



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。

## 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 곶 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

practices 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 went to waste each year in Guam. This

is produce that could have been used to make other products, like tomato sauce, smoothies, and baby foods.

One of Farm to Table Guam's first goals was to introduce the concept of "value-added agriculture." This meant connecting farmers with small businesses and entrepreneurs who could use their produce as ingredients to create new products. This opened up a new market to farmers and offered the new businesses an opportunity to use local produce in their recipes. The Kitchen Partners Program also matches businesses with unused kitchen space with people looking for space to rent.

The program is free and to join farmers contact Farm to Table Guam and fill out an application. Then Farm to Table Guam matches the farmer with the most suitable business partner. The program creates a symbiotic relationship that is beneficial for all parties, while promoting local produce, healthier eating, and stimulating the economy.

The majority of Farm to Table Guam's programs are geared towards connecting farmers with businesses, but one is 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







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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



Two wooden spears are shown against a black background. Each spear has a light-colored, possibly bone or ivory, blade. The handles are made of wood and are wrapped with a coarse, brown, fibrous material, likely burlap or jute, in a crisscross pattern. The spears are positioned diagonally, with the top spear slightly behind the bottom one.

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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が、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 ●●●●●●●●●●

이러한 문제에 주목한 농업 관계자와 건강 한 식생활에 관심을 가진 사람들에게 의해 2013년에 설립된 것이 NPO단체 [팜 투 테이블 콤파니(Farm to Table Guam Corp)]입니다. 농업의 확대와 다양화, 시장의 확립 및 값 경제에의 공헌을 목적으로, 지금까지 콤파니에 없던 새로운 시도를 잇달아 성공시키고 있습니다. 설립 후 실시한 조사로 1년간 폐기되는 채소와 과일 은 약 50톤이며 이 작물들을 가공하여 소스나 잼, 과자류 등의 원료로 이용할 수 있다는 사실을 알게 되었습니다. 이 조사 결과와 푸드 사업에 관심을 가진 사람, 새로운 시도를 모색하는 레스토랑 오너가 다수 있다는 사실을 감안해 [키친 파트너 프로그램(Kitchen Partner

웹 사이트에서는 농업 관계자, 농가, 푸드 서비스를 지망하는 사람들에게 전문적인 최신 정보 발신, 생산자 소개 및 레시피 등도 게재하고 있습니다. 로컬 이벤트에도 적극적으로 출점. 매주 목요일에 개최되는 망길라오 나이트 마켓에서는 농부들이 직접 판매에 참가해 소비자와 교류하며 느끼는 반응을 품질의 향상과 농업에 대한 패기로 연결하고 있습니다. 다른 이벤트에서는 요리 시연 및 모욕 판매하기도 하

## Farm to Table

이전부터 광의 식재료를 먹자 라는 [바이 로컬(Buy Local)]의 경향은 있었지만, 팜 투 테이블 광 설립에 의해 시장이 움직이고 많은 레스토랑이 시스템을 받아들이게 되어 가정의 식탁에 까지 도달할 수 있게 되었습니다. 생활에 필요한 것의 대부분을 수입에 의존하는 광에서 자급자족 가능한 몇 안 되는 식품인 채소와 과일, 갓 수확한 제철 식재료는 진한 맛의 높은 영양가뿐 아니라 보기에도 심상하고 아름다우며 먹는 기쁨의 부가가치를 전해줍니다. 앞으로도 더욱 성장 가능한 잠재 능력을 지닌 광의 농업, 팜 투 테이블 광의 활동은 이제 막 시작되었습니다. 앞으로 더 많은 광의 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  
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