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MARKET FRESH The Farmers' Market Issue

totalokinawa CONTENTS AUGUST & SEPTEMBER 2013

Issue 17



E at fresh fruit and vegetables without breaking the bank. Our Farmers' Market issue guides you to six markets on island, all with great deals on produce. Also, check out our review on Forest Adventure Zip Line Park and our restaurant review on crowd favorite Kami Sushi. There's also an essay on music

in Okinawa, plus our regular dive report and issue of Weird & Wonderful.

Also view the magazine online at: www.totalokinawa.com



Need a QR reader? Check out our magazine page on Totalokinawa.com

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by Melissa Nazario

Forest Adventure Zip Line Park

For thrill seekers and outdoorsy types, Forest Adventure zip line park in Onna promises wholesome fun and a bit of exercise, too.

Outdoor Park Review



A dults and older kids can experience ten zip lines over a cavern of Okinawa's lush greenery, and climb bridges, ladders, and other obstacles in between. Getting Started

The main office and parking lots are just off the 6, south of the Renaissance Hotel. After filling out necessary paperwork and reviewing the park rules, a shuttle bus will pick your group up, and drop you off at the park entrance, up a steep hill.

Reservations are required, as are closed-toe athletic shoes

(no sandals or slip ons). Wear light, athletic clothing and shoes you don't mind getting dirty. Minimum height to zip line is 4.6 feet; maximum weight is 287 pounds. Guests under 18 must be accompanied by an adult. Groups of 8 or more will receive a discount. Yearly passes are also available.

At the park, the staff will fit you into a harness, provide a brief safety course, and make you do a "test" zip line to show you how to use the equipment. Then you're pretty much on your own to go through the course. However, staff members are stationed at various checkpoints, to help out if needed and to make sure patrons are following park rules.

For Newbies

If you've never zip lined before, the first one can seem scary, but you'll find that it's more fun than anything else. There is one part of the park—an obstacle, not a zip line, that's rather intimidating:

the Tarzan Swing. After climbing up to a high platform, a staff member instructs you to hook up your harness to a swing, and you're supposed to step off, free fall for a second, and swing into a huge net. It takes a leap of faith and a bit of chutzpah to step off the platform. Our advice: don't hesitate, just go; the longer you wait, the scarier it becomes. If this sounds too overwhelming, you can bypass the swing via another obstacle. If you do, however, you'd be missing out on one of the most thrilling aspects of the park.



Yen only

Onna Village: 9:00 am to 5:00 pm









Dive Update

The Water's Warm

The diving season is in full swing on Okinawa – the water is warm and full of adventure seekers and fish watchers. As the sea life is in abundance, also be on the lookout for the more dangerous types of critters such as the box jelly fish which is not so friendly to



interact with. As we move into the later stages of summer, typhoon season will also be kicking in so watch the weather for sudden changes in winds,waves and currents. Websites such as those found at http://imocwx.com/cwm/cwm_ljp.htm and http://www.tideforecast.com/locations/toya-Okinawa-Japan/forecasts/latest/

six_day are both great sites for staying up to date on the weather and tend to be much more accurate than the sea conditions posted by the military. Only you as the diver can truly make a call on whether it is good to dive or not. Remember the 5 second rule and know your limits.

As now is the best time to increase those dive numbers and total bottom time counts it's also a great time to increase that dive knowledge with a worthwhile dive class. Deep diving, search and recovery, advanced propulsion techniques, drift diving and introduction to technical diving are all classes that can expand your dive skills and make your diving a more rewarding experience. Specialities such as boat diving offer very little skill development and not much bang for the buck. Interview your instructor before signing up and talk about the exact skills you want to learn and what will be covered in the class to determine if the class is what you are looking for. A stack of cert cards does not make an experienced diver.

For those looking to truly expand their experience the staff at Reef Encounters is offering the full range of technical diving training including decompression diver, helitrox and trimix training. As technical diving is a truly advanced type of diving you want to get your training from the best and the staff at Reef Encounters has more experience and dive times than any other staff on island. Our technical instructors have a wide range of experience and training, not just a quick class over a month or two of tech training. Our staff have both open circuit and CCR experience and have been contracted by numerous professional divers including the BBC and Paramount pictures to oversee both nontechnical and decompression dives for numerous products. When the pros are looking for training and support they call Reef Encounters and so should you.

