result is a peach that not only dominates the market but has become the parent plant for newer varieties, forming part of Fukushima's long harvest season — a "peach relay" to delight fruit fanciers from July through September.

Peaches are also helping Fukushima expand internationally as part of the Fukushima Pride initiative, which was launched to showcase the effort the prefecture puts into sharing its primary products with consumers. From fish and meat to fresh produce and flowers, the initiative also connects with efforts to support and promote export-oriented production.

As a result of import restrictions imposed

after 3/11, Fukushima's farm exports collapsed, plunging to just 2.4 tons by 2012. However, thanks to the continued efforts of various stakeholders and progress in lifting import restrictions, exports gradually recovered, surpassing predisaster levels by 2017.

Tasting events and buyer tours have helped rebuild international confidence and open new markets. For example, in 2012 Thai buyers were invited to the prefecture on a study tour that covered every stage of the supply chain — from orchards and sorting facilities to inspection centers and retail shops. This project successfully showcased both the safety and quality of Fukushima produce, leading to new export opportunities.

Exports reached a record high of 898 tons in 2024, including 52 tons of peaches. Seeking to raise awareness and further expand sales channels, the prefecture will continue to promote the safety and quality of its produce in various ways, including tasting events, online sales initiatives and social media advertising.

Telling the story at Expo 2025
Fukushima will share its recovery story at a dedicated booth at the World Expo in Osaka on July 19. The expo gives the prefecture a powerful platform to introduce both domestic and international visitors to its journey since 2011 — and to the innovations shaping its future.

On this occasion, the prefecture also aims to promote regional sightseeing attractions and local specialties, encouraging more people to visit in person. By offering opportunities to see, taste and experience Fukushima firsthand, it hopes to inspire new fans of the region. Visitors will be invited to enjoy seasonal delights such as juicy, flavorful peaches, and to experience the high quality and safety of Fukushima's produce.

The prefecture's expo exhibit is divided into three areas. The first highlights the steps toward reconstruction, presenting a timeline of events and milestones since 2011 and using panels and videos to convey its progress.

The second area focuses on the theme of "Fukushima Now and Tomorrow," showcasing tourism programs and new initiatives, such as one involving a lightweight aircraft built by students from Fukushima Technical Academy in collaboration with racing pilot Yoshihide Muroya.

The third area celebrates Fukushima's food and culture. Attendees can sample peaches, enjoy live performances and join hands-on craft workshops.

These efforts dovetail with Fukushima's unique Hope Tourism drive, which offers visitors the opportunity to actually see the places affected by the events of 2011 and learn about recovery and revitalization efforts. What's more, participants can hear the stories directly from the people involved.

More than 14 years since the disaster, Fukushima's primary industries have become one of the powerful symbols of renewal. Backed by scientific techniques to ensure transparency, safety and quality, the prefecture is now nurturing next-generation farmers and presenting world-class products to domestic and global markets. Behind every peach or grain of rice is a story of determination. Visit Fukushima for yourself to encounter its delicious food, as well as the warmhearted people and enduring spirit that make it possible.

This article was created with the assistance of the Fukushima Prefectural Government.

Far right: A staffer scans a QR code to input sample information at the Fukushima Agricultural Technology Centre. Right: The Fukushima Agricultural Technology Centre in Koriyama leads the prefecture's stringent monitoring inspections of agricultural, forestry and fishery products.

ROYICHI SHIMIZU



For more information on Fukushima product safety, please scan.



PRESERVING CULTURE

Soma Nomaoi: Festival of tradition and resilience

Although not a major horse-breeding region, the area is one of few in Japan where horses remain part of daily life

In late May, the Soma and Futaba districts of Fukushima Prefecture host an exciting festival with more than 1,000 years of history. The Soma Nomaoi is a large-scale re-enactment of samurai rituals, featuring an evocative combination of beautiful horses, riders in traditional armor and Shinto ceremonies. In 1978, the festival was designated by the government as an Important Intangible Folk Cultural Property.

Staging the annual event involves close cooperation between the communities in each district and strong connections to regional identity. Soma and Futaba both faced major challenges in the aftermath of the 2011 Great East Japan Earthquake, but the organizers were determined to keep the festival going. Today, the Soma Nomaoi serves as a symbol of resilience and pride, and remains a cherished part of local culture.

