Japan Society & Japan Institute of Portland Japanese Garden Present

*Seasonality, Superfoods and Other Secrets of Japanese Cuisine*

The Second Live Webinar of the 2022-23 *Living Traditions* Series, A Multi-Part Program Designed to Examine Iconic Facets of Japanese Culture From Ancient Roots to Modern Day

**Wednesday, December 7, 7 pm ET (4 pm PT)**

*Calculate your local time here*

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**New York, NY (November 11, 2022)**—Traditional Japanese cuisine is often associated with nutrition, longevity, and wellness, in addition to a rich array of delicious flavors. What is it about Japanese cooking that makes it so good for us? This webinar explores that question, looking at the role of nutrient-packed superfoods in Japanese cooking, as well as the importance placed on the concept of seasonality. **Yumi Komatsudaira** discovered the potential of ocean vegetable
superfoods while growing up around her family’s seaweed business. **Nancy Singleton Hachisu** has spent the past few decades living on an organic Japanese farm, gaining a deep understanding of the connection between food and the seasons. Together, they explore how traditional concepts in Japanese cuisine can be incorporated into a healthy lifestyle today. *The second event in our multi-part Living Traditions webinar series this season.*

**Speakers:**

**Yumi Komatsudaira**, President of K-Seaweed and author of *Japanese Superfoods: Learn the Secrets of Healthy Eating and Longevity - the Japanese Way!*

**Nancy Singleton Hachisu**, author of *Japanese Farm Food, Food Artisans of Japan* and other cookbooks

**Moderator:**

**Akiko Katayama**, food writer and host & producer of “JAPAN EATS!”

**Agenda**

7-8 pm ET (4-5 pm PT)   Discussion and Q&A

**Program Details:** This is a free event, with advance registration required. The program will be live streamed through YouTube, and registrants will receive the viewing link by email on the day before the event. Participants can submit questions through YouTube during the live stream.

**Participant Bios:**


Hachisu appears frequently in Japanese media, documenting her preserving and farm food life as well as visits to artisanal producers in more remote areas of Japan to advocate for Japan’s disappearing food traditions. Recipient of a James Beard award, she has written for *The Art of Eating, Lucky Peach, Saveur, Food & Wine, Travel & Leisure, National Geographic Food, BBC Travel,* and *Fool Magazine.*

Hachisu also assisted on and appeared in the *Salt* episode of Netflix’s runaway hit: *Salt, Fat, Acid, Heat.*

**Akiko Katayama** is a food writer and *Forbes.com* columnist based in New York City, and the host and producer of *JAPAN EATS!* a weekly radio show/podcast on *Heritage Radio Network,* which introduces Japanese food culture to a global audience.

She is a board member of *Heritage Radio Network* as the Host Representative. She is also a director of the non-profit organization The New York Japanese Culinary Academy, which promotes a deeper understanding of Japanese cuisine in the US.

Akiko has worked as advisor to the Japanese government and consulted for Japanese, American and other global businesses.
She also has appeared as a culinary judge on *Food Network’s Iron Chef America* regularly and on *Netflix Original The Final Table*.

She is the author of *A Complete Guide to Japanese Cuisine*. She holds an MBA from New York University Stern School of Business, an MSc from London School of Economics & Political Science, and a Wine & Spirits Education Trust (WSET) Advanced Certificate with Distinction.

**Yumi Komatsudaira** is the president of K-Seaweed, a leading ocean greens provider since the 1960’s and an author, recipe developer, food stylist and food photographer for her latest cookbook, *Japanese Superfoods: Learn the Secrets of Healthy Eating and Longevity: The Japanese Way!* by Tuttle Publishing. (Release date: January 3rd, 2023). She is also a Japanese culinary instructor in the NYC public school system, children’s museums and hospitals, and private cooking classes. She grew up outside Tokyo, playing—and snacking—in her family’s seaweed factory. Now based in New York, she travels to Japan often promoting sea vegetables and its health benefits. Instagram: [@k_seaweed](https://www.instagram.com/k_seaweed/).

**About the Living Traditions Series**

Many of today’s most popular and newest trends are rooted in ancient Japanese tradition going back centuries, if not millennia. Through multiple distinct, single-topic webinars, the *Living Traditions* series unravels the historical journeys of some of the most iconic facets of Japanese culture through conversations between thought-provoking experts and cultural stewards on how they maintain deep-rooted traditions in the present day. *Seasonality, Superfoods and Other Secrets of Japanese Cuisine* is the second event this season of the multi-part *Living Traditions* series. Upcoming programming will continue to be announced. Previous lectures focused on topics including Japanese gardens, Zen and spiritual practices, manga and anime and architecture. They can be viewed [here](#).

**About Japan Society**

Japan Society is the premier organization connecting Japanese arts, culture, business, and society with audiences in New York and around the world. At Japan Society, we are inspired by the Japanese concept of *kizuna* (絆)—forging deep connections to bind people together. We are committed to telling the story of Japan while strengthening connections within New York City and building new bridges beyond. In over 100 years of work, we’ve inspired generations by establishing ourselves as pioneers in supporting international exchanges in arts and culture, business and policy, as well as education between Japan and the U.S. We strive to convene important conversations on topics that bind our two countries together, champion the next generation of innovative creators, promote mutual understanding, and serve as a trusted guide for people everywhere who seek to appreciate the rich complexities and abundance of Japan more fully. From our New York headquarters, a landmark building designed by architect Junzo Yoshimura that opened to the public in 1971, we look forward to the years ahead, which will be defined by our digital and ideational impact through the *kizuna* that we build. Our future can only be enhanced by learning from our peers and engaging with our audiences, both near and afar.

**Connect With Us!**

Follow us on [Facebook](https://www.facebook.com/japansociety), [Instagram](https://www.instagram.com/japansociety/), [Twitter](https://twitter.com/japansociety), and [YouTube](https://www.youtube.com/japansociety). For further information, please visit [www.japansociety.org](http://www.japansociety.org).
About Japan Institute of Portland Japanese Garden
Portland Japanese Garden is a nonprofit organization founded in 1963 to promote cross-cultural understanding in the wake of World War II. Considered one of the most authentic Japanese gardens outside of Japan, Portland Japanese Garden has become a beloved landmark within Oregon. Using nature, art, and cultural programming to engage diverse audiences in pursuit of nurturing a more peaceful and sustainable world, in 2020, the Garden established the Japan Institute as a sibling organization. Both share the mission of Inspiring Harmony & Peace. Japan Institute acts as an international hub for world leaders, artists, gardeners, and scholars, through its three programming centers: International Exchange Forum, International Japanese Garden Training Center, and the Global Center for Culture and Art. Organizing symposia, gatherings, and educational experiences, Japan Institute’s vision is to be a leading voice for transcending differences and fostering cultural understanding across the globe.

Connect With Portland Japanese Garden!
Follow us on Facebook, Instagram, Twitter, and YouTube. For further information, please visit www.japanesegarden.org

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Living Traditions webinar series is co-presented with the Japan Institute of Portland Japanese Garden and supported by the Government of Japan.

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