



# Farm to Table

## Growing solutions for a healthier lifestyle and economy in Guam

ファーム・トゥー・テーブル・グアム 農業の新たな挑戦

팜 투 테이블 팝 농가의 새로운 도전

Story by ..... Photos by .....

Farming to put food on the table is not a new concept to the Chamorro people. The ancient Chamorros sustained themselves predominantly by fishing and farming. Many of the crops that were grown thousands of years ago are still farmed today, fruits and vegetables like bananas, mango, taro, breadfruit, coconuts, lemons, and yams. The

Chamorros were good farmers and some of their practices are still used today.

One method the Chamorros used for cultivating taro was to clear all the vegetation on the area to be planted

and then burn the debris after it dried. This type of land preparation, known as the “swidden agriculture” method, is still used to day as the resulting ash is very

good for the soil. The Chamorros also developed tools to cultivate the land,

including three different types of hoes and digging sticks to create holes for planting seeds.

The Chamorro farmer has evolved though continues to employ some of the techniques of the past. Today's farmer has integrated modern agricultural

Farm in Mangilao managed by Farm to Table Guam, and staff.  
ファーム・トゥー・テーブル・グアムで管理、運営する畑とスタッフ

actices and introduced new crops, like cucumbers, pumpkins and other gourds, tomatoes, guava, and herbs like basil, cilantro, mint, and more. Yet, despite the success of producing such bountiful harvest, today's farmer still faces huge challenges and most do not make very much money. In fact, most have a second job in order to support their families.

One of the problems facing today's farmer is having too much produce to be able to sell. This may sound like a strange problem, but if there is no market for your product it is a big problem. Farmers sell their crops to local grocery stores and roadside stands and give it away to friends and family, but in the end, there is often too much that ends up going to waste. A new solution was needed.

In 2013, a non-profit organization called Farm to Table Guam Corp. was created by a group of people who wanted to help local farmers become more successful and encourage people to eat healthier by consuming locally grown food. The organization spent their first year conducting research, which concluded that nearly 50 tons of produce

aimed connecting farmers and consumers

in a very unique way. The Community Supported Agriculture (CSA) program offers consumers the opportunity to purchase a weekly box of locally grown fruits and vegetables, eggs, spices and herbs, and a "value-added" product from the Kitchen Partners Program.

The contents of each box are carefully inspected for quality and freshness and vary from week to week. There is enough food in the box to feed two to four people and suggestions for preparation of the ingredients are also included. Farm to Table Guam's CSA program is very similar to US-based programs like Blue Apron, Plated, or Hello Fresh, which have become increasingly popular with people who are concerned about healthy eating and the quality of their food.

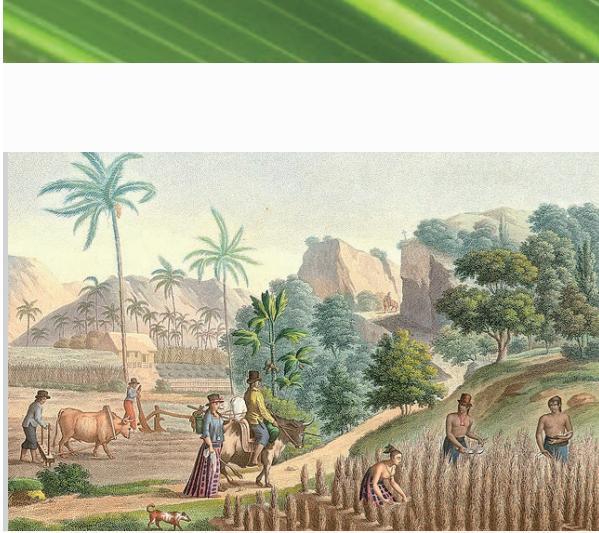
Farm to Table Guam's CSA program costs \$300 for six weeks and each box contains more food than you would receive if you bought it directly from



Fresh vegetable for community supported agriculture program.  
「コミュニティ・サポートedd・アグリカルチャー」プログラムで販売される野菜一例



Farm in Mangilao managed by Farm to Table Guam  
ファーム・トゥー・テーブル・グアムで管理、運営する畑



a grocery store or a roadside produce stand. Currently, the boxes only come in one size and the contents vary depending on what is in harvest. Boxes are picked up weekly on Thursdays from 5:00 p.m. to 7:30 p.m. at either the Mangilao Night Market or at the Farm to Table Guam offices in Tamuning.