Proud samurai roots

The origins of the Soma Nomaoi stretch back more than 1,000 years to the middle of the Heian Period (794 to 1185). The festival is said to have started in the 10th century with Taira no Masakado, a powerful samurai warlord who used the event as a form of military training for his cavalry.

Over the centuries, this evolved into a religious and cultural festival tied to the Soma clan, a family with historical connections to Masakado. Descendants of the Soma clan continue to play a key role in the festival to this day.

Based primarily in Minami-Soma and the surrounding areas, the festival was traditionally held in July. Today, however, it spans the Saturday, Sunday and Monday of the last week of May, with distinctive events marking each of the three days.

Rituals, parades and horsing around

Saturday marks the beginning of the Soma Nomaoi, with ceremonial events across multiple locations. Shinto rituals are observed at Soma Nakamura Shrine, Soma Ota Shrine and Soma Odaka Shrine to ensure good fortune.

Sunday's events draw large crowds and are considered the highlight of the festival for many. Several hundred horses and riders, accompanied by scores of other participants on foot, parade along the street in traditional armor and costumes, displaying banners that have been passed down through generations of families. The procession ends at a large arena where the *kacchu-keiba* (armored horse race) and the dramatic *shinki-sodatsu-*

sen (flag-catching competition) take place. Sacred flags are launched into the sky and riders clad in full armor race to capture them before they hit the ground.

Monday, the final day, features the *nomakake* (wild-horse capture), an ancient ritual held at Soma Odaka Shrine in which a horse is caught by hand and offered to the deity for a symbolic blessing. In the past, the horse would have been a wild one, as reflected in the name of the ceremony. Today the chosen horse is released back to its owner after the ceremony, but the ritual symbolizes the festival's deep spiritual roots.

How a festival brought hope

While not a major horse-breeding area in terms of numbers, the Soma district has long been known for raising horses specifically for the Soma Nomaoi festival and is one of the few remaining places in Japan where the animals are still part of daily life. But the 2011 quake, tsunami and nuclear meltdowns at the Fukushima No. 1 power plant brought widespread disruption and multiple challenges.

The horses had to be evacuated, with many sent north to temporary homes in Hokkaido or nearby Chiba Prefecture, while residents grappled with anxiety over radiation contamination and infrastructure damage. Sadly, many lives and livelihoods were lost due to the disasters and long-term displacement following the evacuations.

Against this background, questions were raised about holding the festival, which was still taking place in July at the time. Ultimately, the decision was made to go ahead.

"After the disaster, it was felt that it was precisely in these difficult times that we should turn a crisis into an opportunity, preserving and passing on the legacy of the festival," said Katsuhide Maeta, head of the administrative office for the Soma Nomaoi General Incorporated Association.

Although fewer riders participated and some rituals and events were omitted due to logistical challenges, the heart and spirit of Soma Nomaoi were maintained, reflecting a strong desire among residents to protect their cultural heritage. Staging the festival, even on a smaller scale, helped bring the community together, marking a tangible step in the recovery process.

Attention also turned to the horses, whose subsequent return was a source of celebration. The combined efforts of volunteers, stable operators and residents to bring them back was another example of how people united to preserve a cherished legacy.

‘After the disaster, it was felt we should turn crisis into opportunity, passing on the legacy of the festival.’



Above: A procession of about 400 colorful samurai wear traditional armor passed down from one generation to the next, during a parade in Minami-Soma, Fukushima Prefecture. Left: A horse and rider get an early morning practice run in for the Soma Nomaoi on a beach in Fukushima Prefecture. SOMA NOMAOI GENERAL INCORPORATED ASSOCIATION: RYOICHI SHIMIZU



Soma Nomaoi marches on

As the two districts gradually rebuild, the Soma Nomaoi has returned to its full scale, attracting visitors from around Fukushima and further afield. In the process, certain aspects of the festival have evolved to reflect changing demographics and societal values, while still upholding the time-honored core elements.

A major initiative was changing the festival from July to late May, starting last year. Japan's summers have been growing hotter in recent decades, posing health risks for humans and horses alike. Switching the timing to spring has made participation safer and more comfortable for all involved.