Contact us now to schedule your course or trip at info@reefencounters.org! www.reefencounters.org 098-995-9414





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Weird and Won<mark>derful Japan</mark>

No fun allowed

* In early summer, Vanity club became



the latest venue to be raided by police. Their crime? Allowing customers to dance after midnight. In a law that dates back to 1948 when dance clubs

were connected to prostitution and organised crime, dancing after 12am is still illegal. Barring how outdated the law is, the arbitrary nature of enforcement prevents both venues and customers relaxing and dancing whilst out. In times when Prime Minister Abe is keen to bolster Japan's image abroad and attract tourist spending, telling visitors they can't dance doesn't travel well. An update or repeal to the law can't come soon enough.

Stabbing in Osaka

* A Korean man was arrested in Osaka for stabbing two Japanese people in the street wounding them.

The man was apparently only targeting Japanese by asking them to confirm they were "natural born" Japanese before stabbing them.

Radioactive water in sea

* For the first time TEPCO (Tokyo Electric Power Company) has admitted that radioactive water has leaked from Fukushima into the sea.

Radioactive substances have leaked into groundwater which flows out to sea, with obvious possible impact to marine life and therefore humans who eat fish and other sea foods integral to the Japanese diet.

Mind the gap

* After a woman fell between the gap between train and platform in Tokyo during the rush hour, passengers went to her aid. 40 commuters were able to push the 32 ton carriage away from the platform to allow her to be pulled out uninjured.

More Boeing woes

* After the Dreamliner started flying again following the battery issues that lead to grounding worldwide, a fire in the tail of an Ethiopian airlines plane at Heathrow caused more headaches for Boeing.

Following that incident, a JAL flight returned to Boston in mid July due to a possible fuel pump issue, although the pilot didn't declare an emergency.

Fuji + earthquake = bad

* Scientists have announced that it's possible the force of a large earthquake could cause Fuji-san to crack and experience a major eruption. The still active volcano is reportedly in a similar state as when the last eruption occurred in 1707. With other reports saying that the pressure is already in excess of that in 1707, an eruption could be possible soon with or without an earthquake.

Lawson put on freeze

* A Lawson store in mainland Japan had it's franchise contract cancelled and store closed. The reason? The son of the franchisee took a photo of himself inside the ice cream freezer and uploaded it to Facebook. http://tiny.cc/lawsonfreezer

Market Inesh!

Okinawan Farmers' Markets



Veggie Jungle

Hours: 9 am - 6 pm

Near Courtney and just a block west of where Routes 75 and 8 intersect, Veggie Jungle is a small indoor-outdoor farmers' market

with lots of fantastic deals. We scored a bunch of bananas, lettuce, a small pineapple, two eggplants, and a couple tiny plums for less than ¥800.





On 329 south of expressway Exit 5, Yasai Batake (which means "vegetable farm") features different

deals every day, based on what the farmers deliver in the morning. When we went, we saw rock bottom prices for avocados at 3 for ¥100, plus cheap potatoes, eggs, and pineapples.



Yasai Batake Raimu Market

Hours: 9 am - 7:30 pm

This little market features lots of different lettuces, inexpensive oranges, bananas, bell peppers, potatoes, and more. To get here:

from 58, make the left for Futenma's main gate. Before going up the hill, take the side street that veers to the right, and follow it until you see a Family Mart on the right, and a Jimmy's. The market is across the street from the Family Mart.



View all the markets on our Google Map: http://tiny.cc/farmersmarkets/

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Fresh fruit and vegetables are not only good for your health, they're also much tastier than canned and frozen varieties. But in Okinawa, shopping for produce can be costly and frustrating. Not to worry—we've found 6 of the many farmers markets on island, offering fresh local produce at often deeply discounted prices.

Ginowan Yui-Marche

Hours: 9 am - 9 pm



This large market near Uniqlo and Don Quixote offers a

grocery store experience at farmer's market prices. We found deals on mushrooms, cucumbers, onions, carrots, potatoes, and goya (bitter melon); packages of mint, rosemary, and basil were about ¥150 or less. Fresh meat, snacks, bento, and Okinawan goods make this a fun one-stop shop.

Market Tsanchokukan

Hours: 9 am - 6 pm

Across the parking lot from Navel Kadena on 58, this farmer's market recently combined space with the fish market to make room for packaged goods. Though the selection is smaller, we still saw good prices on bags of apples, potatoes, garlic, plus novelty items like fresh eda mame (soybeans) still



on the branch, and aloe leaves for cooking or soothing sunburn.