Participants are notified of the contents of each week's box in advance via email. The box also contains a list of its contents, along with recommendations on how to prepare each item. Farm to Table



Ancient hoe called Higan made by wood and shell.  
ヒガンと呼ばれる鋤のような古代の農具。木と  
で作られている ●●●●●●●●●●●●●●●●

Guam's website, [www.farmtotableguam.org](http://www.farmtotableguam.org), contains recipes and there are more recipes, nutritional values, and storage tips on their Pinterest page at [www.pinterest.com/farmtotableguam/](http://www.pinterest.com/farmtotableguam/)

Providing information is very important to Farm to Table Guam. There are several sections of their website dedicated to education for farmers, businesses, individuals, and people interested in starting a “value added” agriculture business. The sections for farmers share information about crops, weather, and the latest innovations. The Education section features different articles about how to become a farmer, how to apply for grants to start a farming related

business, and lots of other information for those interested in the industry. The website also features articles about the importance of clean eating, recipes, and more.

Farm to Table Guam is also involved in projects, like creating neighborhood Farmer's Markets in each village. They successfully launched their first such market in September at the 2014 Mangilao Donne' Festival. Since November 2014, there has been a weekly Farmer's Market at the Mangilao Night Market every Thursday where farmers can sell their



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produce directly to local consumers.

They hope to expand to all Guam's villages. Currently, there are Farmer's Markets at the Yigo Night Market on Fridays from 5:00 p.m. to 9:00 p.m., Saturdays at the Dededo Flea Market from 5:00 a.m. to 10:00 a.m. (although some vendors stay through the afternoon), and at the Asan Flea Market, also on Saturdays, from 5:00 a.m. to 8:30 a.m. There is a Farmer's Market every Wednesday at the Chamorro Village Wednesday Night Market. There are also markets held occasionally in Inarajan and Agat, but it is best to check the Food to Table Guam website for exact dates, under News.

Food to Table Guam has brought something back to the island that was once a regular way of life in Guam, living off the fruits of the land. Their mission is a good one: "Our long-term goal is for every kitchen, cabinet and pantry to contain products made on Guam from crops grown on Guam." If anyone would like to encourage a Farmer's Market in their neighborhood or find out how they can participate in the CSA program, you can contact Food to Table Guam at [info@farmtotableguam.org](mailto:info@farmtotableguam.org) or visit their website.



I / Fusinos was used for weeding and clearing tall grass. 2 / A piece of Marianas Red Ware. I / 16世紀以降の鉄製の道具、フシニョス。土を掘り起こす時などに使用 2/古代の陶器、マリアナズ レッド ウェアの破片。米粒跡の残るものも見つかっている  
I / ●●●●●●●●●●●●●●●●●●●●●●●●●● 2 / ●●



1/ Pika's Café staff is checking vegetable thermeselves in farm. 2/ Salmon Tinaktak with local vegetable by Pika's Café. 1/ピカズ・カフェスタッフ自ら農家に向き品質などをチェック 2/地元野菜を使ったピカズ・カフェのメニュー、サモンティナッタク。 1/ピカズ・カフェスタッフ自ら農家に向き品質などをチェック 2/地元野菜を使ったピカズ・カフェのメニュー、サモンティナッタク。

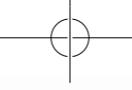
自然の変化を読む能力に長けていた古代チャモロ人は農業と漁が生活の糧でした。バナナ、マンゴー、ココナツ、レモン、プレッドフルーツ、タロイモ、ヤムイモなどグアムの太陽と土壤が育む作物はさまざま。古代ではそれらを栽培し食料としてきたのです。タロイモなどの栽培に用いたのは収穫後、畑の土が乾くのを待ち、土を焼くことで土壤を豊かにする焼き畑農法。これは今日も用いられている方法です。また土を耕したり種を蒔く穴をあける道具も改良を重ね、鍬は3種類もの異なる形のものを使用していたと言われています。

数千年の古代チャモロ社会で培った知恵や技術は今日にまで受け継がれ、さらに近代的な技術や設備が加わり近年ではトマト、レタス、キュウリやカボチャなどのウリ類、バジル、パクチー、ミントなどのハーブ類、グアバなども栽培されるようになりました。しかしそのほとんどが兼業農家。大量に収穫してもそれを市場に流通させるシステムがなく、農業がビジネスとして成り立たないためです。農家は小さな商店やフードスタンドなどに卸し、親戚や友達で分け合う他は廃棄するしかありませんでした。

このような課題に着目した農業関係者やヘルシーな食生活に関心をもつ人々によって2013年に設立したのがNPO団体「ファーム・トゥー・テーブル・グアム (Farm to Table Guam Corp.)」です。農業の拡大と多様化、マーケットの確立及びグアム経済への貢献を目的とし、今までのグアムになかった新しい試みを次々と成功させています。設立後の調査では1年で廢棄される野