The festival's roots lie in military procedures, in which women did not take part, so it's not surprising that the Soma Nomaoi was limited to men for most of its existence. Although women had been taking part in a limited capacity over the past few decades, all gender-based restrictions were lifted this year, allowing equal opportunities for everyone. About 10% of this year's riders were female.

While the riders and horses are the undisputed stars of the festival every year, hundreds of volunteers work quietly behind the scenes, assisting with logistics, communications and promotional work, helping to ensure things run safely and smoothly. Since many of the former residents of Soma have not been able to return since 2011, the ongoing support is invaluable.

Passing on traditions to younger generations is vital for the long-term survival of the festival, Maeta said.

"It's very important for children to know about Soma's heritage, and how the traditional culture has been sustained through the ages," he emphasized. "We've been holding meetings at local schools to share stories and knowledge about Nomaoi with children who are interested in this kind of thing."

This year's participants ranged in age from children as young as 4 who were led on horses during the parade to a 90-year-old equestrian, further highlighting the universal appeal of the Soma Nomaoi.

From Fukushima to the world

In the weeks leading up to the festival, local residents are up at the break of day, practicing with their horses at the main venue, Hibarigahara Field, or on the beaches, before heading off to their offices, businesses, farms and schools to continue their day. Perhaps it could be said that devotion and commitment to the Soma Nomaoi is built into their DNA.

While most Soma Nomaoi riders have roots in Soma and the surrounding areas, people from outside the district — including foreign nationals — can participate if they follow the established protocol and prepare properly. This usually means applying to join one of the local equestrian clubs via an introduction from a current member, obtaining a certificate of participation issued by one of the shrines, and then putting in the required training.

"It's difficult to move around in the armor that is worn during the events, and those coming from outside of Soma won't feel safe unless they practice with someone who is already skilled. It's hard work!" Maeta said. "They also have to make arrangements for their own armor and horse."

Riders do have the option of borrowing a steed from a riding stable, while the local equestrian clubs can lend a hand in matching riders and horses when necessary.

As visitors continue to flock to Japan, the Soma Nomaoi offers solid potential for tourism, tying in with rising interest in samurai history and regional culture. This presents both opportunities and challenges for the organizers, who see the improvement of accessibility and information exchange as key issues. Among the potential ideas for consideration by the Soma Nomaoi organizers are increasing transportation options and offering guided experiences to help international visitors better understand and appreciate the festival.

Efforts are underway to increase the festival's visibility in Japan and abroad. To this end, the Fukushima Reconstruction Exhibition, hosted by the Reconstruction Agency and the Economy Ministry at the Osaka Expo, was valuable in introducing the Soma Nomaoi to a global audience. Fukushima Prefecture highlighted the festival as part of its cultural recovery and regional revitalization story, and it was introduced at the expo through virtual reality videos and armor displays.

The Soma Nomaoi is more than a traditional festival. It's a cultural practice that has endured for over 1,000 years, adapted through times of war and peace, disaster and recovery. Its continued presence today speaks to the resilience of the region. Even as increasing numbers of people become aware of this exciting annual event, the festival remains rooted in community that continues to ride forward with pride.

This article was created with the assistance of the Soma Nomaoi General Incorporated Association.



Participants in the wild-horse capture ritual secure their target on May 26 on the grounds of Soma Odaka Shrine. SOMA NOMAOI GENERAL INCORPORATED ASSOCIATION

FROM FRANCE TO FUKUSHIMA

French farmer plants seeds for the future of Okuma

Driving around the country lanes of the town of Okuma in Fukushima Prefecture's Hamadori region, visitors might spot a painted sign in Japanese saying "Amanogawa (Milky Way) Farm." This is where French national Emilie Bouquet is carving out her dream of ecological farming. Having arrived in Okuma in February 2023, Bouquet lovingly tends to her raspberries along with other berries, vegetables, flowers and herbs on 1.7 hectares of land, with some amiable cats and a flock of fluffy chickens as her companions.

The road to Fukushima

Growing up in pastoral Brittany, Bouquet was interested in ecology from a young age. She speaks fondly of childhood memories of picking and eating wild blackberries during summer vacations, as well as enjoying her mother's homemade blackberry jam.