Champuru Ichiba

Hours: 9 am - 7 pm

Near Chibana, Champuru Ichiba (which translates to "mixture market") is a

large indoor market offering loads of produce to look through, and good prices on bags of small bell peppers, different lettuces, huge radishes, sprouts, and more. To get there, take Route 26 (Kadena Gate 3 street) almost to 329, and turn at the pink Cocos! convenience store; the market is on the left.







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Restaurant Review

Okinawa Kami Sushi

L.A. style sushi and more make this American Village restaurant a hot spot.

Few sushi restaurants in Okinawa rival Kami Sushi's customer service, atmosphere, and most importantly, variety of delicious menu items, including sushi rolls.

The rolls are quite big, a little too big to eat in one bite. Ingredients like salmon, tuna, avocado, and cream cheese appeal to Western palates. Because their English menus include both pictures and a list of ingredients in the rolls, the only issue you might have with ordering could be deciding what to choose.

Our sushi roll picks

The dragon roll is a favorite, filled with eel and crab and topped with avocado. The simplicity of the SAC roll (salmon, avocado, and cream cheese) lets the fresh ingredients shine. If you like salmon and a little spectacle, try the Norway Fire Salmon Roll (above). Your server will use a blow torch to cook the top layer of salmon, right at your table.

More than raw fish

If sushi isn't your thing, there are plenty of other menu items to choose from, like yakisoba, stir fry, teriyaki, and salads. For appetizers, the fried squid offers a twist on fried calamari, while the gyoza are pretty standard and also tasty. There's also a full drink menu, including fruit juices, cocktails, and beer.

Lots of sets to choose from

Different lunch sets, offering sushi, tempura (below), and other entrées, plus soup, rice, and dessert, are available. For lunch and dinner, there are also sushi roll and hand roll sets, which offer a sample of different fish and vegetables. We like Kami's white sesame wrappers for hand rolls



(shaped like cones) as opposed to the more traditional, black nori seaweed wrappers.

Top notch service

Kami takes care of its customers. The servers make reasonable substitutions, such as switching out cream cheese for avocado in your roll. At dinner, they give out small complimentary appetizers and desserts. Their point card offers incentives to eat there (not that you need any), such as free rolls and even ¥1000 gift certificates toward your next meal. Call ahead on busy weekends to reserve a table.

11:30 am to 3 pm; 5 pm to 11 pm





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by Melissa Nazario

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Music in Okinawa

Okinawa and its Rich Music Diversity

The islands of Okinawa are known for their natural beauty and people, as well as the harmonic sounds the people create in their lives.

One thing you can find in Okinawa is the rich diversity of things, be it in nature, or in the people you meet in the streets. Okinawa is a place for diversity and uniqueness. Music is one of the defining characters of a place. Though Okinawa has its two traditional Ryukyuan music styles, koten (classical) and min'yō (popular), the island has become a rich source of musical diversity.

Post-war Okinawa: Champuru Music

In the beginning of the post war era, the music scene in Okinawa started to become a haven of talents and a rich source of artists and performers. The time ushered in talents who mastered their craft in jazz, country, gospel and contemporary music.

Soon, locals were blending their traditional tunes with western ones, creating a different and unique kind of music. Walk along American village in Mihama and you come across restaurants playing music from traditional Ryukyuan, to jazz to hip hop and even K-pop. Have a stroll down Kokusai Street and you can find a chain of jazz bars along one block, hip hop bars on the other side and some locals engaging in some reggae music on the street.

An Okinawan duet

Two people who have been integral to the Okinawan music scene are husband and wife team Eddie and Mimi, who have been playing together for the past 30 years. Music has brought the two together; they've played in bands all over the island and played as a duo in some of the major music hubs in town. They've even won the prestigious Urasoe Music Festival in '98. Eddie and Mimi still play live in places like Coconut Moon, with a band at Renaissance Hotel at Onna-son village and Andalucia in Naha

Teaching the next generation of musicians



Aside from making music together, Eddie and Mimi have helped ensure that music in Okinawa keeps its diversity. They established their own music school (Sunset Music School Okinawa)

that caters to students of different ages and from all walks of life. Teachers are artists who are skilled in their craft, whether it's piano, guitar, wind instruments, or the drums. They have kept the traditional Okinawan music alive by teaching sanshin to

individuals who want to learn this different and unique local island instrument.

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Coupons





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