菜や果物は約50トン、そしてそれらは手を加えることでソースやジャム、菓子類などの原料として利用できることがわかりました。この結果と、フードビジネスに関心を持つ人や新しい試みを模索しているレストランオーナーが多数いることを踏まえ「キッチン・パートナー・プログラム (Kitchen Partner Program)」をスタート。ビジネスチャンスを探す人とそれに見合う農家をビジネスパートナーとしてマッチングさせるシステムを作り、農業に新たな価値を見出したのです。現在このプログラム参加する企業やレストランは00以上、「キッチン・リンク」、「ピカズ・カフェ」、「9thストリート・ローターイー」、「モサズ・ジョイント」などの人気レストランも含まれています。農業の規模はまだ小さく、台風被害や天候不順などにより安定供給が難しいことも農家が抱える課題の一つですが、レストランのオーナーやシェフはそのリスクを理解した上で、グアムの旬の食材を取り入れたメニュー商品を開発しています。

農家と家庭をダイレクトに結ぶのは「コミュニティ・サポートド・アグリカルチャー(Community Supported Agriculture)」というプログラム。品質や鮮度の厳しい審査を通過した野菜や果物、卵、スペイスやハーブなどを週1回まとめて購入できるシステムです。6週間\$300、1週間1箱\$50で、スーパー や フードスタンドで同額分購入するよりはるかに多く新鮮な食材が詰められています。受け取る食材を事前にeメールで確認でき、おすすめの調理法も紹介されます。 写真共有サイト・Pinterestのファーム・



トゥー・テーブル・グアムのページ (<https://www.pinterest.com/farmtotableguam/>)でもグアムで収穫できる食材のレシピ、栄養価、保存方法などが紹介されています。

ウェブサイトでは農業関係者、農業やフードサービスを志す人たちへの専門的な最新情報の発信、生産者紹介やレシピの掲載なども行っています。ローカルイベントにも積極的に出店。毎週木曜に開催されるマンギラオ・ナイトマーケットでは農家の人が販売に出向き、消費者の反応を見ることで品質の向上や農業に対する観察へと繋げています。他のイベントでは料理のデモンストレーションや苗木の販売を行うこともあります。グアム大学のチルドレンズ・ヘルシー・リビング・プログラム (Children's Health Living Program) メンバーと一緒に協力し、子供たちに直物や作物について学ぶ機会も提供しています。地域社会と密接に関わることで、グアムで収穫したものをグアムで消費する地産地消の普及、人々の意識改革にも力を入れているのです。

以前からグアムの食材を食べようという「バイ・ローカル (Buy Local)」の傾向はありました。ファーム・トゥー・テーブル・グアム設立により市場が動き、多くのレストランが取り入れるになり、家庭の食卓にも届くようになりました。生活に必要な物のほとんどを輸入に頼るグアムで、自給自足できる数少ない食品である野菜や果物。旬の採れたての食材は味が濃くて栄養価が高く、見た目も瑞々しく美しく、私たちにも食べる喜びの付加価値を与えてくれます。これからさらに成長できる潜在能力を秘めるグアムの農業。ファーム・トゥー・テーブル・グアムの活動はまだ始まったばかり。これからさらにグアムの食材を食べる機会は増え、その美味しさは土産品などでも味わうことができるようになるだろう。



Kids work shop. 子供向けのワークショップ

## Farm to Table

高大大学 チルドレンズ ヘルス リビング プログ램 (Children's Health Living Program) 회원과 협력해 아이들에게 직물과 작물에 대해 배울 수 있는 기회도 제공하고 있습니다. 지역 사회와 밀접하게 교류함으로써 람에서 수확한 것을 람에서 소비하는 지산지소(지역생산, 지역소비)의 보급 및 사람들의 의식 개혁에도 힘을 쏟고 있는 것입니다.

이전부터 람의 식재료를 먹자라는 [바이 로컬(Buy Local)]의 경향은 있었지만, 팜 투 테이블 텔립에 의해 시장이 움직이고 많은 레스토랑이 시스템을 받아들이게 되어 가정의 식탁에 까지 도달할 수 있게 되었습니다. 생활에 필요한 것의 대부분을 수입에 의존하는 람에서 자급자족 가능한 몇 안 되는 식품인 채소와 과일, 갓 수확한 제철 식재료는 진한 맛의 높은 영양가뿐 아니라 보기에도 싱싱하고 아름다워 먹는 기쁨의 부가가치를 전해줍니다. 앞으로도 더욱 성장 가능한 잠재 능력을 지닌 람의 농업. 팜 투 테이블 람의 활동은 이제 막 시작되었습니다. 앞으로 더 많은 람의 식재료를 즐길 기회는 늘어나 그 맛은 여행 선물 등으로도 맛 볼 수 있게 될 것입니다.



Fresh vegetables and plants for sale.  
イベントでの新鮮野菜や苗木販売の様子