After finding little opportunity to pursue her areas of interest in college in France, she turned her attention to Japan. Influenced by her older siblings' interest in manga and anime, she visited several times as a tourist before deciding to try living and working here.

"I arrived in Tokyo just after the 2011 Great East Japan Earthquake. At that time, there probably weren't even 10 people on the plane!" she recalled. "My parents were worried, but I insisted on going."

Bouquet taught language classes in Yokohama and Tokyo for some years. However, she found herself gravitating toward Fukushima, after initially visiting in 2018 on the recommendation of a student who had grown up in the prefecture. She subsequently made the move to the city of Aizu-Wakamatsu in 2021, before relocating a year later to Iwaki, where she started searching for suitable farmland to pursue her passion for ecological agriculture.

She was keen to settle in an area impacted by the 2011 nuclear disaster and contribute to regional recovery. A chain of chance meetings eventually led her to Okuma, one of two

towns hosting the defunct nuclear power plant, beginning with her former student from Fukushima and culminating in a connection with a farmer whose hometown happened to be Okuma. She is grateful for each and every link in the chain that brought her here.

Building bonds, forging friendships

Bouquet says the warmhearted residents are one of Okuma's biggest draws, noting they were very generous with sharing their time and knowledge, especially when she was just starting out. "I had never met these people before, but they were so warm and welcoming," she said.

In particular, she has formed deep bonds with three older men and meets up with the trio of former classmates on a regular basis to work and socialize. They've since adopted her as the fourth member of their close-knit group.

"That shows how much trust and confidence we have in each other," she said. "And as a result, I've been told that my Japanese intonation now sounds like that of an older guy!"

She has also become skilled in the art of the *oyaji gyagu* — the cheesy Japanese puns often compared with "dad jokes."

That's not to say she's never felt misunderstood here.

"For example, when someone said, 'Oh, Emilie, you're not Japanese so you wouldn't understand, you're a foreigner,' I felt a bit hurt," she said. "But of course, that person has never lived abroad. If you've been the foreigner yourself, then you understand how these words might hurt someone's feelings."

Bouquet believes that having more international residents in Fukushima would bring positive changes in this respect.

"As the number of foreigners increases, government officials will probably become accustomed to interacting with them and will be inclined to consider how to communicate with them more effectively," she noted. And while she treasures her Japanese friendships,



she'd also love to have a few foreign friends to chat with now and then.

The art of creating a lifestyle

Currently, Bouquet combines her farming activities with freelance illustration work and teaching French online. She sells a wide range of goods based on her original art, such as stationery, T-shirts and keyholders. Many of her designs feature her whimsical renderings of characters based on *akabeko*, the red cow figurines that are a beloved symbol of Fukushima. She's also been contributing to tourism, having created a playful illustrated map of Fukushima Prefecture. Now she's working on a similar map for Okuma.

She says that while she currently devotes most of her time to farming, the majority of her income still derives from artistic endeavors.

"It would be great if that balance could change in the future," she said with a laugh. Looking ahead, Bouquet hopes to keep working on her farming in her own way, gradually discovering the best practices in harmony with the seasons and the land.

Bouquet also loves being surrounded by nature in Okuma and finds the mountains a continual source of fascination. "On rainy days, the mountains disappear. So, if I start to lose sight of them, then I know it's about to start raining," she pointed out. "I don't even need to look at the weather forecast anymore."

"Okuma still inevitably brings to mind the image of the nuclear power plant. For those who are interested, there's Hope Tourism, where people can learn about the disaster-affected areas. That's important, of course, but I really hope people will explore other parts of the town as well," she said, adding that Okuma is particularly beautiful when the cherry blossoms are blooming or during fall foliage season.

After more than two years in Okuma, Bouquet can't imagine living anywhere else.

"If I go to Tokyo, for example, it's so busy and the buildings are so tall that you can't see the sky. It's a different world, and I find myself wanting to return to Okuma as soon as possible."

Warm welcome for all

For anyone who is curious about life in rural Fukushima, Bouquet's advice is simple: "You should do it. Just come and see for yourself,"



Top: Emilie Bouquet, a farmer and illustrator, grows berries, vegetables and herbs in the town of Okuma, Fukushima Prefecture. Above: A sign at Amanogawa Farm also bears a message in French that says: "Life is beautiful under the stars." RYOICHI SHIMIZU

she said. "I'd be very happy if someone reads this and thinks they would like to live in Okuma."

After the town-wide evacuation in 2011, residents were finally permitted to return to some parts of Okuma in 2019. Returnees and newcomers alike have been uniting to bring a renewed sense of vigor to Okuma, and new housing, commercial and welfare facilities have been completed. There are various opportunities for those seeking work or trying to start a business, too.

Bouquet said a wide range of support programs exist for people thinking of moving to more rural regions of Japan — not only at the national level, but also at the prefectural and municipal levels.

For example, she initially consulted the Furusato Kaiki Shien Center (Hometown Return Support Center) in Tokyo, which referred her to a relocation coordinator from Fukushima. The coordinator subsequently helped her to obtain information on a subsidized trial residency plan. She encourages other foreign residents to investigate the various options available.

As for Bouquet's parents, who were so worried when their youngest child left for Japan in 2011, how do they feel now about her choice to settle and farm in rural Fukushima?

"Well, at first, they told me to think it over carefully. But then they came to visit me in November 2023 and they loved it here. They also visited Osaka, but they found it much too crowded, so returned to Okuma earlier than planned," she said, smiling at the memory.



An illustrated map of Fukushima, designed by Bouquet, showcases notable highlights of the prefecture. EMILIE BOUQUET



Bouquet keeps chickens on her farm. RYOICHI SHIMIZU

A letter from Emilie Bouquet

Having spent several years in Tokyo and Yokohama, I found myself captivated by the charm of Fukushima Prefecture. The stunning landscapes and the kindness and warmth of the people, despite the hardships they endured after the 2011 disaster, made me feel truly at home here.

Although much reconstruction remains and some issues are yet to be resolved, steady progress is being made.

As someone who grows raspberries, fruits and vegetables in Okuma, I ensure that every aspect of production is carefully monitored to maintain food safety.

Fukushima is a vast prefecture, where each region — Aizu, Nakadori and Hamadori — offers its own unique charm. From snow-

capped mountains to Pacific coastlines, I am amazed every year by the stunning diversity of its landscapes.

Culinary specialties such as Namie's *yakisoba* (stir-fried noodles) and Kitakata's ramen are an absolute must-try! Fukushima's rich history and culture are also on display, with landmarks like Tsuruga Castle (officially referred to as Wakamatsu Castle) and events like the Soma Nomaori horse festival drawing many visitors.

But words can only go so far. Visiting is the best way to truly understand what Fukushima represents.

If you're ever in the area, feel free to stop by my humble farm. I'll be there with my cats and chickens!

Après avoir vécu à Tokyo et Yokohama pendant plusieurs années, je suis tombée sous le charme de la préfecture de Fukushima. La beauté des paysages, la gentillesse et la chaleur des habitants, malgré les difficultés qu'ils ont traversées après la catastrophe de 2011, m'ont fait me sentir chez moi ici. Même si il y a encore beaucoup de reconstruction en cours et de choses qui ne sont pas encore résolues, j'ai vu de la progression. En ce qui concerne la sécurité alimentaire, pour moi qui cultive des framboises, fruits et légumes dans la ville d'Okuma, chaque production est soigneusement contrôlée. Fukushima est une grande préfecture, chaque région (Aizu, Nakadori et Hamadori) a son charme, des paysages étonnants aux côtes avec une vue sur le pacifique, je m'émerveille chaque année de la diversité des paysages. Les spécialités culinaires comme les yakisoba de la ville de Namie et les ramen de Kitakata sont incontournables ! Sans oublier la culture historique et culturelle, le château de Tsuruga et le festival à cheval de Soma Nomaori attirent de nombreux visiteurs. Mais les mots ne peuvent aller si loin. Visiter est le meilleur moyen de vraiment comprendre ce qu'est Fukushima. Si vous passez dans la zone, n'hésitez pas à venir me voir dans ma petite ferme avec chats et poules qui vous attendent ! Emilie